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

BACKGROUND

Most children in the United States spend 6 to 7 hours a day at school, making schools a priority setting for preventing obesity.

1 in 5

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

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 withhold 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% vs. 38%

22% 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% vs. 35%

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.