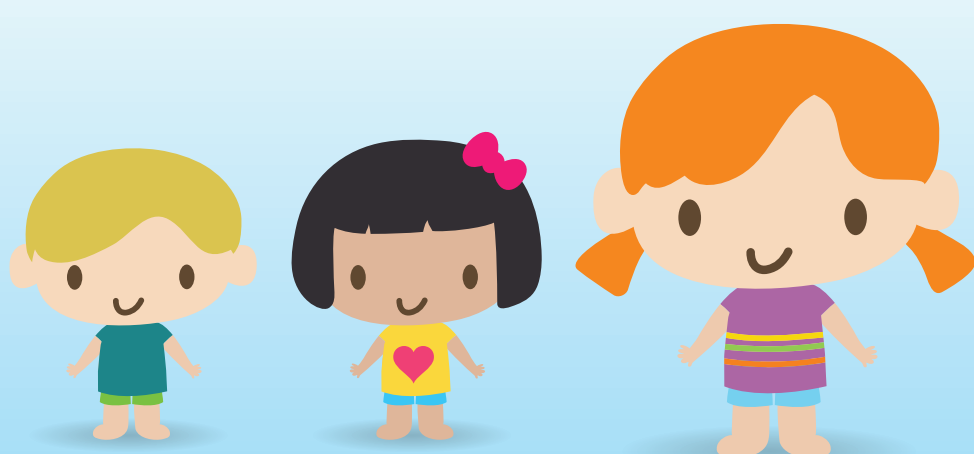


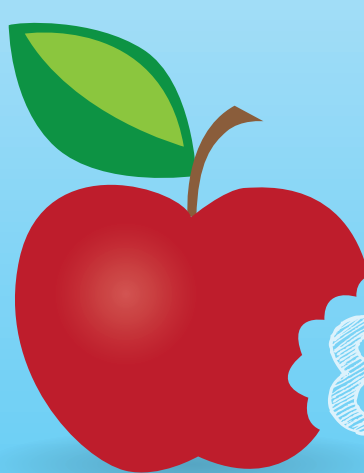
Children's Wellness in our Schools

Childhood obesity rates have climbed drastically in the past 30 years. Schools are uniquely positioned to provide a culture and environment that supports children and parents to make healthy choices. The University of Kansas Medical Center analyzed school wellness policies in Greater Kansas City and found the following:



One out of three

children in greater Kansas City are outside of healthy weight ranges



80% of schools have policy on advisory committee to address health and wellness

80%



More than 50% of schools use chocolate, candy or high-fat baked good for fund-raising

50%



more than two-thirds of schools use food as rewards/incentives



79%

of schools had policies addressing time spent doing physical activity



40%

of schools withhold recess or PE as punishment

For more information on this report and the Weighing In and Healthy Schools Committee, visit <http://hcfgkc.org/resources/nutrition-and-obesity>