



Healthy Schools Program Framework

ALLIANCE FOR A HEALTHIER GENERATION

Purpose

To empower schools to adopt policies that will help reduce childhood obesity

Target Population

Schools

Goals

- To stop the nationwide increase in childhood obesity by 2010
- To empower kids nationwide to make healthy lifestyle choices

Years in Operation

2005 – present

Structure and Operations

The program includes a *Healthy Schools Program Framework* that is developed as both a needs-assessment tool and as a benchmark for the national recognition program.

The *Healthy Schools Program Framework* identifies eight different categories for schools to implement best practices in: systems and policy, school meals, competitive foods and beverages, health education, physical education, physical activity, before- and after-school programs, and school employee wellness.

In addition, the framework provides *Healthy Schools Builder*, which serves as a resource to help create a healthier school and determine if a school qualifies for an award.

The program outlines six steps to a healthier school environment:

- Convene school wellness council
- Complete inventory
- Develop an action plan
- Identify resources
- Take action
- Celebrate your success

Funding

The Alliance for a Healthier Generation is funded by the American Heart Association and the William J. Clinton Foundation. Funding for the Healthy Schools program is also provided through a grant from the Robert Wood Johnson Foundation.

For More Information

Additional information is available online: <http://www.healthiergeneration.org>