

ROLE OF SCHOOLS IN A SOLUTION

Create environments for students that provide the following:

- Opportunities to practice healthy behavior
- Messages reinforcing nutrition and physical activity
- Exposure to more healthy options than less healthy options, including fundraising, celebrations and rewards

Suggestions:

1. **Form a school health advisory council** with parents, students, doctors, businesses, and school administrators to assess the school environment and implement policy.
2. **Integrate physical activity and nutrition education into the regular school day** by incorporating it into reading, math, science, and social studies lessons.
3. **Encourage faculty and staff to model healthy lifestyles** to enhance school effectiveness. Faculty and staff are influential role models for students.



For more information...

Visit the CLOCC website: www.clocc.net, or call us: (312) 573-7759

References

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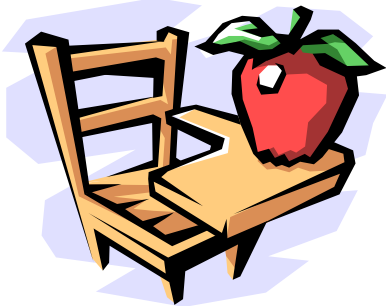
HOW NUTRITION AND PHYSICAL ACTIVITY AFFECT ACADEMIC ACHIEVEMENT



FOOD CONSUMPTION AND COGNITIVE FUNCTION

Adapted from Action for Healthy Kids at www.ActionforHealthyKids.org

- Lasting effects of inadequate nutrition
 - **Compromised cognitive development**
 - **Diminished brain function**
- Undernourished and malnourished children have
 - **Shortened attention span**
 - **Difficulty concentrating**
 - **Irritability**
 - **Fatigue and low energy levels**



DEHYDRATION INTERFERES WITH ACADEMICS

Adapted from Water UK at www.water.org.uk and Lieberman, 2007

- Even mild dehydration affects thinking and learning
- Dehydration associated with
 - * Confusion * Fatigue * Lightheadedness
 - * Irritability * Headache * Dry Mouth
 - * Lethargy * Dizziness * Muscle Weakness

PHYSICAL ACTIVITY AND ACHIEVEMENT SCORES

From www.ActionForHealthyKids.org

- Opportunities for physical activity ⇨ **improved test scores**
- Improved activity ⇨
 - **Increased concentration**
 - **Higher self-esteem**
 - **Superior academic performance**

CHILDHOOD OVERWEIGHT STARTS BEFORE SCHOOL AGE

Mason et al, 2006; Ogden et al, 2006

- **24% of Chicago preschoolers are overweight**
 - 14 percent preschoolers nationally

CHILDHOOD OVERWEIGHT IN CHICAGO

IDPH, 2006; Mason et al, 2006; Ogden et al, 2006

- More children in Chicago are overweight or are at risk of overweight than in the nation or the state of Illinois
 - **26% of Chicago elementary school children are overweight**
 - 21 percent statewide
 - 19 percent nationally



CHILD HEALTH AND ACADEMIC ACHIEVEMENT

Adapted from Action for Healthy Kids at www.ActionforHealthyKids.org

- Student health is *directly* connected with achievement
- Active children and children who eat nutritious meals daily have:
 - **Higher academic scores**
 - **Better class participation**
 - **Reduced tardiness**