

Health Promotion

Schools are a great place for children to learn how to bring healthy choices to life as part of their daily living. Everything from the presentation of food in the cafeteria to the behaviors of faculty and staff serves as an opportunity for health promotion. If you do not currently conduct or host health promotion events, consider the following:

- Set objectives for student health promotion.
- Identify a champion(s) who is a strong advocate for healthy choices and policies.
- Promote and support walking and bicycling to school.
- Promote school gardens.
- Post educational materials throughout the building.
- Host events that encourage physical activity and good nutrition (i.e. Healthy Champion Signature Events).

Resources:

- [School and youth health](#)
- [School Garden](#)
- [Walk and Bike to School](#)

