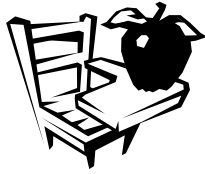


# Healthy School Nutrition Environment Resource List



This list contains online resources to assist schools with promoting healthy eating and physical activity for children. It is not all inclusive, as many resources are not available online.

Resources and websites are listed by main category. Many websites contain information on multiple content areas. The list is updated regularly and can be found at <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>.

Note: Websites change frequently. If you experience a problem or have a suggested website addition, please contact:

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Additional content areas not included in this list (e.g., general nutrition information, food safety, menu planning, nutrient analysis and Child Nutrition Programs) are found in the Connecticut State Department of Education's *Nutrition-Related Websites* at <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>.



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## Food at School

### A La Carte Sales and Vending

*A La Carte and Vending Items for a Healthy School Environment*, Illinois Nutrition Education and Training Program: <http://www.kidseatwell.org/flyers/ALaCarteVending.pdf>

*Better and Worse Snacks – Foods and Drinks for School Vending Machines*, Center for Science in the Public Interest, 2003: [http://cspinet.org/new/pdf/better\\_and\\_worst\\_snacks.pdf](http://cspinet.org/new/pdf/better_and_worst_snacks.pdf)



*Captive Kids: Selling Obesity at Schools. An Action Guide to Stop the Marketing of Unhealthy Foods and Beverages at School*, California Project LEAN, 2006. Includes information on marketing to children and youth through schools; key steps to develop policy that addresses marketing at schools; answers to legal questions; and talking points, case studies, fact sheets, additional resources and more. [http://www.californiaprojectlean.org/views/Create\\_Healthier\\_People.asp](http://www.californiaprojectlean.org/views/Create_Healthier_People.asp)

*Child Nutrition Policy Brief: Competitive Foods in Schools*, Food Research & Action Center, 2004: <http://www.frac.org/pdf/cncompfoods.PDF>

*Competitive Foods and Beverages Available for Purchase in Secondary Schools - Selected Sites, United States, 2004*, Centers for Disease Control and Prevention, MMWR September 23, 2005, 54(37);917-921: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5437a1.htm>

*Connecticut's Healthy Snack Standards for Foods and Beverages at School*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Connecticut's List of Snacks Meeting Healthy Snack Standards*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Connecticut's List of Vendors for Healthy Snacks*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Fact Sheet – Impact of Competitive Foods on the National School Lunch Program and School Breakfast Program*, Action for Healthy Kids, 2003: [http://www.actionforhealthykids.org/filelib/resources/fs\\_usdacomp.pdf](http://www.actionforhealthykids.org/filelib/resources/fs_usdacomp.pdf)

*Foods and Beverages Sold Outside of the School Meal Programs (Fact Sheet)*, CDC's School Health Policies and Programs Study (SHPPS) 2000: <http://www.cdc.gov/HealthyYouth/shpps/factsheets/index.htm>

*Foods Sold in Competition with USDA School Meal Programs, A Report to Congress*, U.S. Department of Agriculture, January 12, 2001: [http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/report\\_congress.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/report_congress.htm)

*Healthy Snack and Fundraising Ideas*, University of Wyoming Cooperative Extension Service. Two variations of a two-page handout providing ideas for healthy snacks at school and healthy food or non-food fundraising ideas. [http://www.uwyo.edu/winwyoming/School\\_related/Snack-HO-B+W-2-03.pdf](http://www.uwyo.edu/winwyoming/School_related/Snack-HO-B+W-2-03.pdf) and <http://www.uwyo.edu/winwyoming/HSNE-Snack-HO.pdf>

*Healthy Snack Turn*. A wheel to help food service directors analyze snack foods to see if they fit within nutritional guidelines of 30/35% or less of total calories from fat, 10% or less of total calories from trans/saturated fat, and 35% or less of weight from sugars (excluding naturally occurring sugars). Ordering Information at <http://www.kidfitconnections.com>

*Healthy Snacks*, Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs, and outside of school. <http://cspinet.org/healthysnacks/> (A shorter one-page version is available at [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf))

*Healthy Vending Guidelines*, San Antonio Bexar County Community Healthy Collaborative, 2002: <http://www.healthcollaborative.net/assets/pdf/vendingcriteria.pdf> (Part of the Fit City/Fit Schools initiative to help slim down and promote better fitness among area residents, <http://www.healthcollaborative.net/fitcity/FitCityhome.html>)

*Liquid Candy – How Soft Drinks are Harming Americans' Health*, Michael F. Jacobson, Ph.D., Center for Science in the Public Interest, 1998: [http://www.cspinet.org/sodapop/liquid\\_candy.htm](http://www.cspinet.org/sodapop/liquid_candy.htm)

## Healthy School Nutrition Environment Resource List

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*Menu for Change: Getting Healthy Foods into Schools*, Stonyfield Farm. A grassroots program that encourages parents and students to demand more nutritious and safer food options for children in schools. Includes many resources, fact sheets and Parent Action Kit. <http://www.stonyfield.com/>

*No Junk Food*. Developed by two California high schools as part of a nutrition grant, this website provides resources for providing healthier alternatives in school vending machines and cafeterias. <http://www.nojunkfood.org/>

*Pricing and promotion effects on low-fat vending snack purchases: The CHIPS study*, French S, Jeffery R, Story M et al. *American Journal of Public Health* 2001; 91:112-117. Low-fat snacks were added to 55 vending machines in schools with a pricing intervention. Reducing relative prices on low-fat snacks was effective in promoting lower-fat snack purchases from vending machines in both adult and adolescent populations. Average profits per machine were not affected. Abstract at

[http://www.ajph.org/cgi/content/abstract/91/1/112?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&searchid=1042720530689\\_199&stored\\_search=&FIRSTINDEX=0&volume=91&firstpage=112&journalcode=ajph](http://www.ajph.org/cgi/content/abstract/91/1/112?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&searchid=1042720530689_199&stored_search=&FIRSTINDEX=0&volume=91&firstpage=112&journalcode=ajph)



*School Foods Tool Kit*, Center for Science in the Public Interest, 2003. A comprehensive manual that provides practical advice for improving school foods. Contains background materials, facts sheets, tips on how to work with and influence school officials, how to garner community support for those changes, and model policies and materials. <http://cspinet.org/schoolfood/>

*School Meal Programs: Competitive Foods Are Widely Available and Generate Substantial Revenues for Schools* (GAO-05-563), Government Accountability Office, August 8, 2005: <http://www.gao.gov/new.items/d05563.pdf>

*Snack Food Calculator*, California Project LEAN. An online snack food calculator to determine if an individual food item meets nutrition standards for fat, saturated fat, and sugar established by California's legislation. <http://www.californiaprojectlean.org/calculator/>

*Soft Drinks and Candy in the School Setting*, Position Statement of the National Association of School Nurses, June 2002: <http://www.nasn.org/positions/positions.htm> (Scroll down alphabetically)

*Soft Drink and School-Age Children: Trends, Effects, Solutions*, North Carolina School Nutrition Action Council, July 2002. Explores the trends in consumption by school-age children, the health consequences and possible strategies for change. Includes position paper, PowerPoint presentation and other resources. [http://www.fns.usda.gov/tn/Healthy/Soft\\_Drinks/index.html](http://www.fns.usda.gov/tn/Healthy/Soft_Drinks/index.html)

*Soft Drinks in Schools*, *American Academy of Pediatrics Policy Statement*, Volume 113, Number 1, January 2004: <http://www.aap.org/policy/s010119.html>

*Statement on Soft Drink Contracts in Schools*. Ohio American Academy of Pediatrics, 2001: <http://www.ohioaap.org/softdrinks.htm>

*Suggestions for Nutritious Snacks*, Texas Department of Agriculture, 2004. Handout in English and Spanish on healthy snacks for home and school. [http://www.squaremeals.org/vgn/tda/files/983/1629\\_Nutrisnacks.pdf](http://www.squaremeals.org/vgn/tda/files/983/1629_Nutrisnacks.pdf)

*Taking the Fizz out of Soda Contracts: A Guide to Community Action*, California Project LEAN, 2002. Guide to help individuals or groups of people trying to combat school district soft drink contracts (includes PowerPoint presentation). <http://www.californiaprojectlean.org/resourcelibrary/default.asp> (Click on "Advocacy and Policy Tools" then scroll down to bottom)

*Vending Information from Changing the Scene – Make the First Move*, Minnesota Department of Children Learning and Families, 2003. Includes Sample Requests for Proposals, RFP Guidance, Vending Snack Guide Pyramid, A La Carte Snack Guide Pyramid and Vending Solutions for Student Health. <https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit>

