

Promoting Good Nutrition: School-Based Programs Promoting Nutrition and Physical Activity

Task Force Finding

Intervention Definition

School-based nutrition interventions are implemented in school settings to promote healthy nutritional attitudes, knowledge and behavior, including eating and physical activity among school-aged children and adolescents. The interventions may target food policy, environmental factors and/or nutrition education. Interventions may be directed at school administrators, food service staff, teachers, parents, or directly to students. Interventions may be delivered by regular classroom teachers or by special program instructors.

Task Force Finding (June 2003)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of multicomponent school-based nutrition interventions in increasing fruit and vegetable intake and decreasing fat and saturated fat intake among school-age children.

The data presented here are preliminary and are subject to change as the systematic review goes through the scientific peer review process.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated May 28, 2014