



IMPLEMENTING SCHOOL-BASED POLICIES TO PREVENT OBESITY: Cluster Randomized Trial

BACKGROUND



1 in 5

school aged children (ages 6-19) are overweight or obese.



Most children in the United States spend

6 to 7 hours

a day at school, making schools a priority setting for preventing obesity.

SETTING



12

randomly selected middle schools



3 years



595

student completed surveys and physical assessments



body mass measurements taken over time

INTERVENTION CONDITIONS

1

Nutrition Intervention

- Schools did not use food or beverages as rewards
- Schools provided nutrition education to students
- Schools limited celebrations that involved food during the school day

2

Physical Education Intervention

- Schools provided quality physical education programs
- Teachers did not use physical activity as punishment
- Support was provided for physical activity outside of school

3

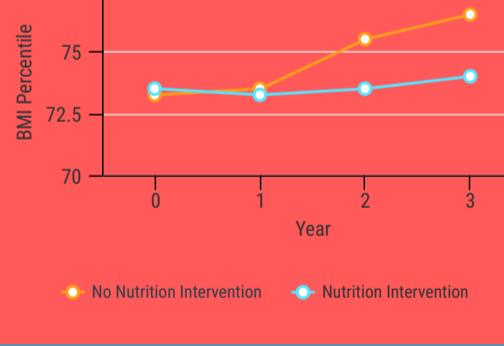
Both Nutrition & Physical Education Intervention

4

No Intervention

RESULTS

BMI Percentile Over Time by Nutrition Intervention Status



Sugary Drink Consumption: With & Without Nutrition Intervention



27% of students who received nutrition interventions reported drinking sugar-sweetened beverages in the past 7 days vs. 38% of students who did not receive nutrition interventions.

Fast-Food Consumption: With & Without Nutrition Intervention



26% of students who received nutrition interventions reported having fast food in the past 7 days vs. 35% of students who did not receive nutrition interventions.

