

Cost Effectiveness & Return on Investment

OF SCHOOL-BASED HEALTH PROMOTION PROGRAMS

Schools are the opportune environment for health promotion and chronic disease prevention programs as they are where children spend most of their time

But are school-based health promotion programs: *Feasible? Acceptable? Sustainable? Effective? Cost-effective?*
We sought to answer this in 3 steps:

1

Workshop

Met with 45 key education and health stakeholders to identify what programs are feasible, acceptable, and sustainable. *8 intervention types were identified.*

- Comprehensive School Health (CSH)
- Modification of school nutrition policy
- Universal school food program
- Increased health food availability
- Modification of existing PE classes
- Promotion of activity outside PE class
- Changing food/drinks sold or served
- Multicomponent interventions

2

Systematic Review

Literature review conducted to assess which types of programs are most effective. *3 types were identified as the most effective.*

- **Comprehensive School Health:** holistic approach to promoting healthy eating and active living through changes to the school culture and environment
- **Physical education:** modification of existing physical education classes delivered by specialists
- **Multicomponent:** combination of programs identified by stakeholders

3

New Estimation Methods

An approach that considered program effects on vegetable and fruit intake, physical activity and body weight. *CSH was identified as most-effective*

An example of a CSH program is the APPLE Schools program



How does the Return on Investment stack up for APPLE Schools?



For every \$1 spent on the program, \$3.20 in future health care costs will be avoided...

...when also considering costs associated with productivity loss and premature death, every \$1 spent will save \$8.60 in future costs!

