

# Campaigns and Informational Approaches to Increase Physical Activity: Classroom-Based Health Education Focused on Providing Information

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## Task Force Finding

### Intervention Definition

Health education classes that provide information and skills related to decision making are usually multicomponent, with curriculum typically addressing physical inactivity, nutrition, tobacco use, and alcohol and drug misuse. Health education classes, taught in elementary, middle, or high school, are designed to effect behavior change through personal and behavioral factors that provide children or adolescents with the skills they need for rational decision making. The classes in this review did not include physical education (PE) but sometimes included behavioral instruction.

### Task Force Finding (October 2000)\*

The Task Force identified six qualifying studies that evaluated the effect of classroom-based health education on students' physical activity levels and physical fitness. Because results were inconsistent across the body of evidence, insufficient evidence exists to make a conclusion about the effectiveness of classroom-based health education focused on information provision in improving physical activity levels and physical fitness. It is important to note, however, that such classes may provide other benefits, including increased knowledge, more supportive attitudes for physical activity initiatives, or changes in other health-related behaviors.

\*From the following publication:

Task Force on Community Preventive Services. Recommendations to increase physical activity in communities. *Am J Prev Med* 2002;22 (4S):67-72.

### Publications

Kahn EB, Ramsey LT, Brownson R, et al. The effectiveness of interventions to increase physical activity: a systematic review. *Am J Prev Med* 2002;22(4S):73-107.

Task Force on Community Preventive Services. Recommendations to increase physical activity in communities. *Am J Prev Med* 2002;22 (4S):67-72.

CDC. [Increasing physical activity. A report on recommendations of the Task Force on Community Preventive Services](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5018a1.htm) [www.cdc.gov/mmwr/preview/mmwrhtml/rr5018a1.htm]. *MMWR* 2001;50 (RR-18):1-16.

Task Force on Community Preventive Services. Physical activity. In: Zaza S, Briss PA, Harris KW, eds. *The Guide to Community Preventive Services: What Works to Promote Health?* Atlanta (GA): Oxford University Press;2005:80-113 (Out of Print).

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### 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.

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