*Vending Machines*, North Carolina School Nutrition Action Council, 2005. Two-page summary of standards for healthy foods and beverages in vending machines. <http://www.nutritionnc.com/TeamNutrition/indextn.htm>

*Vending Machines – Use the Right Sense*. Suggestions for healthy choices. <http://www.foodandhealth.com/vending.pdf>

## Healthy Fundraisers and School Stores

*All It Takes is Nutritious SEN\$E: Students Encouraging Nutritious Snacks Everyday!* Montana State University and Montana Office of Public Instruction. Some Montana schools have found out that students will choose healthful items if they are readily accessible and affordable at student stores. This toolkit guides schools through key concepts and considerations necessary to make these positive changes. In the end, the school store will not only continue to be profitable, it will contribute to student health and well being in the school. <http://www.opi.state.mt.us/schoolfood/nutritionense.htm>

*Beyond the Bake Sale*, National Public Radio, 2002. Series on how public schools are turning to private money, the benefits and the consequences. <http://www.npr.org/programs/morning/features/2002/oct/schools/index.html>

*Concessions*, North Carolina School Nutrition Action Council, 2005. Two-page summary of standards for healthy foods and beverages at concessions. <http://www.nutritionnc.com/TeamNutrition/indextn.htm>

*Constructive Classroom Rewards*, Center for Science in the Public Interest, 2004. Ideas for rewards that don't undermine children's health. [http://www.cspinet.org/nutritionpolicy/policy\\_options.html#ImproveSchoolFoods](http://www.cspinet.org/nutritionpolicy/policy_options.html#ImproveSchoolFoods) (Scroll down to bullet under "Rewards in the Classroom" in section entitled "Improve School Foods")

*Creative Financing and Fundraising*, California Project Lean. Ideas for healthy fundraising. <http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

*Fundraising*, North Carolina School Nutrition Action Council, 2005: <http://www.nutritionnc.com/TeamNutrition/indextn.htm>

*Guide to Healthy School Stores*, Alabama Department of Public Health Nutrition & Physical Activity Unit, 2004: <http://actionforhealthykids.org/filelib/toolsforteam/recom/N&PA%2035%20-%20school%20store.pdf>

*Healthy Foods and Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense*, Action for Healthy Kids, 2003: [http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Healthy Fundraising/Health Related Fundraising*. Commercial site with links to businesses that sell healthy products. <http://www.fundraiser-finder.com/fundraising-cat/healthy.php>

*Healthy Fundraising USA*. Company that focuses exclusively on healthy fundraising. <http://www.healthyfundraisingusa.com/>

*Healthy Fundraising: Promoting a Healthy School Environment*, Connecticut State Department of Education, 2005: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Healthy Fundraising & Vending Options*, Produce for Better Health Foundation: <http://www.5aday.com/html/educators/options.php>

*Non-Food Ways to Raise Funds and Reward a Job Well Done*, Texas Department of Agriculture, 2004: [http://www.squaremeals.org/vgn/tda/files/2348/3614\\_1034\\_NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf)

*School Fund Raiser Ideas – Alternatives to Selling Junk Food and Sodas*: <http://departments.oxy.edu/uepi/cfj/resources/AlternativeFundRaisers.htm>

*School Stores*, North Carolina School Nutrition Action Council, 2005. Two-page summary of ideas for healthy foods and developing policy on foods sold in school stores. [http://actionforhealthykids.org/filelib/toolsforteam/recom/NC\\_NC%20-%20schoolstores.pdf](http://actionforhealthykids.org/filelib/toolsforteam/recom/NC_NC%20-%20schoolstores.pdf)

*Twenty Ways to Raise Funds Without Candy*, Illinois Nutrition Education and Training Program: <http://www.kidseatwell.org/flyers/twentywaystoraisefunds.pdf>

### Healthy School Meals



- A Menu Planner for Healthy School Meals*, U.S. Department of Agriculture, 1998. Designed to educate school food service staff on the link between nutrition and health. Includes chapters on meeting dietary guidelines and nutrition goals, food-based menu planning and nutrient standards, nutrient analysis, and basic principles and processes of menu planning. Also includes information about how to promote the school meals programs. <http://www.fns.usda.gov/tn/Resources/menuplanner.html>
- A Tool Kit for Healthy School Meals*, U.S. Department of Agriculture, 1995. Includes 53 recipes that meet the Dietary Guidelines, a promotion guide and a training manual with instructions on preparing, modifying and standardizing recipes. Each recipe includes a nutrient analysis. <http://www.fns.usda.gov/tn/Resources/toolkit.html>
- Benefits of School Meal Participation*, Action for Healthy Kids, 2004: [http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)
- Competencies, Knowledge, and Skill Statements for District School Nutrition Program Directors and Supervisors*, National Food Service Management Institute, 2001: <http://www.nfsmi.org/Information/competencies2001.pdf>
- Communications and Marketing in Keys to Excellence*, School Nutrition Association, 1995: <http://www.asfsa.org/keys/>
- Cost and Nutrition Comparison of Brown Bag versus School Lunches*, Washington County Public Schools, Maryland: [http://www.wcboe.k12.md.us/content/d\\_s\\_food\\_parents.cfm](http://www.wcboe.k12.md.us/content/d_s_food_parents.cfm)
- Food Buying Guide for Child Nutrition Programs*, U.S. Department of Agriculture, 2002. Resource to determine the amount of food to purchase and the contribution each food makes toward the meal pattern requirements. Includes information on recipe analysis, child nutrition labeling and food purchasing. Also includes a resource section of useful web pages and information on food service, food preparation, food safety and menu planning publications. <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>
- Foods of Minimal Nutritional Value* (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations), U.S. Department of Agriculture, January 16, 2001: <http://www.fns.usda.gov/cnd/menu/fmnv.htm>
- Fruits & Vegetables Galore*, U.S. Department of Agriculture, 2004. A tool for school food service professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Includes ideas for dressing up the serving line to draw attention to fruits and vegetables to encourage children to make these selections, and coordinating nutrition education with teachers. [http://www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)
- Guidelines for Training Food Service Professionals to Achieve Healthy School Meals*, U.S. Department of Agriculture, 1995: <http://www.nal.usda.gov/fnic/schoolmeals/Training/gtf.html>
- Healthy Eating Posters for School Snack Bars*, Children's Nutrition Research Center. Thirty downloadable full size 11x17 posters which were created during a study involving more than 10,000 sixth, seventh, and eighth graders. Marketing research strategies commonly used by food companies to sell snacks like soda and chips were used to make school snack bar offerings healthier and increase students' fruit and vegetables consumption. [http://www.bcm.edu/cnrc/images/posters3/posters/poster\\_1.html#](http://www.bcm.edu/cnrc/images/posters3/posters/poster_1.html#)
- Healthy School Meals Resource System*, U.S. Department of Agriculture. Information and resources regarding USDA's child nutrition programs. <http://schoolmeals.nal.usda.gov/>
- HealthierUS School Challenge*. Standards established by the U.S. Department of Agriculture to recognize schools that take specific steps to improve their school nutrition environment and address obesity. <http://www.fns.usda.gov/tn/HealthierUS/index.html>
- Improving Meal Quality in California's Schools*, California Food Policy Advocates, 2002. Topics include Practices to Increase Participation in National School Lunch Program, Practices to Expand Healthy Offerings, and Supporting Food Service through Nutrition Policies and Innovative Collaborations. [http://www.cfpa.net/obesity/bp\\_meals.pdf](http://www.cfpa.net/obesity/bp_meals.pdf)



*Keys to Excellence in School Food and Nutrition Programs*, School Nutrition Association. A free online tool that offers an easy-to-use management and evaluation program that helps food service directors assess their school nutrition programs. Automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community. <http://www.asfsa.org/keys/>

*Max Glycine and the Case of the Vanished Man*, United Soybean Board. Designed to help school food service professionals better understand the obesity epidemic and approaches to addressing the problem, including the inclusion of soy-enhanced menu items. <http://www.solveobesity.com/>

*National Food Service Management Institute*. Provides information and services that promote the continuous improvement of Child Nutrition Programs, including low cost and some free materials. <http://www.nfsmi.org>

*National School Lunch Program (NSLP)*, U.S. Department of Agriculture. Information and regulations regarding the U.S. Department of Agriculture's School Lunch Program. <http://www.fns.usda.gov/cnd/Lunch/default.htm>

