

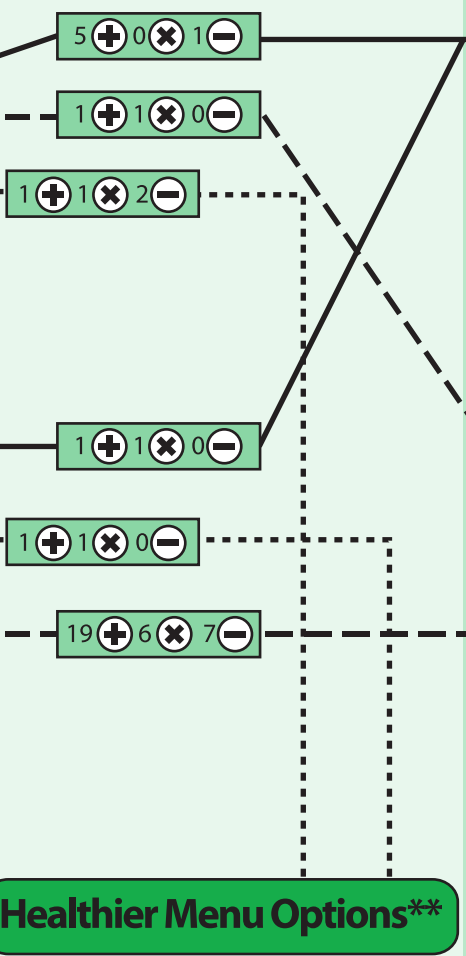
Nine intervention evaluation study groupings had a total of 48 outcomes (short-term, intermediate, or long-term), including 28 net positive, 10 net negative, and 10 neutral effects. Two studies were conducted with lower-income participants and one with Native American participants. Multiple study designs were used for this strategy including group randomized, randomized, and non-randomized trials, and before and after studies.

Environment and Policy Indicators

Provision of Healthy Foods and Snacks
(e.g., provision of increased fruit and/or vegetable servings in after school snacks, policies requiring low fat snacks)

Removal of Unhealthy Foods from Vending Machines and Snacks
(e.g., policies decreasing availability of unhealthy foods in vending machines; removal of sugary snacks)

Short-term Outcomes



Intermediate Outcomes

Better Nutrition

- Energy and calorie consumption: 0 (+) 2 (x) 0 (-)
- Fat consumption: 8 (+) 0 (x) 2 (-)
- Consumption of healthy foods: 2 (+) 2 (x) 1 (-)
- Decreased consumption of unhealthy foods: 6 (+) 1 (x) 1 (-)
- Consumption of sugar: 0 (+) 0 (x) 2 (-)
- Vitamins and minerals consumption: 2 (+) 0 (x) 0 (-)
- Consumption of milk: 1 (+) 2 (x) 1 (-)
- Decreased sugary snack consumption: 1 (+) 0 (x) 0 (-)

Long-term Outcomes

Less Overweight and Obesity

- Body mass index: 3 (+) 0 (x) 1 (-)
- Percent body fat: 3 (+) 1 (x) 0 (-)

Key:

- (+) Net Positive Effect
- (x) No/Neutral Effect
- (-) Net Negative Effect

*Childcare physical activity results can be found in the evidence map for "Childcare Physical Activity Policies and Environments."
 **Healthier Menu Options, a short-term proxy for healthy eating, was the only short-term outcome reflected in the peer-reviewed literature.