Campaigns and Informational Approaches to Increase Physical Activity: Classroom-Based Health Education Focused on Providing Information

Task Force Finding

Intervention Definition
Health education classes that provide information and skills related to decision making are usually multicomponent, with curriculum typically addressing physical inactivity, nutrition, tobacco use, and alcohol and drug misuse. Health education classes, taught in elementary, middle, or high school, are designed to effect behavior change through personal and behavioral factors that provide children or adolescents with the skills they need for rational decision making. The classes in this review did not include physical education (PE) but sometimes included behavioral instruction.

Task Force Finding (October 2000)*
The Task Force identified six qualifying studies that evaluated the effect of classroom-based health education on students’ physical activity levels and physical fitness. Because results were inconsistent across the body of evidence, insufficient evidence exists to make a conclusion about the effectiveness of classroom-based health education focused on information provision in improving physical activity levels and physical fitness. It is important to note, however, that such classes may provide other benefits, including increased knowledge, more supportive attitudes for physical activity initiatives, or changes in other health-related behaviors.

*From the following publication:

Publications


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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.

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