



**COMBATING OBESITY
THROUGH NUTRITION EDUCATION AND PHYSICAL ACTIVITY**

***PROMISING PRACTICES
FOR SCHOOLS***

**California Working Families Policy Summit
JANUARY 18, 2007**

- **Local school wellness policies were developed with input from the community. Effective policymaking will require districts to distribute/publicize their student wellness policies within the community, as well as to regularly evaluate them for effectiveness and to revise as necessary.**
- **Convene meetings of local elected officials (city, county and school officials) to explore issues impacting children's health and well being.**
- **Host community forums to inform and engage children, parents and communities about childhood obesity and the strategies and resources available to support a healthier lifestyle.**
- **Seek and utilize joint use agreements as a way to maximize opportunities for physical activity.**
- **Align preschool and before- and after-school programs with districts' overall nutrition and physical activity goals.**
- **Use community assets, such as community education foundation, to advance districts' wellness-related goals and objectives.**