

# Local School Wellness Policy FACT SHEET

## REFERENCES

1. U.S. Department of Agriculture. Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule (2016). [https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary\\_finalrule.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf).
2. U.S. Department of Agriculture. Memo SP 24-2014: Local School Wellness Policy: Guidance and Q&As (2017). <https://fns-prod.azureedge.net/sites/default/files/cn/SP24-2017os.pdf>.
3. California Department of Education. Local School Wellness Policy (2019). <https://www.cde.ca.gov/ls/nu/he/wellness.asp>
4. Castillo, JC et al. 2015. Support for Physical Education as a Core Subject in Urban Elementary Schools. American Journal of Preventive Medicine, Volume 49, Issue 5, 753 – 756. [https://www.ajpmonline.org/article/S0749-3797\(15\)00199-3/fulltext](https://www.ajpmonline.org/article/S0749-3797(15)00199-3/fulltext).
5. The Crucial Role of Recess in School. Pediatrics. 2013; 131 (1): 183-188. DOI 10.1542/peds.2012-2993. <https://pediatrics.aappublications.org/content/131/1/183>
6. Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity. Pediatrics May 2006, 117 (5) 1834-1842; DOI: 10.1542/peds.2006-0472. <https://pediatrics.aappublications.org/content/117/5/1834>.
7. McKenzie TL and Kahan D 2008. Physical Activity, Public Health, and Elementary Schools. The Elementary School Journal 2008 108:3, 171-180. <https://www.journals.uchicago.edu/doi/abs/10.1086/529100>.
8. Micha R, Karageorgou D, Bakogianni I, et al. Effectiveness of school food environment policies on children’s dietary behaviors: A systematic review and meta-analysis. PLoS one 2018, 13(3), e0194555. DOI: 10.1371/journal.pone.0194555. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0194555>.
9. CDC. The Association Between School Based Physical Activity, Including Physical Education, and Academic Performance. Atlanta, GA: U.S. Dept. of Health and Human Services; 2010. [https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf).
10. CDC. A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease. 2013. <https://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>.
11. California Water Boards. Lead Sampling of Drinking Water in California Schools. Retrieved January 24, 2020. [https://www.waterboards.ca.gov/drinking\\_water/certlic/drinkingwater/leadsamplinginschools.html](https://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/leadsamplinginschools.html)

12. ChangeLab Solutions. Incorporating Safe Routes to School into Local School Wellness Policies (2015). <https://www.changelabsolutions.org/product/incorporating-safe-routes-school-local-school-wellness-policies>.

*The Champion Provider Fellowship empowers, trains and supports doctors and dentists to use their expertise and respected voices to improve the health of communities through local policy, systems and environmental changes.*

**Learn more at [championprovider.ucsf.edu](http://championprovider.ucsf.edu)**

Funded, in part, by USDA SNAP-Ed, an equal opportunity provider and employer.

