



NSBA

National School
Boards Association

Policy Strategies* for Local School Leadership to Address Childhood Obesity

School leaders, particularly local school board members and superintendents, can play a key role in creating school environments that encourage healthy eating and physical activity. School boards can review current policies and develop new policies pertaining to healthy eating and physical activity topics, including:

Healthy Eating:

- ✓ Local wellness policies
- ✓ Vending contracts
- ✓ Food service contracts
- ✓ Nutrition standards for school meals and foods available outside the federally funded school meals programs
- ✓ Nutrition standards for school celebrations and fundraisers
- ✓ Food and beverage marketing in and near schools
- ✓ Curricula for health/nutrition education to align with national or state health education standards
- ✓ Employing certified health education teachers and providing opportunities for professional development
- ✓ Programs and practices such as farm-to-school programs, school gardens, and breakfast in the classroom

Physical Activity:

- ✓ Curricula for physical education (PE) to align with national or state PE standards
- ✓ Integrating physical activity throughout the entire day, including before and after school
- ✓ Recess
- ✓ Providing safe and adequate equipment and facilities for physical education/physical activity
- ✓ Employing certified PE teachers and providing opportunities for professional development
- ✓ Programs and practices such as Safe Routes to School or walking school buses/bicycle trains

Other:

- ✓ School siting
- ✓ Staff wellness
- ✓ Monitoring and evaluation of policy/program implementation
- ✓ Establishing a district-wide School Health Advisory Committee as part of a Coordinated School Health** approach to oversee implementation of obesity and wellness-related policies

*To learn more about these and other policy strategies school leaders can use to address childhood obesity, access the [Leadership for Healthy Communities Action Strategies Toolkit](#).

**To learn about the Coordinated School Health approach to addressing school health policies and practices, access information at [Division of Adolescent and School Health, Centers for Disease Control and Prevention](#).