



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

## BACKGROUND



1 in 5

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



Most children in the United States spend

6 to 7 hours

a day at school, making schools a priority setting for preventing obesity.

## 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

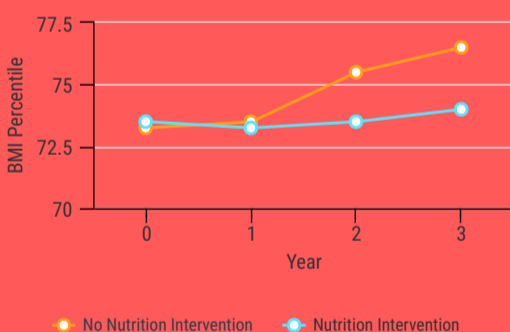
### Both Nutrition & Physical Education Intervention

4

### No Intervention

## RESULTS

BMI Percentile Over Time by Nutrition Intervention Status



### Sugary Drink Consumption: With & Without Nutrition Intervention

27%

38%

27% 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%

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.



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FOR FOOD POLICY & OBESITY

Yale SCHOOL OF PUBLIC HEALTH