



**HEALTHY SCHOOLS, HEALTHY YOUTH  
 APPROPRIATIONS FACT SHEET**

<b>FY2012</b>	<b>President’s 2013 Budget</b>	<b>FY2013</b>
\$13,600,000	Coordinated	\$18,600,000

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 coordinated school health efforts to help fight the obesity epidemic among children. Each school day is an opportunity for the nation’s 56 million students to learn about health and practice the skills that promote healthy behaviors.

**Basic Facts About the Health of Our Youth**

- The percentage of school-aged children aged 6 to 11 who were obese more than doubled from 1980 to 2008—increasing from 6.5% to 19.6%; among adolescents aged 12 to 19, the percentage more than tripled, increasing from 5% to 18.1%.
- Among children and adolescents aged 2 to 19 years, approximately 12 million are obese.
- Obese children and adolescents are more likely to become overweight or obese adults.
- An estimated 70% of obese children aged 5 to 10 years already have at least one risk factor for heart disease.
- Approximately 78% of young people do not eat the recommended number of daily servings of fruits and vegetables.
- Only 33% of high school students participate in daily physical education classes.
- Of American children born in 2000, one in three will develop diabetes during their lifetime.

**CDC’s Coordinated 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 behavior patterns—including behaviors that can prevent obesity. A well-coordinated school health program results in an organized set of courses, services, policies, and interventions that meet the health and safety needs of our nation’s youth. Programs funded for coordinated school health have a unique advantage in fighting the obesity epidemic because they better link the state departments of education and health, strategically plan for statewide impact, apply state-of-the-art obesity prevention policies and programs, and more effectively leverage resources and engage partners.

In 2008, 43 states (plus five tribal governments and four territorial education agencies) applied for funding to support a coordinated school health program; however, because of limited resources, only 22 states and 1 tribal government were funded.

- To increase the number of states supported for capacity building efforts (from 22 to all 50 states) to establish a coordinated school health program, CDC estimates that an additional \$33.8 million is needed over the next 5 years.
- To fund all 50 states at a full implementation level, an additional \$60 million would be needed over the next 5 years.

For more information, visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)