



**HEALTHY SCHOOLS FY 2022  
APPROPRIATIONS FACT SHEET  
CENTERS FOR DISEASE CONTROL AND PREVENTION**

FY 2020	FY 2021	FY 2022 President's Budget	FY 2022 Request
\$15,400,000	\$15,400,000	\$15,400,000	\$23,400,000

Reversing the obesity epidemic and promoting children's health 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 also will help states improve the management of chronic conditions such as asthma and diabetes and integrate social, emotional, and mental health in the school setting. Each school day is an opportunity for the nation's 56 million students to be in a healthy learning environment and practice lifelong healthy habits.

**Basic Facts About Children's Health**

- Childhood obesity has more than tripled in children and adolescents since the 1970s.
- In 2015-2016, 1 in 5 school age children and young people were obese.
- Children with obesity are at higher risk of having other chronic health conditions and diseases that influence physical health, including: asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease.
- Less than one-third of high school students participate in daily physical education classes and 73% were not active daily for 60 minutes or more.
- Most adolescents (78%) do not eat the recommended daily number of servings of fruits and vegetables, and they drink more full-calorie soda than milk per day.
- Too many adolescents (almost 19%) seriously considered suicide in the past year.

**CDC's School Health Program**

Chronic diseases are responsible for 7 of 10 deaths each year and the vast majority of our nation's healthcare costs. 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 and related diseases. Schools play a critical role in modeling and reinforcing healthy dietary and physical activity behaviors. In addition, approximately a third of high school students experience depression, and 1 in 4 students have a chronic condition that impacts their well-being. It is essential that schools are prepared to help students best manage their chronic conditions in the school setting and connect to students' medical homes. Schools are uniquely positioned to support student social-emotional health and connect students to mental health services.

The academic success of America's youth is strongly linked with their health. Scientific reviews have documented that school health programs can have positive effects on educational outcomes as well as health-risk behaviors and health outcomes. Health-related factors such as depression, hunger, chronic illness and physical inactivity can lead to poor school performance and academic outcomes. In addition, children with chronic health conditions may face lower academic achievement, increased disability, fewer job opportunities and limited community interactions as they enter adulthood.

Current funding allows for only limited efforts to support student health through funding national non-government organizations, strengthening the evidence base, and creating tools and resources to help schools and families. CDC currently funds 17 states. An \$8 million increase would only enable CDC to reach about 20 additional states. To reach all states would be approximately a \$13 million increase.

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

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