*National School Lunch Program (NSLP) Resources*, U.S. Department of Agriculture: <http://schoolmeals.nal.usda.gov/Resource/lunch.html>

*Promoting Healthy School Meals: Make Marketing Work for You*, School Nutrition Association, November 24, 2004: <http://www.schoolnutrition.org/Index.aspx?id=907>

*Resources on Food Allergies, Special Diets and Special Needs in Schools:* <http://schoolmeals.nal.usda.gov/Resource/specialdiets.html>

*School Breakfast Program (SBP)*, U.S. Department of Agriculture. Information and regulations regarding USDA's School Breakfast Program. <http://www.fns.usda.gov/cnd/Breakfast/Default.htm>

*School Breakfast Program Resources*, U.S. Department of Agriculture: <http://schoolmeals.nal.usda.gov/Resource/breakfastresources.html>

*School Lunch Challenge Recipe*, U.S. Department of Agriculture: <http://schoolmeals.nal.usda.gov/Chef/recipechallenges.html>

*School Lunch Program: Efforts Needed to Improve Nutrition and Encourage Healthy Eating*, U.S. General Accounting Office, May 2003: <http://www.gao.gov/new.items/d03506.pdf>

*Special Milk Program*, U.S. Department of Agriculture. Information and regulations regarding USDA's Special Milk Program. <http://www.fns.usda.gov/cnd/Milk/Default.htm>

*Team Nutrition*, U.S. Department of Agriculture. Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Contains numerous resources. <http://www.fns.usda.gov/tn/>

*5 A Day and School-Age Children: Trends, Effects, Solutions*, North Carolina School Action Committee, 2003. Provides a planned approach to address the issue of fruit and vegetable consumption in schools, with strategies and resources to help improve the school nutrition environment. Includes position paper, PowerPoint presentation and supporting resources. <http://schoolmeals.nal.usda.gov/Training/NC5aday/index.html>

## **Meal Schedules**

*Early Lunch Periods May Breed Bad Habits*, comcast.net, February 16, 2006. Article on a survey conducted by researchers at Pennsylvania State University that indicates early school lunches may be contributing to poor eating habits among students. A survey of schools found that early lunch periods, beginning at 10:30 a.m. or earlier, have higher a la carte sales than those of later lunch periods.

<http://www.comcast.net/news/health/index.jsp?cat=HEALTHWELLNESS&fn=/2006/02/16/327975.html>



*Eating at School: A Summary of NFSMI Research on Time Required By Students to Eat Lunch*, National Food Service Management Institute, 2001: [http://www.nfsmi.org/Information/eating\\_at\\_school.pdf](http://www.nfsmi.org/Information/eating_at_school.pdf)

*Measuring and Evaluating the Adequacy of the Lunch Period*, Insight, National Food Service Management Institute, 1999: <http://www.nfsmi.org/Information/Newsletters/insight12.pdf>

*Recess Before Lunch: A Guide to Success*, Montana Office of Public Instruction, 2003:  
<http://www.opi.state.mt.us/schoolfood/recessBL.html>

*Relationship of Meal and Recess Schedules to Plate Waste in Schools*, Insight, National Food Service Management Institute, 2004: <http://www.nfsmi.org/Information/Newsletters/insight24.pdf>

### Health and Achievement

*Breakfast for Learning*, Food Research & Action Center. Recent scientific research on the link between children's nutrition and academic performance.  
<http://www.frac.org/pdf/breakfastforlearning.PDF>

*Breakfast – Key to Academic Excellence*, Connecticut State Department of Education and New England Dairy and Food Council, 2002:  
<http://www.state.ct.us/sde/deps/nutrition/SBP/index.htm> (scroll down to bottom)

*Fact Sheet – Benefits of School Meal Participation*, Action for Healthy Kids, 2003:  
[http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Fact Sheet – Nutrition, Physical Activity and Achievement*, Action for Healthy Kids, 2003:  
[http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Healthy Eating Helps You Make the Grade*, U.S. Department of Agriculture, January 1999. Discusses the link between nutrition and learning, and the role of Child Nutrition Programs.  
<http://www.fns.usda.gov/tn/Resources/healthyeating.html>

*Healthy Students Perform Better in School*, William Potts-Datema, National School Boards Association, 2002:  
[http://www.nsba.org/site/doc\\_sbn.asp?TrackID=&SID=1&DID=8228&CID=312&VID=58](http://www.nsba.org/site/doc_sbn.asp?TrackID=&SID=1&DID=8228&CID=312&VID=58)

*How Are Student Health Risks & Resilience related to the Academic Progress of Schools?* WestEd, 2004. Summarizes the findings from two annual reports examining how gains in test scores are related to health-related barriers to student learning. [http://www.wested.org/chks/pdf/p1\\_stuartreport\\_ch\\_final.pdf](http://www.wested.org/chks/pdf/p1_stuartreport_ch_final.pdf)

*Hunger: Its Impact on Children's Health and Mental Health*, Weinreb, L. et al. Pediatrics Vol. 110 No. 4, October 2002, pp. e41: <http://www.pediatrics.org/cgi/reprint/110/4/e41.pdf>

*Making the Connection Health and Student Achievement (PowerPoint presentation)*. Association of State and Territorial Health Officials (ASTHO) and the Society of State Directors of Health, Physical Education and Recreation (SSDHPER), 2002: <http://www.thesociety.org/>

*Nutrition, Learning, and Behavior in Children: A Resource List for Professionals*, Food and Nutrition Information Center, 2004. <http://www.nal.usda.gov/fnic/service/learnpub.html>

*Our Journey to Good Health*, Pat Cooper. School Administrator, January 2003:  
[http://www.aasa.org/publications/sa/2003\\_01/Cooper.htm](http://www.aasa.org/publications/sa/2003_01/Cooper.htm)

*Policy Statement on School Health*, The Council of Chief State School Officers, July 17, 2004. Policy statement on the deep connection between school health and academic achievement. Calls on chief state school officers, their agencies and partners to ensure that efforts to improve academic performance address the health and developmental needs of students.  
<http://www.ccsso.org/content/pdfs/SchoolHealthPolicyStatement.pdf>

*School Breakfast Programs: Energizing the Classroom*, Minnesota Department of Children, Families and Learning, March 1998: <http://cfl.state.mn.us/energize.pdf>

*School Breakfast Score Card 2004*, Food Research and Action Center, 2004:  
[http://www.frac.org/School\\_Breakfast\\_Report/2004/index.html](http://www.frac.org/School_Breakfast_Report/2004/index.html)

*State Study Proves Physically Fit Kids Perform Better Academically*, California Department of Education, 2002:  
<http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp>

*Statement on the Link between Nutrition and Cognitive Development in Children*, Center on Hunger, Poverty and Nutrition Policy, Brandeis University, 1998: <http://www.centeronhunger.org/cognitive.html>

*Symposium on Breakfast and Learning, Selected Presentations*, U.S. Department of Agriculture, April 22, 1999: [http://www.usda.gov/cnpp/Seminars/symposium\\_on\\_breakfast\\_and\\_learn.htm](http://www.usda.gov/cnpp/Seminars/symposium_on_breakfast_and_learn.htm)





*The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, 2004. Report documenting how the excessive rise in poor nutrition, inactivity and weight problems is adversely affecting academic achievement and possibly costing schools millions of dollars each year. The report calls on schools to work with partners to take immediate action to address the issue, and points to current best practices in schools, school districts, and states.

[http://www.actionforhealthykids.org/devel/pdf/LC\\_Color\\_120204\\_final.pdf](http://www.actionforhealthykids.org/devel/pdf/LC_Color_120204_final.pdf)

*The Role of Sound Nutrition and Physical Activity in Academic Achievement*, Action for Healthy Kids, 2004. Addresses how poor nutrition and lack of physical activity lead to lower academic achievement.

[http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php) (Under “Nutrition, Physical Activity and Achievement”)

## **Nutrition Education**

### **Curriculum Development**

*A Guide to Curriculum Development: Purposes, Practices, Procedures*, Connecticut State Department of Education:

[http://www.state.ct.us/sde/dtl/curriculum/curgde\\_generic/curguide\\_generic.htm](http://www.state.ct.us/sde/dtl/curriculum/curgde_generic/curguide_generic.htm)

*Children’s Picture Book Database at Miami University*. Design literature-based thematic units for all subjects, searchable by topics, concepts and skills. <http://www.lib.muohio.edu/pictbks/>

*Health Education Assessment Project (HEAP)*. A national and state initiative focused on increasing the capacity of school districts to deliver a research-based approach to building the health literacy of students by addressing accountability in comprehensive school health education. HEAP aligns curriculum, instruction and assessment to improve student learning through comprehensive school health education instruction.

