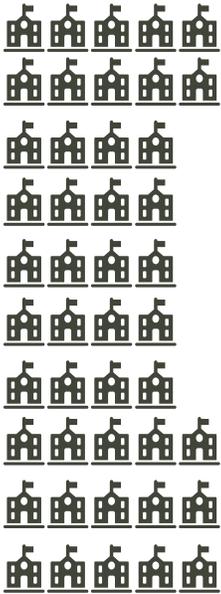


# THE 2018 CDC NYS SCHOOL HEALTH PROFILE SURVEY SHARES WHAT SCHOOL HEALTH EDUCATORS SAY ABOUT

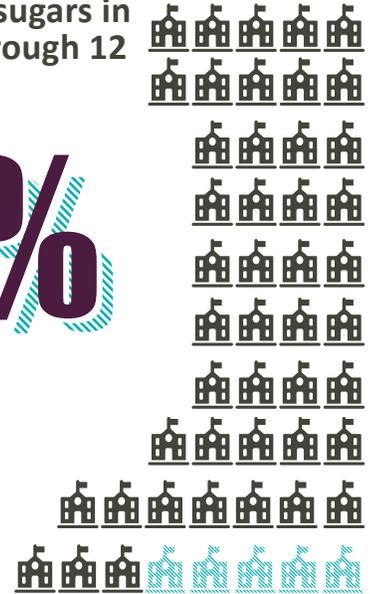
## NUTRITION ENVIRONMENT AND SERVICES

% of NYS schools in which teachers taught about **choosing foods, snacks, and beverages** that are low in added sugars in a required course for students in any of grades 6 through 12 during the current school year



# 95

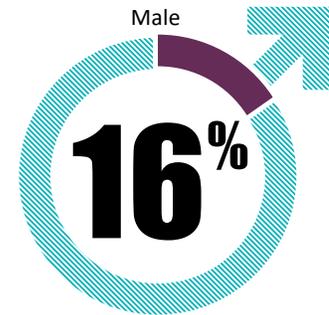
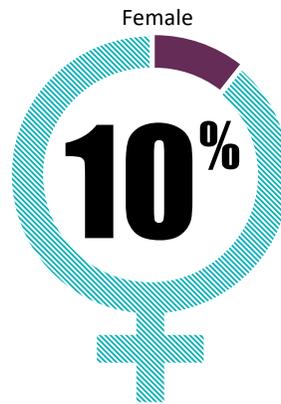
# %



# THE 2019 CDC NYS YOUTH RISK BEHAVIOR SURVEY SHARES WHAT STUDENTS SAY ABOUT

## DIETARY BEHAVIORS

% of students who **drank** a can, bottle, or glass of soda or pop one or more times per day such as Coke, Pepsi, or Sprite not counting diet soda, or diet pop (during the 7 days before the survey)



The information in this infographic is obtained from two CDC surveys conducted in NYS every other year. The NYS School Health Profile Survey (SHP) provides data on school policies and practices and the NYS Youth Risk Behavior Survey (YRBS) provides data on students' health risks and behaviors. They are conducted by the NYS Center for School Health in opposite years among a representative group of New York State public schools. You can learn more about these surveys on the NYSCSH website Data Reporting Page at [www.schoolhealthny.com/shp](http://www.schoolhealthny.com/shp).

LEARN MORE: New York State Center for School Health | [WWW.SCHOOLHEALTHNY.COM](http://WWW.SCHOOLHEALTHNY.COM) | 585-617-2380



## THE 2018 CDC NYS SCHOOL HEALTH PROFILE SURVEY SHARES WHAT SCHOOL HEALTH EDUCATORS SAY ABOUT

### NUTRITION ENVIRONMENT AND SERVICES

**BACKGROUND:** 95% of teachers taught about choosing foods, snacks, and beverages that are low in added sugars in a required course for students in any of grades 6 through 12 during the current school year. 2019 NYS YRBS trend data shows that 13% of New York State students consume pop or soda as compared to 15% of students nationally.

According to the [American Heart Association](#), children and youth should have less than 25 grams or 6 teaspoons of added sugar daily. Sugary drinks are the number one source of added sugars in our diet. The [NYS Department of Health](#) reports that dental caries, or tooth decay, is the most common chronic disease among children. If untreated, dental caries is often painful and can disrupt learning, school performance and daily activities.

**GOAL:** Provide professional development and resources that support instruction of reduction of foods with added sugars (including sugary beverages) to promote risk reduction in obesity and dental caries.

### SCHOOL STAFF



Use the NYS DOH fact sheet, [One in Five Students Report Daily Consumption of Soda or Other Sugar-Sweetened Beverages](#) (SSB) for information and statistics to educate and inform.

The [National Agriculture in the Classroom](#) website provides lesson plans and additional resource links to teach your students about the sugar and salt content found in processed foods.

Visit the [CDC Healthy Schools](#) webpage to learn about the 9 School Health Guidelines that serve as the foundation for developing, implementing, and evaluating school-based healthy eating policies and practices for students.

You can use the [NYS DOH Health Connector](#) to learn about the obesity statistics in your school, district, and county.

### STUDENTS & FAMILIES



Visit the [5210 Let's Go Montco! An Interactive Workbook for Families](#) and take a healthy habits survey and participate in trivia games and other fun activities that will increase your nutrition knowledge.

Visit the [Choose My Plate](#) website to find activities and games to make learning about good nutrition fun.

Visit the [Dairy Council of California Meal Planning + Ideas](#) webpage to learn how you can control food portions and avoid eating hidden calories.

Get cooking! Nutrition.gov's [Kids in the Kitchen](#) website has recipes and kitchen activities to help families get healthy together.

SCAN TO



LEARN MORE

### PARTNERSHIPS FOR EDUCATION



Department of Health



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