**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.

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 (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

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.
   - 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

**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!