



Prevention of Obesity in School Health



The American Academy of Pediatrics (AAP) has a longstanding commitment to America's children and adolescents. The Academy's approach to child health and specifically this project complements the Centers for Disease Control and Prevention (CDC)/Division of Adolescent and School Health (DASH) coordinated school health (CSH) model. This obesity prevention project will support efforts to accomplish the Healthy People 2010 objectives related to physical activity, nutrition and overweight through educational and community-based programs by incorporating the expertise of a multi-disciplinary group of national partner organizations and the AAP.

Program Description

- Two-year cooperative agreement with CDC/DASH.
- Program will focus on the prevention of obesity by supporting and strengthening Coordinated School Health Programs (CSHP) that aim to increase physical activity and improve eating patterns of elementary school students.
- The Committee and Section on School Health (COSH/SOSH) is working closely with the Committee and Section on Sports Medicine and Fitness (COSMF/SOSMF), Committee on Nutrition (CON), Task Force on Obesity (TFOO), and the Department of Chapter and State Affairs.
- The project will establish a multidisciplinary expert panel consisting of participants from national education and health organizations that will support and strengthen obesity prevention efforts at the state and community level.
- The expert panel will review and recommend strategies that will result in the compilation of a "promising practices" resource guide on obesity prevention in schools.
- An educational seminar will be held for pediatricians from 2 AAP chapters/regions to develop an action plan for a demonstration project in their region (a mini-stipend will be provided to help defer costs).

Project Goals

- 1) The AAP will establish strategic partnerships with education, public health, and parent organizations/entities to support and strengthen state education and health agencies' chronic disease prevention efforts, with a focus on obesity prevention.
- 2) The AAP will improve pediatricians' knowledge of coordinated school health programs and of strategies pediatricians can use to improve child and adolescent eating patterns and physical activity levels, thereby increasing pediatricians' self-efficacy to work with schools.
- 3) The AAP will engage pediatricians to become actively involved in the promotion of coordinated school health programs at the state and local level.

Project Advisory Committee:

Howard Taras, MD, University of California San Diego;
Melvin Heyman, MD, University of California San Francisco; and
Claire LeBlanc, MD, Children's Hospital of Eastern Ontario.