

# Fit, Healthy, and Ready to Learn: A School Health Policy Guide

Fit, Healthy, and Ready to Learn: A School Health Policy Guide was developed by the National Association of State Boards of Education (NASBE), in partnership with the Centers for Disease Control and Prevention (CDC) and in cooperation with the National School Boards Association, to help state and local decision makers establish effective policies to help students achieve their academic potential and adopt lifelong healthy habits. Part I of the Policy Guide addresses general school health program policies and specific school policies to promote physical activity and healthy eating and discourage the use of tobacco.

Features of the policy guide include the following:

- A detailed orientation to effective “policy levers” and the education policy-making process.
- Concrete policy language, based on the CDC school health guidelines, that states, school districts, and schools can use or adapt.
- Scientific data, notable quotations, excerpts from actual state and local policies, and technical assistance resources that school health proponents can use to support recommended policies.
- A chapter on cross-cutting policies that establishes an overall policy framework for coordinated school health programs, addressing topics such as health education goals and curriculum design, staff preparation and professional development.
- Additional chapters that add depth to the CDC school health guidelines, addressing such topics as physical education, extracurricular physical activity programs, school food service, food vending machines, prohibition of tobacco use, and smoking cessation services.
- Practical guidance on controversial topics such as the role of schools in promoting good health, physical education requirements, fitness testing, food vending machines, closed campuses, no-tobacco-use policies that apply to adults, and tobacco enforcement measures.

Fit, Healthy, and Ready to Learn, Part 1 (March 2000, 236 pages) is distributed as a set of binder contents for ease of use and future expansion. It is available for \$22 (plus \$4 shipping and handling) by calling NASBE at 800-220-5183. Volume discounts are available. The sample policy language can be downloaded from the NASBE Web site at <http://www.nasbe.org/healthyschools/fithealthy.mgi>.

Source: National Association of State Boards of Education.