[http://www.ccsso.org/Projects/SCASS/Projects/Health\\_Education\\_Assessment\\_Project/1540.cfm](http://www.ccsso.org/Projects/SCASS/Projects/Health_Education_Assessment_Project/1540.cfm)

*Health Education Curriculum Analysis Tool (HECAT)*. Allows educators to evaluate and select their curriculums based on research that supports positive health behaviors among students. Contact the State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships at (860) 807-2077 or visit <http://www.state.ct.us/sde/deps/Student/CHE/index.htm>.

*Healthy and Balanced Living Curriculum Framework*, Connecticut State Department of Education, 2006:

<http://www.state.ct.us/sde/deps/Student/CHE/index.htm>

*Moving into the Future: National Physical Education Standards, 2<sup>nd</sup> Edition*, National Association for Sport and Physical Education, 2004: <http://www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html>

*National Health Education Standards*:

[http://www.aahperd.org/aahe/template.cfm?template=natl\\_health\\_education\\_standards.html](http://www.aahperd.org/aahe/template.cfm?template=natl_health_education_standards.html)

*Nutrition Education Intervention Resources*, Teachers College, Columbia University, 2003. A bibliographical list of more than 100 references in the area of nutrition education interventions, useful for teams working on nutrition education curriculum development and best practices.

<http://www.actionforhealthykids.org/filelib/resources/nutintbiblio.pdf>

*Nutrition Education: Principles of Sound Impact Evaluation*, U.S. Department of Agriculture, 2005:

<http://www.fns.usda.gov/oane/MENU/Published/NutritionEducation/Files/EvaluationPrinciples.pdf>

### **Connecting with Existing Curriculums**

*Action for Healthy Kids Database*. Click on “Co-Curricular Programs” under “Resources to Improve Schools.”

<http://www.actionforhealthykids.org/index.php>

*Agriculture in the Classroom*, U.S. Department of Agriculture:

<http://www.agclassroom.org/teacher/lessons.htm>

*Children’s Books about Nutrition*, School Nutrition Association:

<http://www.schoolnutrition.org/Index.aspx?id=508>



## Healthy School Nutrition Environment Resource List

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*Classroom Connection*, Colorado Department of Education. Helps teachers and food service staff members integrate nutrition education into core curriculum and the cafeteria.

<http://www.cde.state.co.us/cdenutritran/nutricafelessons.htm>

*Connecticut Ag in the Classroom*: <http://www.ctaitc.org/>

*Eat Smart, Play Hard in South Dakota: K-6 Integrated Nutrition Education Curriculum*, South Dakota State University Cooperative Extension Service, South Dakota Department of Education and Cultural Affairs Child and Adult Nutrition Services. Designed to integrate nutritional concepts into the core curriculum and to provide meaningful, relevant, real-world application of skills, concepts and knowledge to help build healthy eating patterns and to promote personal responsibility for good health. Each unit includes a parent-home connection with an informational letter to parents and homework assignments designed to extend and connect the classroom learning experiences into a round-the-clock lifestyle.

<http://schoolmeals.nal.usda.gov/Training/Eatsmart/index.html>

*Eat Well & Keep Moving*, Harvard School of Public Health, 2001. An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in upper elementary school students. Focuses on classroom lessons, but can also be used to reinforce healthy practices in the cafeteria, gymnasium, home and community.

<http://www.hsph.harvard.edu/nutritionsource/EWKM.html> Ordering information: <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>

*Gobble Up Math: Fun Activities to Complete and Eat for Kids in Grades K-3*, Sue Mogard and Ginny McDonnell. The Learning Works, Inc., 1994. Ordering information:

[http://ncscatalog.com/shopsite\\_sc/store/html/kids\\_korner.html](http://ncscatalog.com/shopsite_sc/store/html/kids_korner.html)

*Gobble Up Science: Fun Activities to Complete and Eat for Kids in Grades 1-4*, Carol A. Johmann and Elizabeth J. Rieth. The Learning Works, Inc., 1996. Ordering information:

[http://ncscatalog.com/shopsite\\_sc/store/html/kids\\_korner.html](http://ncscatalog.com/shopsite_sc/store/html/kids_korner.html)

*Healthy Eating for Kids' Fitness*. Innovative ways to incorporate healthy snacking and physical activities into elementary classrooms and resources on linking running and learning.

<http://www.kidsrunning.com/columns/whatkidsneed2.html>

*HeartPower*, American Heart Association. Curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade level (prekindergarten to Grade 8).

<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

*How to Teach Nutrition to Kids*, Connie Evers, RD. 24 Carrot Press, 2003. Promotes positive attitudes about food, fitness and body image. Features hundreds of fun, hands-on nutrition education activities aimed at children ages 6-12, with a focus on integration into existing subject areas. Ordering information:

<http://www.nutritionforkids.com/aboutbook.htm>

*Maine Nutrition Network Book List 2003-2004*. Lists nutrition-related books and cookbooks and appropriate age levels. <http://www.maine-nutrition.org/Booklist-02.pdf>

*Michigan Team Nutrition Booklist*. Annotated list of more than 300 books about food, healthy eating and physical activity for children in preschool through third grade. Includes a Search-By-Theme cross-reference section allowing the user to search for books related to a specific theme such as Fruits and Vegetables, Dairy, Breakfast, ABCs, Pizza, Soup-making, Outside Activity, Counting and Math, Spanish Translations and more. <http://tn.fcs.msue.msu.edu/booklist.html>

*National Heart Savers Association*. Includes a variety of nutrition education activities (word games, puzzles and other enrichment activities) for Grades K-8, which can be integrated with other curricular areas.

<http://www.heartsavers.org>

*Nutrition Across the Curriculum – Lesson Plans for Grades PreK-12*, Louisiana Department of Education.

Designed to help students develop positive attitudes toward good nutritional practices, to establish lifelong healthful eating patterns, to take action for good health, and to provide accurate and current nutrition information. A major goal of the project is to integrate nutrition information into content areas across the curriculum. <http://www.doe.state.la.us/ldc/nutrition/1667.html>

*Planet Health*, Harvard School of Public Health, 2001. An interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies and physical education.

[http://www.hsph.harvard.edu/prc/proj\\_planet.html](http://www.hsph.harvard.edu/prc/proj_planet.html)

*Pyramid Café*, National Dairy Council. Teaches second graders about good eating habits, sound nutrition and basic Food Guide Pyramid concepts. Lessons incorporate other curriculum areas such as math and art. <http://www.nutritionexplorations.org/educators/lessons/pyramid-cafe/cafe-main.asp?tab=1>

*Pyramid Explorations*, National Dairy Council. Teaches fourth graders to make wise food choices and plan a healthful diet using the Food Guide Pyramid. Lessons incorporate other curriculum areas such as math and art. <http://www.nutritionexplorations.org/educators/lessons/pyramid-exp/exp-main.asp?tab=1>

*SLIC: Secondary Level Interdisciplinary Curriculum*, Pennsylvania Department of Education. Five multidisciplinary thematic units that can be taught in ninth- through twelfth-grade classes in American history, algebra/pre-algebra, consumer math, English, business education, biology, chemistry, environmental science, family and consumer sciences, and health. The five units include Special Concerns in Nutrition, Alternative Eating, Disordered Eating, Physical Activity and Food Safety. [http://www.actionforhealthykids.org/resources\\_profile.php?id=258](http://www.actionforhealthykids.org/resources_profile.php?id=258)

*South Dakota Nutrition Expeditions*, South Dakota Team Nutrition. Nutrition lessons for Grades 7-12. Includes five units: Influences on Nutritional Practices and Wellness Across the Lifespan; Nutritional Needs of Individuals and Families Across the Lifespan – Nutritional Issues and Adolescents; Planning, Selecting, Storing, Preparing and Serving Food to Meet Nutritional Needs; Food Safety from Production to Consumption; and Food Science and Biotechnology. <http://schoolmeals.nal.usda.gov/Training/Nutrition%20Expeditions/index.html>

*Wellness, Academics and You (WAY)*. Multidisciplinary academic resource that teaches students the importance of physical activity and nutrition while helping teachers to meet state and national education standards. <http://www.wayplanet.com/wayplanet/>

*What's Cookin' in the Classroom*, New Jersey Food Stamp Nutrition Education Program. An interdisciplinary educational curriculum that focuses on nutrition while encompassing language arts and heritage storytelling. These lessons promote literacy, creativity and health and social skills. They were designed for use by teachers and other health professionals to provide nutrition education to students in Grades K-8. <http://www.njfsnep.org/>

