

Prevention First: School Health

School Health Project Overview

Challenge: Health officials from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH) are working to reduce the number of Californians who have chronic disease or related conditions such as diabetes, heart disease, hypertension, and obesity. In California, only 32.6% of children and 16.1% of teens exercise the recommended 60 minutes, every day while only 52.6% of children and 25.8% of teens eat the recommended five or more daily servings of fruits and vegetables.¹ To help young people adopt healthy habits to reduce chronic disease risk, CDC has funded CDPH and the California Department of Education (CDE) to implement an initiative called Prevention First.

Objective: Prevent diabetes, heart disease, high blood pressure, and obesity, and manage asthma and food allergies for students in grades K - 12.

Our Commitment to School Health: Prevention First staff provides technical assistance, professional development, education and policy resources, and connections to collaborating organizations to assist selected school districts and schools in supporting students to make healthy choices:

- Increase consumption of nutritious foods and beverages by improving the school-based nutrition environment, including healthy food service, classroom nutrition education, healthy fundraising and celebrations, promotion of healthy food, school gardens, parent nutrition education, and drinking water access.
- Increase participation in physical activity: focus on enhancing physical education and providing more opportunities for students to be active before, during, and after school, including walking and biking to school (Safe Routes to School).
- Improve management and care for students with chronic conditions, with emphasis on addressing asthma and food allergies.

Contact Information and Emphasis:

Andrew Manthe, MPH, CHES, andrew.manthe@cdph.ca.gov. 916-449-5393

David Saunders, MEd, dsaunders@cde.ca.gov. 916-319-0277

Jeannine Barbato, MPH, (Safe Routes to School) jeannine.barbato@cdph.ca.gov. 916-552-9854

Linda Cowling, MPH, RD, (Nutrition) linda.cowling@cdph.ca.gov. 916-445-2973

Melissa Mallory, MPPA, melissa.mallory@cdph.ca.gov. 916-552-9956

Daniela Torres, MPH, (Chronic Conditions) dtorres@cde.ca.gov. 916-319-0284



¹2011-2012 California Health Interview Survey

