

## ***Health, Wellness & Safety Committee***

### **CHILDHOOD OBESITY - WHAT SCHOOL COMMUNITIES CAN DO**

Obesity and undernourishment in America have reached epidemic proportions. Children spend close to 1,000 hours in school every year. Parents, teachers, and school staff are key role models who show kids what we value, and what is important in our community.

### **HEALTHY KIDS LEARN BETTER!**

#### **WHAT SCHOOL COMMUNITIES CAN DO**

To provide the best possible learning environment, schools can do the following:

- Make healthy options standard whenever foods are shared – parties, fundraisers, school events, celebrations – in and out of the classroom.
- Choose fresh fruits and vegetables, water, whole grains, nuts, and low-fat/fat-free dairy products as the primary options for students.
- Limit or eliminate unhealthy choices (such as packaged chips, cookies, cakes, candies, and sugary drinks and carbonated beverages) that interfere with nutrition education, send conflicting messages about what we value and make it harder for kids to internalized healthy habits.
- Shift the focus from food – host events which promote physical activity, music, art and games.
- Provide students with non-food rewards for good behavior and performance to promote the development of lifelong healthy eating patterns.
- Use shared food as an opportunity for nutrition education with school gardens, taste tests, healthy snack time, healthy vending, concessions and school stores.
- Write goals into wellness policies and school improvement plans to build support, track progress and ensure that best practices will continue.

**SHARE HEALTHY FOODS AT SCHOOL. PARENTS,  
TEACHERS, STUDENTS, PARTNERS, and STAFF,  
LET'S DO IT TOGETHER**

**WE ARE YOUR SCHOOL COMMUNITY. WE ARE PARENTS,  
TEACHERS, STUDENTS, & PARTNERS  
WORKING TOGETHER**

**For information, tips and resources on creating healthy schools visit  
the following websites:**

Action for Healthy Kids (AFHK) ([www.ActionforHealthyKids.org](http://www.ActionforHealthyKids.org))

Ed News Parent ([www.ednewscolorado.org/category/parent](http://www.ednewscolorado.org/category/parent))

Live Well Colorado ([www.LiveWellColorado.org](http://www.LiveWellColorado.org))

Colorado Legacy Foundation ([www.Colegacy.org](http://www.Colegacy.org))

Coalition for Activity and Nutrition to Defeat Obesity (CanDo) ([www.candoonline.org](http://www.candoonline.org))

Game On! The Ultimate Wellness Challenge ([www.ActionforHealthyKids.org/game-on](http://www.ActionforHealthyKids.org/game-on))

Fuel Up to Play 60 ([www.fueluptoplay60.com](http://www.fueluptoplay60.com))

Western Dairy Association ([www.westerndairyassociation.org](http://www.westerndairyassociation.org))

Alliance for a Healthier Generation ([www.healthiergeneration.org](http://www.healthiergeneration.org))

USDA Team Nutrition ([teamnutrition.usda.gov](http://teamnutrition.usda.gov))

RMC Health ([www.rmc.org](http://www.rmc.org))

Action for Health Kids Resources for Parents  
([www.ActionforHealthyKids.org/ParentToolkit](http://www.ActionforHealthyKids.org/ParentToolkit))

Share Healthy Foods at School Slideshow  
([www.ActionforHealthyKids.org/ShareHealthyFoods](http://www.ActionforHealthyKids.org/ShareHealthyFoods))

The Colorado Health Foundation ([www.coloradohealth.org/](http://www.coloradohealth.org/))

Colorado Department of Public Health and Environment ([www.cdphe.state.co.us/](http://www.cdphe.state.co.us/))

Colorado PTA ([www.copta.org](http://www.copta.org))

**Colorado  
PTA**  
*everychild.one voice.*

7859 W 38<sup>th</sup> Avenue . Wheat Ridge, CO 80033 . (303)420-7820 . (888)225-8234  
Fax: (303)420-7703 . Email: [office@copta.org](mailto:office@copta.org) . Web site: [www.copta.org](http://www.copta.org)