## **Games and Activities**

*Kids & Nutrition*, North Dakota State University. Links to nutrition activities and resources for kids, teens, parents and teachers. <http://www.ext.nodak.edu/food/kidsnutrition/>

*Milk Matters Games and Activities*, National Institute of Child Health and Human Development. Games and activities to help children and teens learn more about calcium, why it's important for strong bones and healthy teeth, how much calcium is needed every day, and what foods contain calcium. <http://www.nichd.nih.gov/milk/kidsteens.cfm>

*MyPyramid Match Game*, Dairy Council of California. Interactive learning tool designed for kids. [http://www.dairycouncilofca.org/activities/pyra\\_main.htm](http://www.dairycouncilofca.org/activities/pyra_main.htm)

*National Heart Savers Association*. Includes a variety of nutrition education activities (word games, puzzles and other enrichment activities) for grades K-8, which can be integrated with other curricular areas. <http://www.heartsavers.org>

*Nutrition Café*, Pacific Science Center and the Washington State Dairy Council. Includes three nutrition games (Nutrition Sleuth, Grab a Grape and Have-a-Bite Café) for kids. <http://exhibits.pacsci.org/nutrition/>

*Nutrition Explorations Kids' Page*, National Dairy Council. Includes nutrition games and information. <http://www.nutritionexplorations.org/kids/activities-main.asp>

*Nutrition on the Web*. Site on nutrition for teens created by teens, including information and interactive activities in English, Spanish and German. <http://library.thinkquest.org/10991/>

*Puzzlemaker*. Create your own nutrition crosswords and word searches. <http://www.puzzlemaker.com>

*Sci4Kids*, Agricultural Research Services, U.S. Department of Agriculture. Includes a variety of teacher-ready activities (coloring page, word finds, quizzes and activities) that encompasses a range of student levels. <http://www.ars.usda.gov/is/kids/>

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USDA for Kids, U.S. Department of Agriculture. Links to many websites with games, activities and resources for kids on agriculture, nutrition, food safety, science and math.  
<http://www.usda.gov/news/usdakids/index.html>

### Health Literacy

*A Lexicon of Learning*, Association for Supervision and Curriculum Development, 2006. Education, like all professions, has a specialized vocabulary that parents and others may have a difficult time understanding. This online glossary provides clear definitions of educational terms in everyday language.  
<http://www.ascd.org/portal/site/ascd/menuitem.4247f922ca8c9ecc8c2a9410d3108a0c/>

*Developing Readable Materials*, Oregon State University. Includes resources to help write easy-to-read documents; lists of easy-to-read nutrition education materials.  
<http://extension.oregonstate.edu/fcd/nutrition/commprograms/readablematerial/index.php>

*Health Literacy*, Food Stamp Nutrition Connection. Resources on developing nutrition and health education materials for low literacy adults. [http://www.nal.usda.gov/foodstamp/Topics/health\\_literacy.html](http://www.nal.usda.gov/foodstamp/Topics/health_literacy.html)

*Health Literacy Resources – Writing in Plain Language*, Massachusetts General Hospital:  
[http://www.mgh.harvard.edu/library/default.asp?page=plain\\_language](http://www.mgh.harvard.edu/library/default.asp?page=plain_language)

*Media-Smart Youth: Eat, Think, and Be Active*, National Institute of Child Health and Human Development, 2006. An interactive after-school education program for young people ages 11 to 13 designed to help teach them about the complex media world around them, and how it can affect their health—especially in the areas of nutrition and physical activity. <http://www.nichd.nih.gov/msy>

*Nutrition Education for Low-literate Teens & Adult Resource List*, Food and Nutrition Information Center, September 2002: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/lowlit.html>

*National Institute for Literacy*. Federal organization that shares information about literacy and supports the development of high-quality literacy services so all Americans can develop essential basic skills.  
<http://novel.nifl.gov/>

### Healthy Eating Calculators

*Adult Energy Needs and BMI Calculator*, Children's Nutrition Research Center at Baylor College of Medicine:  
<http://www.kidsnutrition.org/caloriesneed.htm>

*Children's Energy Needs Calculator*, Children's Nutrition Research Center at Baylor College of Medicine:  
[http://www.kidsnutrition.org/energy\\_calculator.htm](http://www.kidsnutrition.org/energy_calculator.htm)

*Healthy Eating Plan Calculator*, Children's Nutrition Research Center: Enter a child's sex, age, weight, height, and physical activity level to obtain a general eating plan that provides nutrition and energy needed to grow and be active without excessive weight gain. Plans are based on the new 2005 Dietary Guidelines for Americans and the Institute of Medicine's nutritional recommendations for children ages 4 and older. In addition to suggesting amounts of the basic food groups, including fruits, vegetables, grains, milk products, lean meats and beans, and oils to be consumed each day, the calculator gives guidelines for the consumption of discretionary calories. [http://kidsnutrition.org/HealthyEating\\_calculator.htm](http://kidsnutrition.org/HealthyEating_calculator.htm)

*MyPyramid*, U.S. Department of Agriculture: <http://www.mypyramid.gov/>

*MyPyramid Tracker*, U.S. Department of Agriculture. An online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. <http://www.mypyramidtracker.gov/>

*Nutrition Analysis Tool*, University of Illinois. Web-based program that allows people to analyze the foods they eat for various different nutrients. <http://www.ag.uiuc.edu/~food-lab/nat/>

*NutritionData's Nutrition Facts & Calorie Counter*. Provides nutrient analysis for any food or recipe, including fast foods. <http://www.nutritiondata.com/index.html>

*Personal Nutrition Planner*, Dairy Council of California. An interactive, internet-based tool to help consumers individualize their diet based on specific lifestyle, gender, ethnicity, activity level, age, disease risk, and other factors. This tool incorporates the Dietary Reference Intakes' new exercise and nutrition recommendations and includes a weight-management section geared to specific goals.  
<http://www.dairycouncilofca.org/>

*What's in the Foods You Eat*, U.S. Department of Agriculture, Agricultural Research Service. A searchable database where users can view a 60-nutrient profile for each of more than 13,000 foods.  
<http://www.ars.usda.gov/Services/docs.htm?docid=7783>

### **Nutrition Lessons and Programs**

*Captain 5 A Day Nutrition Education Program*, Connecticut Department of Public Health. Preschool nutrition education program to increase fruit and vegetable consumption. Includes parent workbook and video (in both English and Spanish). [http://www.dph.state.ct.us/Publications/BCH/HEI/welcom\\_to\\_captain.htm](http://www.dph.state.ct.us/Publications/BCH/HEI/welcom_to_captain.htm)

*Destination Wellness – You're in the Driver's Seat, Nutrition Education Tool Kit for High School Students*, Maryland State Department of Education, 2003. Contains eight lessons which meet the national standards for health education in nutrition for high school students. Can be used by health teachers, school nurses, Family and Consumer Science teachers, and others. The eight lessons are interactive and include a variety of hands-on activities. <http://schoolmeals.nal.usda.gov/Training/md/index.html>

*Discovering the Food System: An Experiential Learning Program for Young and Inquiring Minds*, Cornell University. An on-line curriculum designed for teachers and leaders of middle and high school students. <http://www.hort.cornell.edu/foodsyst/>

*Education World Lesson Planning Center*, George Washington University. Search for nutrition lessons in the Health and Safety section. [http://www.education-world.com/a\\_lesson/archives/health.shtml](http://www.education-world.com/a_lesson/archives/health.shtml)

*FitSource – Physical Activity and Nutrition in Child Care Settings*, Child Care Bureau. Contains a wide variety of tools that can be used to incorporate physical activity and nutrition into child-care and after-school programs, including activities and game ideas, curriculums and lesson plans, campaigns, healthy menus and recipes, funding strategies, information for parents and other resources. <http://www2.nccic.org/fitsource/index.cfm>

*Food on the Run*, California Project LEAN, 2000. Dedicated to increasing healthy eating and physical activity among adolescents. The program focuses on strengthening individual skills and knowledge while also working to influence high school policies and environments to increase access to healthy foods and physical activity options. Food on the Run works with teens, parents, community members and local policy makers to educate them on the importance of healthy eating and physical activity, and engage them in developing supportive policy solutions. <http://www.californiaprojectlean.org/resourcelibrary/default.asp> (Click on "Resource Library" and search for "Food on the Run")

