



HEALTH POLICY INTERVENTION IN SCHOOLS PROMOTE PHYSICAL ACTIVITIES AMONG THE PUPILS

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**HEALTH POLICY INTERVENTION IN SCHOOLS PROMOTE PHYSICAL ACTIVITIES
AMONG THE PUPILS**

Chen He & Bent Egberg Mikkelsen

Abstract

Now, more than ever, there are serious health concerns for obese and overweight children. Schools are the perfect setting for children to learn, and this influence can play an important role in preventing children from becoming obese and overweight. The study concerns the behaviors of Health Promoting School (HPS) according to a broad definition of HPS in World Health Organization (WHO), or dependent on schools own health promoting policies. The purpose of study research is to examine whether promoting physical activity among the children at schools in relation to a school health policy such as Food and Nutrition Policy (FNP). This was determined through the comparisons between the FNP based schools and non policy based schools. The study undertook surveys among school food coordinators in the selected Danish primary schools through a web-based questionnaire. The questions in the survey were more focused on physical activity in internal and external school environment. Schools provide an environment and facilities with education for pupils to learn and practice physical activity. This is an effective way to help children build an active physical lifestyle, which has a better likelihood of continuing into adulthood. The data shows the relations regarding the promoting physical activities among the pupils between different types of schools. Results indicate that health policy intervention can be effective in improving the physical activities and preventing the development of obesity and overweight issues among the children in schools.

Keywords: FNP, HPS, physical activity, school.