



## Healthy Weight

# How Can You Help?

Healthy eating and physical activity can promote a healthy weight through a balance of energy expenditure and caloric consumption. When there is an imbalance, youth are at risk for obesity.<sup>1</sup> Obesity is the condition of having a high amount of excess body fat.<sup>2</sup> Among children and adolescents, obesity can lead to other health and social problems, such as high cholesterol, Type 2 diabetes, high blood pressure, sleep issues, bone and joint issues, being bullied and stigmatized because of their weight, and poor self-esteem.<sup>3,4</sup> Schools can address and prevent obesity by teaching students how to maintain a healthy weight and by giving students opportunities to eat healthy and be physically active.<sup>1</sup>

### What's Happening at School?

Knowing the answers to the following questions can help you support your child's school to address obesity. If you don't know the answers to these questions, check out the school handbook or school website, attend a school wellness meeting or Parent-Teacher Association (PTA) meeting, or simply ask your child's teacher.

1. Does the school teach about healthy eating, physical activity, inactivity (such as television watching), maintaining a healthy weight, and preventing chronic diseases, such as Type 2 diabetes, through health education or some other way?
2. Does the school have a universal bullying prevention policy that discourages students from bullying other students about their weight or body size?
3. If the school measures students' heights and weights, and calculates Body Mass Index (BMI), is it done in private, and are results kept confidential? Does the school follow **body mass index measurement safeguards** recommended by CDC?
4. Does the school offer health information about weight and contact information for medical care providers in the community if a student's weight falls outside of the **healthy weight category**?
5. Is your school following the school district's wellness policy on nutrition education, nutrition promotion, nutrition standards, and physical activity?
6. Does the school or district have policies about the types of foods and beverages that are available during the school day or that are marketed at school?
7. Does the school offer plenty of opportunities for students to be physically active through daily physical education, recess, physical activity breaks, and before and after-school physical activity?