*HealthSmart*, ETR Associates. A K-12 health education program based on the national health education standards. Content and samples lessons for each grade level can be previewed before purchasing. <http://pub.etr.org/healthsmart/index.html>,

*HealthTeacher.com*. Provides a comprehensive, sequential K-12 health education curriculum that consists of almost 300 lesson guides that meet National Health Education Standards and provide skills-based assessment methods. <http://www.healthteacher.com/>

*Jump Start Your Bones*, Rutgers Cooperative Extension, 2000. A culturally-sensitive, school-based osteoporosis prevention program designed for use by teachers, school nurses, and other health professionals who work with middle-school students. It stresses the importance of getting adequate calcium and weight-bearing exercise during adolescence to ensure peak bone mass and life-long bone health. <http://www.njfsnep.org/>

*Lesson Plans for Teachers*, Texas Department of State Health Services. Lessons for grades K-5 on topics including anatomy and nutrition (available in both English and Spanish). <http://www.dshs.state.tx.us/kids/lessonplans/default.shtm>

*Middle School Nutrition and Physical Education Marketing*, Colorado Team Nutrition Program, 2005. The program includes a wellness component that can be utilized by school staff, two power point presentations for school staff, a fruit-vegetable promotion, a set of parent newsletters, a set of physical education lessons for grades preK-12 and a set of reference articles related to nutrition and child obesity. [http://schoolmeals.nal.usda.gov/Training/CO\\_Middle\\_School\\_Marketing/index.html](http://schoolmeals.nal.usda.gov/Training/CO_Middle_School_Marketing/index.html)

*MyPyramid*, University of Missouri Extension. Introductory lesson plans on MyPyramid for grades Pre-K to K, 1 to 3, 4 to 5 and 6 to 8. Also includes MyPyramid handouts for adults and youth. <http://extension.missouri.edu/fnep/teaching.htm>



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*MyPyramid for Kids Classroom Material*, U.S. Department of Agriculture, 2005. Lesson plans with reproducible worksheets for grades 1-2, grades 3-4, and grades 5-6.

<http://teamnnutrition.usda.gov/Resources/mypyramidclassroom.html>

*Responsible Healthy Lifestyles Nutrition Education Curriculum Grades 7-12*, Utah State Office of Education, 1997 to 1999: <http://www.uen.org/Lessonplan/LPview?core=7>

*Responsible Healthy Lifestyles Nutrition Education Curriculum: Teacher Resource Book K-6 Grades*, Utah State Office of Education, 1993. [http://www.uen.org/utahlink/lp\\_res/nutri001.html](http://www.uen.org/utahlink/lp_res/nutri001.html)

*Teaching Your Kids About Food Advertising and Marketing*, Kidnetic.com. Helps parents talk to their kids about marketing techniques. <http://www.kidnetic.com/BrightPapers/?c=For+Parents&p=71>

*Team Nutrition*, U.S. Department of Agriculture. List of nutrition education materials and resources.

<http://www.fns.usda.gov/tn/Resources/index.htm>

*The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide*, Health and Human Services and U.S. Department of Agriculture, 2003. Intended for after-school program leaders working with young adolescents. Contains 10 interactive sessions, a recipe booklet, parent letter, and Nutrition Facts cards. The CD contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens.

[http://www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)

*There's a Rainbow on My Plate*, Produce for Better Health Foundation, 2003. A free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits, and focuses on the importance of eating five or more servings fruits and vegetables every day.

[http://www.5aday.com/html/curriculum/curr\\_home.php](http://www.5aday.com/html/curriculum/curr_home.php)

*Tuning Into Food Marketing*, Kidnetic.com. Leader's Guide module provides a lesson for health professionals and educators to use in educational settings to raise kids' awareness of techniques used in food ads and marketing. Includes "Be a TV Food Ad Reviewer" activity sheet.

<http://ifc.nisgroup.com/kidnetic/upload/11-FoodAdAndMktg.pdf>

*Veggie Grant Project: Using Stages of Change Criteria and Critical Thinking Skills to Teach About Vegetables*, Iowa Department of Public Health, 2005. Targeted to parents of 2 to 5 year old children enrolled in the WIC Program, these nutrition education materials are appropriate for a variety of programs providing services to families with young children. Includes a series of 42 nutrition education modules focused on increasing young children's intake of vegetables, available in both English and Spanish.

[http://www.idph.state.ia.us/hpcdp/vg\\_home.asp](http://www.idph.state.ia.us/hpcdp/vg_home.asp)

*yourSELF Middle School Nutrition Education Kit*, U.S. Department of Agriculture, 1998. Contains materials for health education, home economics or family living classes that will help 7th and 8th grade students learn to make smart choices about eating and physical activity. The materials convey respect for adolescents' power of choice and their increasing control over their own health.

<http://www.fns.usda.gov/tn/Resources/yourself.html>

## Nutrition Presentations

*Avoid Portion Distortion With MyPyramid's Specific Guidelines (PowerPoint Presentation)*, University of Nebraska Cooperative Extension, 2005: <http://lancaster.unl.edu/food/ftmay05.htm>

*Have Your Cake and Eat It Too*, University of Nebraska Cooperative Extension, 2006. Learn how to meet MyPyramid recommendations and have enough calories left over for "extras."

<http://lancaster.unl.edu/food/calories.shtml>

*Nutrition and Osteoporosis Online Slide Show and PowerPoint*, University of Nebraska Cooperative Extension, 2005: <http://lancaster.unl.edu/food/osteoporosis.htm>

*Nutrition Through the Life Cycle*, Oregon State University. Series of PowerPoint presentations about the nutritional needs of infants, children, teens and older adults.

<http://extension.oregonstate.edu/fcd/nutrition/onlinepresentations.php>

*Power Point Slide Shows*, Nebraska Department of Education. Downloadable presentations on several topics including MyPyramid, Dietary Guidelines, school meals and food safety for teens.

[http://www.nde.state.ne.us/ns/slide\\_shows.htm](http://www.nde.state.ne.us/ns/slide_shows.htm)



*Portion Distortion Slides*, National Health, Lunch and Blood Institute. PowerPoint presentation on the impact of portion sizes on calories and other nutrients. [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm](http://hp2010.nhlbihin.net/oei_ss/menu.htm)

*Ready-Made Presentations for You to Use*, International Food Information Council. Presentations on hot topics in nutrition and health that can be adapted to the specific objectives of your training session. <http://www.ific.org/tools/presentations.cfm>

*Spending Your Calorie Salary: Tips for Using MyPyramid*, University of Nebraska Cooperative Extension, 2005: <http://lanaster.unl.edu/food/mypyramid-calorie-salary.htm>

## **Nutrition Promotions**

*Dining Room Demos: Short Interactive Nutrition Lessons for the Cafeteria*, American School Food Service Association, 2003. Nutrition education displays that can be set up in the cafeteria to educate students with quick and easy health messages while they are waiting in line or passing through the cafeteria. Include objectives, resources and step-by-step directions for successful cafeteria displays in four areas: Shopping Tips; Reading Your Label; Take Five to Read the Facts; and Shopping Scorecard. <http://www.schoolnutrition.org/Index.aspx?id=1138>

*Food and Health Calendar*. List of nationally recognized food, nutrition and health days for each month. <http://www.foodandhealth.com/healthcalendar.htm>

*Food Theme Monthly Calendars Links*, University of Nebraska-Lincoln Cooperative Extension: <http://lanaster.unl.edu/food/ciqlinks.htm>

Got Milk. Milk nutrition information, contests, games and trivia. <http://www.got-milk.com/>

*Health Observance Calendar*, National Health Information Center. This planning guide lists national health observances (days, weeks, or months devoted to promoting particular health concerns), along with the sponsoring organizations and information about supporting materials that will be available. <http://healthfinder.gov/library/nho/>

*HealthierUS School Challenge*. Standards established by USDA to recognize schools that take specific steps to improve their school nutrition environment and address obesity. <http://www.fns.usda.gov/tn/HealthierUS/index.html>

*Pick A Better Snack & Act*, Iowa State University Extension. Provides tools to help promote fruit and vegetable consumption, e.g., BINGO-type card, snack cards, promotional letters and more. <http://www.extension.iastate.edu/food/>

*Team Nutrition Days How-To Kit*, U.S. Department of Agriculture, 1997. A comprehensive guide containing information on creating Team Nutrition activities including gardening, fair activities and publicity. <http://www.fns.usda.gov/tn/Resources/howtokit.html>

*Team Nutrition Event Calendar*, U.S. Department of Agriculture. Developed to help plan and conduct creative nutrition education activities that support healthy school meals. The Calendar lets you see at a glance the many opportunities for coordinating nutrition education with events throughout the year, and the downloadable Companion files, offering activities, handouts and recipes, can help you bring your ideas to life. <http://www.fns.usda.gov/tn/Calendar/index.htm>

*Team Nutrition Team Nutrition Calendar Companion*, U.S. Department of Agriculture, 1997. A companion piece to the Team Nutrition Activity Calendar, designed to help plan and conduct monthly activities. <http://teamnutrition.usda.gov/Resources/calendarcompanion.html>

*Team Nutrition School Activity Planner*, U.S. Department of Agriculture, 1997. A “how-to” guide for nutrition fairs and tasting activities, designed to involve school leaders and supporters in planning activities. It includes activity suggestions and reproducible materials that can be personalized, copied and distributed to children and parents. <http://www.fns.usda.gov/tn/Resources/activityplanner.html>

*Why Milk?* National Dairy Council. Includes contests, “Personal Trainer” diet assessment activity, recipes and information on milk. <http://www.whymilk.com>

### Resources for Nutrition Education

*Be Wise About Your Portion Size*, Florida Interagency Food and Nutrition Committee. Resources (including lesson plans, activities, and brochures) targeted to a wide variety of audiences to encourage awareness of portions consumed, as well as total daily intake of food.

