



The Director of Public Health Award

Whole College Priority

Suggested Outcomes – Healthy Weight (healthy eating, active travel and physical activity)

Increase the number of students eating 2 pieces of fruit and/or veg a day in college by 10%.

Increase the number of students choosing wholemeal bread sandwiches at lunchtime by 10%.

Increase the number of students reporting they eat breakfast by 10%.

Increase the number of students growing food/gardening in college by 10%.

Increase the number of students reporting they cook at home by 10%.

Decrease the number of students choosing salty snacks or confectionary in college by 10%.

Increase the number of students using sustainable methods of transport to college by 10%.

Decrease the number of students coming to college by car by 10%.

Increase the number of students attending physical activity opportunities during the day by 10%.