

### Attachment 3: Examples of Obesity Prevention Evidence-based Strategies for Schools

By the end of year 4, grantees should **implement at least 3 evidence-based strategies** that increase daily physical activity, improve the school nutrition environment, and/or engage the community and parents. Grantees may choose, but are not limited to, evidence-based strategies listed in this chart.

Nutrition Environment Strategies	Physical Activity Strategies	Community and Parental Engagement Strategies
Implement innovative practices to increase School Breakfast Program participation, such as Breakfast in the Classroom.	Ensure safe and age-appropriate playgrounds and equipment for physical education, physical activity, and recess during the school day.	Establish a formal policy or agreement, such as a joint use agreement, between schools and community organizations to help increase student, family, and community access to physical activity facilities and programs.
Operate an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP).	Sponsor a non-competitive afterschool physical activity program.	Identify and link students and their families to community-based health promotion programs that encourage physical activity and healthy eating.
Ensure that students have access to good-tasting, safe, free, and well-maintained drinking water fountains or dispensers throughout the school day.	Establish a Safe Routes to School Program.	Recruit parents, families, and community volunteers to assist with healthy eating and physical activity initiatives.
Price nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages	Actively support and promote walking or bicycling to and from school.	Assist in community efforts that support healthy eating and physical activity that affect children and youth, such as building and maintaining community gardens and bicycle/pedestrian trails.
Implement a school garden, school salad bar, or farm/fish-to-school program.	Offer at least 20 minutes of recess before lunch for elementary school students every day.	Ensure that meals meet students' cultural preferences; for example, encourage students and parents to participate in planning meals and incorporating cultural and regional preferences (i.e. "traditional foods").
Utilize marketing strategies to promote the appeal of healthier foods and beverages in various ways, such as a colorful point-of-purchase display for fruit at the school store cash register.	Implement regular classroom physical activity breaks.	Engage parents in homework assignments or other nutrition and physical activity activities at home to increase the likelihood that students receive consistent messages at home and in school
Provide information to students or families on the nutrition, caloric, and sodium content of foods available	Become a Let's Move! Active School. <a href="http://www.letsmoveschool.org">http://www.letsmoveschool.org</a> .	Ensure students have access to healthy food during the summer with programs such as the Summer Food Service Program.
Prohibit all forms of advertising and promotion for candy, fast food restaurants, salty snacks, or sugar sweetened drinks in schools		