<http://www.doh.state.fl.us/Family/obesity/documents/BeWise.html>

*Bright Ideas for Using the Eat Smart Play Hard Materials*, U.S. Department of Agriculture:

<http://www.fns.usda.gov/eatsmartplayhard/Collection/main.html>

*Eat Smart Play Hard*, U.S. Department of Agriculture. A national nutrition education and promotion campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity. The campaign uses Power Panther™ as the primary communication vehicle for delivering nutrition and physical activity messages to children and their caregivers. Support materials include posters, a slogan, Power Panther™ costumes, and other materials. Messages developed for the campaign are based on the Dietary Guidelines for Americans and the Food Guide Pyramid.

<http://www.fns.usda.gov/eatsmartplayhard/>

*Dairy Council of California*. Many nutrition education resources for teachers, parents and children, including MyPyramid handout and interactive game, and a personal nutrition planner.

<http://www.dairycouncilofca.org/>

*Dole 5 A Day*. Lots of fruit and vegetable fun (lesson plans, games, activities) from Dole Company.

<http://www.dole5aday.com/>

*FDA & You Newsletter*, Food and Drug Administration. An educational newsletter intended for use by health educators, secondary school students and their parents.

<http://www.fda.gov/cdrh/fdaandyou/>

*Food and Nutrition Resource List for Child Care and Preschool Staff*, Food and Nutrition Information Center, September 2004: <http://www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm>

*Food and Nutrition Resources for Grades Preschool through 6*, Food and Nutrition Information Center, June 2000: <http://www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html>

*Food and Nutrition Resources for Grades 7 through 12*, Food and Nutrition Information Center, May 2001:

<http://www.nal.usda.gov/fnic/pubs/bibs/edu/biblio.html>

*Food History*. Chronicles the history of food. <http://www.foodtimeline.org/>

*Great Sites for Teaching Nutrition*, Education World. Each week, Education World's *Great Sites for Teaching About...* page highlights Web sites they think will help educators work timely themes into their lessons.

[http://www.educationworld.com/a\\_sites/sites010.shtml](http://www.educationworld.com/a_sites/sites010.shtml)

*How to Teach Nutrition to Kids*, Connie Evers, RD, 24 Carrot Press, 2003. Promotes positive attitudes about food, fitness and body image. Features hundreds of fun, hands-on nutrition education activities aimed at children ages 6-12, with a focus on integration into existing subject areas. Ordering information:

<http://www.nutritionforkids.com/aboutbook.htm>

*How Stuff Works*. Information on how things work for a huge variety of topics including food and the body.

<http://www.howstuffworks.com/>

*Interactive Toolbox*, Food and Nutrition Information Center. Includes many websites with nutrition calculators and other tools for dietary assessment and planning, checking personal health risks, testing knowledge, and evaluating needs. <http://www.nal.usda.gov/fnic/etext/000035.html>

*MyPyramid*, U.S. Department of Agriculture: <http://www.mypyramid.gov/>

*MyPyramid*, University of Florida. Information and handouts on the new USDA MyPyramid. Includes handouts in Spanish. <http://fyas.ifas.ufl.edu/pyramid/index.htm>

*MyPyramid Tracker*, U.S. Department of Agriculture. An online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. <http://www.mypyramidtracker.gov/>

*National Cattlemen's Beef Association*. Provides free nutrition education kits and resources for educators of preschool through 12th grade. <http://www.teachfree.org>

*New England Dairy & Food Council (NEDFC)*. Geared toward educators, health professionals, school food service professionals and consumers. Includes nutrition education materials, milk promotion ideas, incentives for school cafeteria promotions, and access to Mealtime Sampler, NEDFC's publications for school food service. <http://www.newenglanddairyCouncil.org>

*Noteworthy Creations*. "Kids Club" preschool nutrition education materials for purchase. Includes free newsletter, activities, book and recipe ideas, and a coloring sheet and song for children about a new nutrition topic each month. <http://www.funwithfood.com>

*Nutrition Explorations*, National Dairy Council. Includes nutrition information and resources for educators, parents and school food service. Also includes kids' page with games and information. <http://www.nutritionexplorations.com/>

*Nutrition Resource Library*, Connecticut State Department of Education. Contains many resources for nutrition education and food service management. <http://www.state.ct.us/sde/deps/nutrition/index.htm> (under "Nutrition Resource Catalog 2003")

*Oregon Dairy Council*. Many free and low cost nutrition education materials and resources for all ages. Includes links to websites geared toward kids, teens, parents and others. <http://www.oregondairyCouncil.org/>

*Sources of Free or Low-Cost Food and Nutrition Materials*, Food and Nutrition Information Center, July 2001: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/freelow.html>

*Using the Food Guide Pyramid: A Resource for Nutrition Educators*, U.S. Department of Agriculture, 1996: <http://www.nal.usda.gov/fnic/Fpyr/guide.pdf>

*5 A Day Resource Guide*, National Cancer Institute, 2002. Identifies curricula and classroom materials for teachers (preK through high school); CD-ROMS, audiocassettes, and activities for students; recipes and family activity tips to reinforce healthy diet messages for parents at home; and dynamic marketing and teaching materials for school food professionals. <http://www.5aday.gov/tools/school/index.html>



## Physical Activity

### Data and Resources to Support Change

*Building the Argument: The Need for Physical Education and Physical Activity in Our Schools.*

Action for Healthy Kids, 2003. Provides quick facts culled from surveys and statistics that support making quality daily physical education a priority in our schools and giving our children more opportunities to be physically active throughout the school day.

[http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Cost and Consequences of Sedentary Living, New Battleground for an Old Enemy*, Booth F and Chakravarthy M, President's Council on Physical Fitness and Sports Research Digest; Series 3, No. 16, March 2002: [http://www.fitness.gov/Reading\\_Room/Digests/digests.html](http://www.fitness.gov/Reading_Room/Digests/digests.html)

*Fact Sheet: Physical Education and Activity*. School Health Policies and Programs Study (SHPPS), Centers for Disease Control and Prevention, 2000:

<http://www.cdc.gov/HealthyYouth/physicalactivity/index.htm>

*Physical Activity Data and Statistics*, Centers for Disease Control and Prevention:

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

*Physical Activity and Health: A Report of the Surgeon General*, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996:

<http://www.cdc.gov/nccdphp/sgr/sgr.htm>

*Physical Activity and the Health of Young People Fact Sheet*, Centers for Disease Control and Prevention, July 2000: <http://www.cdc.gov/HealthyYouth/physicalactivity/index.htm>

*Physical Activity Topics*, Centers for Disease Control and Prevention:

<http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>

*Resolution for Quality Physical Education and Physical Activity*, The Society of State Directors of Health, Physical Education and Recreation, October 18, 2005:

[http://www.thesociety.org/pdf/2005SSDHPER\\_PE\\_Resolution.pdf](http://www.thesociety.org/pdf/2005SSDHPER_PE_Resolution.pdf)

*School Health Policies and Programs Study – SHPPS*, Centers for Disease Control and Prevention. National survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. <http://www.cdc.gov/HealthyYouth/shpps/index.htm>

*Shape of the Nation Report, Status of Physical Activity in the USA*, National Association for Sport and Physical Education, 2006. Summarizes the status of physical education in American schools.

