

ASHA Conference Brief Program Summary
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Nutrition Friendly Schools and CommunitiesSM environmental model to prevent overweight in children

The Nutrition Friendly Schools and Communities (NFSC) program is an ecological model, which impacts the entire school environment including students, staff, and families to promote good nutrition and physical activity. The NFSC model builds upon school strengths to prevent the development of overweight in children and was designed around the eight components of the Coordinated School Health Model.