Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) finds insufficient evidence to determine whether expanded in-school learning time improves academic achievement—an established determinant of long-term health.

What is Expanded In-School Learning Time?

Expanded in-school learning time increases learning opportunities for students by increasing hours to the school day, days to the school week, or weeks to the school year.

Systematic Review Findings

Studies included in the systematic review did not provide enough evidence to determine if expanded in-school learning time works. A CPSTF insufficient evidence finding means additional research is needed; it does NOT mean the intervention does not work.

- Expanded in-school learning time led to small and inconsistent effects on achievement tests for math and reading.
- Included studies did not specify how schools used added time, making it difficult to draw a conclusion.

Evidence Gaps

Additional research and evaluation are needed to answer the following questions.

- How is added school time used (i.e. instructional time, academic learning time, etc.)?
- How does this intervention apply to private schools or schools in high-income communities?

Facts about Health Equity and Schools

- Health disparities are related to inequities in education. Individuals with less education are more likely to experience health risks such as obesity, substance abuse, and injury. 1,2
- Programs that are designed to improve academic performance are increasingly recognized as public health interventions. 3,4

Learn More

Summary of Evidence and CPSTF Finding
https://www.thecommunityguide.org/findings/health-equity-expanded-school-learning-time

The Community Guide, Understanding CPSTF Findings
https://www.thecommunityguide.org/task-force/understanding-task-force-findings-and-recommendations

CDC, Adolescent and School Health, Health Disparities
www.cdc.gov/healthyyouth/disparities

Healthy People 2020, Educational and Community-Based Programs

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