



## **ACTION FOR HEALTHY KIDS “COMMITMENT TO CHANGE”**

A “Commitment to Change” was developed in 2002 with Action for Healthy Kids’ Partner organizations to provide a framework for collaboration. In addition, it guides Action for Healthy Kids Teams’ initiatives to improve nutrition and physical activity in our nation’s schools. This document serves to evolve content of the “Commitment to Change” so as to better align with the updated Dietary Guidelines for Americans 2005 and The Child Nutrition and WIC Reauthorization Act of 2004 requiring school districts to develop and implement wellness policies.

Action for Healthy Kids and its Partners recognize that healthy students are better able to learn and schools can help optimize students’ readiness to learn by providing an environment that supports positive physical activity and eating behaviors. To help reduce the current high risk of childhood obesity, while ensuring children and adolescents obtain optimal nutrition and physical activity in schools, consider the following guiding principles:

- √ Encourage adequate nutritional intake and consumption of nutrient-dense foods, especially those foods that provide nutrients in which children and adolescents are deficient (calcium, iron, potassium, fiber, magnesium and vitamin E);
- √ Offer the foods that need to be encouraged in preference over those foods with low nutritional values. Encourage fruits, vegetables, whole-grain foods, low fat and non-fat, white and flavored milk and serve with consideration towards safety, packaging, taste and appeal;
- √ Evaluate foods based on the overall nutritional quality using parameters that are of importance to children and adolescents’ growth and development;
- √ Provide comprehensive – preferably daily – physical education for children in grades K-12;
- √ Implement physical education, nutrition and health education curricula that emphasize enjoyable participation and help students develop confidence to maintain healthy lifestyles;
- √ Provide physical activity instruction and programs that meet various needs and interests of all students, including those with illness, injury, and developmental disability, as well as those with obesity, sedentary lifestyles or a disinterest in traditional team sports; and
- √ Ensure that children learn practical, life-long lessons about balancing good nutrition and physical activity.

### **“COMMITMENT TO CHANGE” GOALS FORM THE BASE OF GOOD WELLNESS POLICIES**

#### **School Wellness Goal for Nutrition Education**

- Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills needed to adopt healthy eating habits. *Goal 2*

#### **School Wellness Goals for Physical Activity**

- Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that helps develop knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life. *Goal 9*
- Provide daily recess periods for elementary school students, featuring time for unstructured, supervised active play. *Goal 10*
- Provide after-school programs that include physical activity, adequate co-curricular programs, and fully inclusive intra-mural programs and physical activity clubs. *Goal 11*

#### **School Wellness Goals for Foods Served on Campus**

- Ensure that meals offered through all school feeding programs meet federal nutrition standards. Promote food groups that the 2005 Dietary Guidelines recommend encouraging as they contain nutrients most children and adolescents are consuming too little of (fruits, vegetables, low-fat/non-fat milk and milk products, and whole grains). *Goal 3*
- Adopt policies that ensure all foods and beverages available on school campuses and at school events contribute toward eating patterns consistent with the 2005 Dietary Guidelines for Americans. *Goal 4*

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- Provide food and beverage options outside of school meals that are lower in fat, calories and added sugars such as fruits, vegetables, low-fat or non-fat dairy foods, and whole grains. *Goal 5*
- Ensure healthy snacks and foods are provided in vending, school stores, a la carte, and other venues within the school’s control. *Goal 6*
- Prohibit student access in elementary schools to those school venues that contain foods low in nutrients, high in calories and compete with balanced school meals, and restrict access in middle, junior and high schools. *Goal 7*
- Provide an adequate amount of time for students to eat school meals, and schedule lunch periods at reasonable hours during midday. *Goal 8*

### **School Wellness Goals for Other Activities to Promote Student Wellness**

- Provide age-appropriate, culturally-sensitive instruction in health education and physical education that help students develop knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and physically active lifestyles. *Goal 1*
- Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours. *Goal 12*

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### **About Action for Healthy Kids**

Action for Healthy Kids® is a national nonprofit organization that addresses the epidemic of overweight, undernourished and sedentary youth by focusing on improving nutrition and physical activity policies and practices in schools. This public-private partnership of nearly 60 organizations and government agencies supports the efforts of Teams – comprised of more than 10,000 volunteers – in all states and the District of Columbia. Action for Healthy Kids was founded in 2002 by former U.S. Surgeon General David Satcher, in response to the Surgeon General’s *Call to Action to Prevent and Decrease Overweight and Obesity*, which identified the school environment as one of five key sites of change. To learn more, visit [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).

### **Action for Healthy Kids’ Strategic Advisory Committee**

American Academy of Family Physicians • American Academy of Pediatrics • American Association of School Administrators  
American Public Health Association • American School Health Association • Association for Supervision and Curriculum Development • Association of School Business Officials International • Centers for Disease Control and Prevention • Council of Chief State School Officers • Food Research and Action Center • National Association for Sport and Physical Education  
National Association of Elementary School Principals • National Association of Secondary School Principals • National Association of State Boards of Education • National Association of Student Councils • National Dairy Council • National Education Association-Health Information Network • National Middle School Association • National Parent Teacher Association • National School Boards Association • School Nutrition Association • Society for Nutrition Education  
U.S. Department of Agriculture - Food and Nutrition Service • U.S. Department of Education - Office of Safe and Drug-free Schools • U.S. Department of Health and Human Services - Office of Disease Prevention and Health Promotion

### **Action for Healthy Kids’ Partners**

Afterschool Alliance • American Association of Health Education • American Association of Clinical Endocrinologists  
American Association of Family & Consumer Sciences • American Cancer Society • American College of Sports Medicine  
American Diabetes Association • American Dietetic Association • American Federation of Teachers • American Heart Association • American Medical Student Association - Child & Adolescent Health • Association of State & Territorial Health Officials • Association of State & Territorial Public Health Nutrition Directors • Directors of Health Promotion and Education  
Family, Career & Community Leaders of America • Health Occupation Students of America • National AfterSchool Association  
National Assembly on School-Based Health Care • National Association of Chronic Disease Directors • National Association of Health Education Centers • National Association of Pediatric Nurse Practitioners • National Association of School Nurses  
National Coalition for Parent Involvement in Education • National Coalition for Promoting Physical Activity • National Future Farmers of America Organization/Foundation • National Medical Association • Prevent Cancer Foundation • The Eunice Kennedy Shriver National Institute of Child Health and Human Development • The President’s Council on Physical Fitness and Sports • The Robert Wood Johnson Foundation • Society for Public Health Education • Society of State Directors of Health, Physical Education and Recreation • YMCA of the USA