

Obesity Prevention and Control: School-Based Programs

Task Force Finding

Intervention Definition

These interventions are conducted in the classroom and may seek to increase physical activity and/or improve nutrition, both in school and at home. Classroom and physical education teachers may receive special training to carry out the programs.

Task Force Finding (October 2003)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of school-based programs to prevent or reduce overweight and obesity among children and adolescents because interventions varied and reported outcomes that were not comparable.

Publications

CDC. Public health strategies for preventing and controlling overweight and obesity in school and worksite settings. A report on recommendations of the Task Force on Community Preventive Services. *MMWR* 2005;54(RR-10):1-12.

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.

Document last updated October 17, 2013