

# CHILD OBESITY TOOLKIT

How can **schools** make a difference?

## LEARN ABOUT THE CHILD OBESITY CRISIS:

The School Physical Activity & Nutrition Survey from the Michael & Susan Dell Center for Healthy Living published their 2015-2016 Child Obesity in Texas results online in an interactive database.

[See the results here.](#)

This overview from CATCH (Coordinated Approach To Child Health) shows how the CATCH school-based health program is designed to not only promote physical activity and healthy food choices, but also ties in to the Healthy People 2020 goals.

[See the overview here.](#)

The Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation report identifies recommendations to meet obesity-related goals, including strengthening schools as the heart of health.

[See the full report here.](#)

[See the CATCH brief here.](#)

[See the Schools brief here.](#)

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## ASK FOR CHANGE AT SCHOOLS:

The Center for Disease Control compiled stories from school districts and schools for the Putting Local School Wellness Policies into Action brief. This document shares 11 stories including the steps and strategies used to implement wellness policies in schools.

[See the brief here.](#)

The American School Health Association (ASHA) supports school health issues that will help students learn and thrive. The ASHA's Core Beliefs in Action and Priority Areas cover five critical components of school health.

[See the priorities and beliefs here.](#)

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## INDIVIDUAL SCHOOL WELLNESS:

The Texas Department of State Health Services' overview on School Health Advisory Councils (SHACs) provides information about starting, assembling, and running a SHAC.

[See the overview here.](#)

The Michael & Susan Dell Center for Healthy Living has sample communication tools to advocate to your school administrators, including newsletter drafts, letter drafts, and social media posts.

[See the tools here.](#)

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These resources are provided in conjunction with the Michael & Susan Dell Center for Healthy Living's Texas Child Health Status Report project. This project is funded by the Michael & Susan Dell Foundation.

Learn more at [go.uth.edu/TexasChildHealth](http://go.uth.edu/TexasChildHealth)