BAD NEWS:
Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

GOOD NEWS:
Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

Source: www.cdc.gov/healthyyouth/obesity/facts.htm
WHAT SCHOOLS CAN DO

Schools play a critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors.

- Develop, implement, and evaluate healthy eating and physical activity policies and practices. Refer to the South Dakota School Model Wellness Policy to get started.
- Establish school environments that support healthy eating and physical activity.
- Provide a quality school meal program and offer healthy food and beverage choices outside of the school meal program.
- Implement a comprehensive physical activity program with quality physical education.
- Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.
- Provide students with services to address healthy eating, physical activity, and related chronic disease prevention.
- Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.
- Provide a school employee wellness program.

LACK OF PHYSICAL ACTIVITY

- Less than half were physically active for a total of at least 60 minutes per day on five or more of the past seven days
- 23.6% watched three or more hours per day of TV on an average school day
- 1 out of 3 played video or computer games, or used a computer for something that was not schoolwork three or more hours per day on an average school day

POOR NUTRITION

- 18.3% ate fruits and vegetables five or more times per day during the past seven days
- 23.6% drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days

Learn more at HealthySD.gov

Sources:
- www.cdc.gov/healthyyouth/npao/strategies.htm
- SD Youth Risk Behavior Survey 2013
- SD School Height & Weight 2013-2014