

I'm a School Board Member—What can I do to support Healthy Behaviors?

1. Visit a Healthy Behaviors Learning Center near you to see the difference that it is making in the lives of children and their families, and their staff. For a listing of Healthy Behaviors Learning Centers, go to <http://www.ccscenter.org/afterschool/Centers%20Near%20You>
2. Encourage afterschool programs in your district to contact a Healthy Behaviors Learning Center to learn how they can address the obesity crisis through their program.
3. Become more knowledgeable about the childhood obesity crisis and the role that schools and afterschool programs can play in addressing it. Healthy children learn better.
4. Ensure that the afterschool programs in your district are included in your school wellness policies.
5. Identify discretionary funding—including Title 1—that can be used to increase funding for afterschool programs in your district—including Healthy Behaviors Learning Centers—in order for them to strengthen their programs' nutrition and physical activity components in their fight against childhood obesity.
6. Support school board policies that encourage or require fresh fruits and vegetables in the snacks offered by your afterschool programs, and in the school lunch and breakfast programs.
7. Support access by your district afterschool programs to refrigerated storage and food preparation areas for cooking classes.
8. Support policies that increase participation in school lunch and breakfast programs by all children in your district.
9. Support board policies that eliminate sodas, candy, and cookies in all vending machines on school district campuses regardless of the time of day.
10. Support board policies that eliminate the sale of products like candy and cookies as part of school-sponsored fundraisers, and discourage unhealthy foods as rewards.

11. Support city and county policies that reduce the expansion of fast food establishments near your schools, and that bring farmers' markets and stores that provide fresh fruits and vegetables to your community.
12. Ensure that your district meets its physical education minute requirements *and* increases the minutes of moderate to vigorous physical activity in physical education. Support school board policies that encourage or require at least 30 minutes of moderate to vigorous physical activity in your afterschool programs every day.
13. Support access by your district afterschool programs to indoor and outdoor sports facilities, including gyms, playing fields and pools.
14. Sponsor joint use agreements between your school district and city park districts (and other city facilities) to maximize the availability and use of safe, friendly playgrounds and parks for children throughout the year, throughout the month (including weekends) and in out-of-school time.
15. Support policies and funding that promote safe walk-to-school routes, and increased walking to school by children.