



**HEALTHY SCHOOLS, HEALTHY YOUTH
FY 2016 APPROPRIATIONS FACT SHEET
CENTERS FOR DISEASE CONTROL AND PREVENTION**

| FY2015 | President’s 2016 Budget | FY2016 |
|---------------|--------------------------------|---------------|
| \$15,383,000 | \$15,424,000 | \$15,424,000 |

Reversing the obesity epidemic requires a long-term, well-coordinated approach to reach young people where they live, learn and play—and schools have an especially important role. The proposed increase will enable more states to establish or increase strategic school health efforts to help fight the obesity epidemic among children. Additional funds will also help states improve the management of chronic conditions such as asthma and diabetes in the school setting. Each school day is an opportunity for the nation’s 56 million students to learn about their health and practice the skills that promote healthy behaviors.

Basic Facts About Children’s Health

- The percentage of children aged 6 to 11 who were obese more than doubled from 1980 to 2012—increasing from 7% to 18%; and quadrupled among adolescents aged 12 to 19, increasing from 5% to nearly 21% over the same period.
- Among children and adolescents aged 2 to 19 years, approximately 12 million are obese.
- An estimated 70% of obese children aged 5 to 17 years already have at least one risk factor for heart disease.
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- Only 31% of high school students participate in daily physical education classes, and approximately 78% of young people do not eat the recommended number of daily servings of fruits and vegetables.
- Of American children born in 2000, one in three will develop diabetes during their lifetime.

CDC’s School Health Program

Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Schools can help promote the health of young people and help them establish lifelong healthy patterns—including nutrition and physical activity behaviors that can prevent obesity. Increasing the quantity and quality of physical education and physical activity can have a positive impact on academic performance. Schools play a critical role in modeling and reinforcing healthy dietary behaviors.

A school health program coordinated with other chronic disease prevention and control efforts leads to an organized and comprehensive set of courses, services, policies and interventions that meet the health and safety needs of our nation’s youth. The School Health Program supports the linkage between public health and education, and has unique expertise in fighting the childhood obesity epidemic through developing and implementing evidence-based guidelines, training, and tools.

Currently only limited efforts in states are possible with this funding level. To fully implement this program throughout all 50 states, an additional \$60 million would be needed over the next 5 years.

For more information, visit www.cdc.gov/healthyyouth
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