

PHA HEALTHIER CAMPUS INITIATIVE

PHA's Healthier Campus Initiative brokers commitments with colleges and universities to make their campuses healthier by adopting guidelines around food and nutrition, physical activity and programming. The effort includes a diverse array of colleges and universities. In trying to recognize the unique nature of each campus, PHA created guidelines that:



Give **CHOICE**

Colleges and universities can choose which guidelines they want to complete.

Acknowledge **PROGRESS MADE**

Guidelines were created to give credit for existing campus wellness efforts as well as to challenge colleges and universities to do more.

Allow **FLEXIBILITY**

Colleges and universities choose guidelines upon joining the initiative, but have until the end of the three-year commitment to fully implement them.

WHY CAMPUSES?

During their first year in college, students' overweight/obesity rates increase by more than 15%¹.



Most college students are not meeting dietary and physical activity guidelines².



The college years are a time when lifelong habits begin to form, as for the first time, as many students are making their own choices about food and lifestyle.

The Partnership for a Healthier America (PHA) works with the private sector and PHA Honorary Chair Former First Lady Michelle Obama to make the healthy choice the easy choice for busy families. Our partners are making healthier choices more accessible and affordable—regardless of where families live, work or play. PHA's private sector partners make meaningful commitments to help end the childhood obesity epidemic, and PHA ensures commitments made are commitments kept by measuring and reporting annually on their progress. Campuses influence tomorrow's parents, teachers, coaches, and more. It is critical that we help colleges and universities offer students, faculty and staff—as early as possible—healthier choices that will ensure their success.

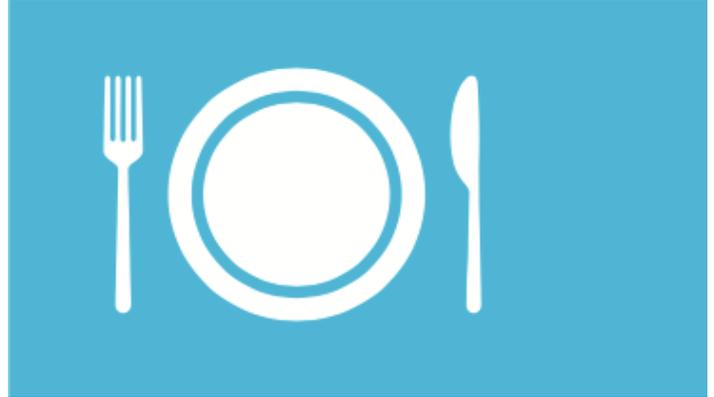
For a full list of campus partners, visit ahealthieramerica.org/campuses

PHA HEALTHIER CAMPUS INITIATIVE GUIDELINES

Working with a group of the nation's leading nutrition, physical activity and campus wellness experts, PHA created a set of guidelines to build healthier environments for colleges and university students, some of which include:

Food and Nutrition

- Providing healthier food and beverage services in campus-operated dining venues
- Providing healthier vending options on campus
- Providing healthier catering services on campus
- Promoting water consumption on campus
- Increasing local foods/sustainability programs in campus food service
- Providing trained food and nutrition professionals on campus



Physical Activity/Movement

- Creating a built environment that encourages active forms of transportation on campus, including access to walking and bicycle paths
- Encouraging student physical activity/movement through increased access to facilities and programs on campus

Programming

- Implementing an integrated, comprehensive wellness program for individuals on campus
- Offering other wellness programs on campus, including programs that address food insecurity, service learning and/or cooking skills, and breastfeeding support.

**To learn more about the Healthier Campus Initiative,
contact Kimberly O'Shields at koshields@healthieramerica.org**

¹ Richardson et al. 2009. A Prospective Study of Weight Gain During the College Freshman and Sophomore Years. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2696183>.

² Huang et al. 2003. Assessing Overweight, Obesity, Diet and Physical Activity in College Students. <http://www.tandfonline.com/doi/abs/10.1080/07448480309595728#.U1UjruZdV30>.