<http://www.aahperd.org/naspe/ShapeOfTheNation/>

*State Study Proves Physically Fit Kids Perform Better Academically*, California Department of Education, 2002.

Data to support the connection between physical fitness levels and student performance on achievement tests for of students in grades 5, 7, and 9. <http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp>

*Supporting/Defending Your PE Program*. Articles and resources supporting physical education.

<http://www.pecentral.org/professional/defending/research.html>

*Youth Risk Behavior Surveillance System (YRBSS)*, Centers for Disease Control and Prevention. The YRBSS includes national, state, and local school-based surveys of representative samples of 9th through 12th grade students. These surveys are conducted every two years to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include: tobacco use; unhealthy dietary behaviors; inadequate physical activity; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; and behaviors that contribute to unintentional injuries and violence.

<http://www.cdc.gov/HealthyYouth/yrebs/index.htm>



## **Guidelines and Standards for Physical Activity and Physical Education**

*Bright Futures in Practice: Physical Activity*, National Center for Education in Maternal and Child Health, 2001. Provides developmental guidelines on physical activity for the periods of infancy through adolescence. Includes current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities.

<http://www.brightfutures.org/physicalactivity/about.htm>

*Coaches' Code of Conduct*, National Association for Sport and Physical Education, 2001:

[http://www.aahperd.org/NASPE/pdf\\_files/pos\\_papers/coaches.pdf](http://www.aahperd.org/NASPE/pdf_files/pos_papers/coaches.pdf)

*Co-Curricular Physical Activity and Sport Programs for Middle School Students*, National Association for Sport and Physical Education, 2002: [http://www.aahperd.org/naspe/pdf\\_files/pos\\_papers/coCurricular.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/coCurricular.pdf)

*Concepts of Physical Education: What Every Student Needs to Know*, National Association for Sport and Physical Education, 2003:

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=543&section=5>

*Evidence Based Physical Activity for School-Age Youth*. Strong et al. The Journal of Pediatrics, June 2005.

Presents results of a systematic evaluation of evidence dealing with the effects of regular physical activity on several health and behavioral outcomes in US school-age youth.

<http://actionforhealthykids.org/filelib/resources/Evidenced%20Based%20PA%20for%20School%20Aged%20Youth%20-%20J.%20of%20Ped..pdf>

*Guidelines for After-School Physical Activity and Intramural Sports*, National Association for Sport and Physical Education, 2001. NASPE's recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K-12.

[http://www.fns.usda.gov/tn/Healthy/wellnesspolicygoals\\_physicalactivity.html#imp](http://www.fns.usda.gov/tn/Healthy/wellnesspolicygoals_physicalactivity.html#imp)

*Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*.

Centers for Disease Control and Prevention, 1997. Identify strategies most likely to be effective in helping young people adopt and maintain a physically active lifestyle.

<http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm>

*Health, Mental Health, and Safety Guidelines for Schools (Chapter E Physical Education)*, American Academy of Pediatrics and National Association of School Nurses. This compendium of guidelines is designed for those who influence the health, mental health and safety of students and school staff members while they are in school, on school grounds, on their way to or from school, or involved in school-sponsored activities. They draw upon school health and safety guidelines and can assist in developing health and safety objectives. <http://www.nationalguidelines.org/>

*Move More: North Carolina's Recommend Standards for Physical Activity in School*, N.C. Division of Public Health, N.C. Department of Public Instruction, N.C. Healthy Schools and N.C. Cooperative Extension Service, 2005: <http://www.eatsmartmovemorenc.com/hottopics/MMStandardsFINAL.pdf>

*Moving into the Future: National Standards for Physical Education, 2nd Edition*, National Association for Sport and Physical Education, 2004. Summary and ordering information:

<http://www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html>

*National Physical Education Standards*, National Association for Sport and Physical Education:

[http://www.education-world.com/standards/national/nph/pe/k\\_12.shtml](http://www.education-world.com/standards/national/nph/pe/k_12.shtml)

*Opportunity to Learn Standards for Elementary Physical Education*, Council on Physical Education for Children, 2000. Addresses program elements essential for providing a full opportunity for students to learn physical education in elementary school. Includes a self-evaluation checklist that can be used in planning, evaluation, program development and advocacy efforts by anyone interested in the availability of quality physical education at the elementary level.

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>

*Opportunity to Learn Standards for High School Physical Education*, Council on Physical Education for Children, 2000. Describes the elements that a quality high school physical education program needs in order for all students to have full opportunity to meet content and performance standards.

<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=727&section=5>



## Healthy School Nutrition Environment Resource List

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*Opportunity to Learn Standards for Middle School Physical Education*, Council on Physical Education for Children, 2000. Describes the elements that a quality middle school physical education program needs in order for all students to have full opportunity to meet content and performance standards.

<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>

*Physical Education Curriculum Analysis Tool*, Centers for Disease Control and Prevention, 2006. Helps school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards. <http://www.cdc.gov/healthyyouth/pecat/>

*Physical Activity Evaluation Handbook*, U.S. Department of Health and Human Services Centers for Disease Control and Prevention, 2002. Outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies, and additional evaluation resources.

<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/index.htm>

*Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12, 2nd Edition*, National Association for Sport and Physical Education, 2004:

[http://www.aahperd.org/naspe/template.cfm?template=ns\\_children.html](http://www.aahperd.org/naspe/template.cfm?template=ns_children.html)

*Physical Activity Guidelines for Infants, Toddlers and Preschoolers*, National Association for Sport and Physical Education, 2002: <http://www.aahperd.org/naspe/template.cfm?template=toddlers.html>

*Physical Education: A Guide to K-12 Program Development*, Connecticut State Department of Education, 2000:

[http://www.state.ct.us/sde/dtl/curriculum/pe\\_publ\\_guide1.htm](http://www.state.ct.us/sde/dtl/curriculum/pe_publ_guide1.htm)

*Physical Fitness and Activity in Schools*, American Academy of Pediatrics Policy Statement. Pediatrics Vol. 105 No. 5 May 2000, pp. 1156-1157: <http://www.aap.org/policy/re9907.html>

*Promoting Better Health for Young People Through Physical Activity and Sports*, U.S. Department of Health and Human Services (Centers for Disease Control and Prevention) and U.S. Department of Education, Fall 2000. Outlines 10 strategies to promote health through lifelong participation in enjoyable and safe physical activity and sports.

[http://www.cdc.gov/HealthyYouth/physicalactivity/promoting\\_health/index.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm)

*Promoting Physical Activity: A Guide for Community Action*, Centers for Disease Control and Prevention, 1999.

This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>

*Quality Coaches, Quality Sports: National Standards for Athletic Coaches*, National Association for Sport and Physical Education, 1995:

<http://www.aahperd.org/naspe/template.cfm?template=domainsStandards.html>

*Recommendations to Increase Physical Activity in Communities*, American Journal of Preventative Medicine 2002 May;22(4 Suppl):67-72:

[http://www.guideline.gov/summary/summary.aspx?ss=6&nbr=2403&doc\\_id=3177](http://www.guideline.gov/summary/summary.aspx?ss=6&nbr=2403&doc_id=3177)

### **Integrating Physical Activity into the Classroom**

*Brain Breaks: A Physical Activity Idea Book for Elementary Classroom Teachers*, Michigan Department of Education, 2005: <http://www.emc.cmich.edu/brainbreaks/>

*Energizers*, East Carolina University. Short (about 10 minute) classroom based physical activities that integrate physical activity with academic concepts. <http://www.ncpe4me.com/energizers.html>

*Fun and Easy Classroom Stretches*, University of California Cooperative Extension and Ventura Unified School District Child Nutrition Services, 2005: <http://ucce.ucdavis.edu/files/filelibrary/2372/20647.pdf>

*Mind and Body: Activities for the Elementary Classroom*, Montana Office of Public Instruction, June 2003:

<http://www.opi.state.mt.us/PDF/health/Mind&Body.pdf>

*TAKE 10!*<sup>TM</sup>, International Life Sciences Institute (ILSI) Center for Health Promotion. A classroom-based physical activity program for kindergarten to fifth grade students. It is a curriculum tool created by teachers for teachers and students and is linked to academic learning objectives. TAKE 10! materials contain safe and age-appropriate 10-minute physical activities. <http://www.take10.net/whatistake10.asp>



## Programs to Promote Physical Activity

ACES (*ALL Children Exercising Simultaneously*). Provides information and resources regarding participation in ACES. Each May, on a designated date and time, millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity to show the world that they do not fit into that negative stereotype of being "physically unfit." This non-competitive program has proven to be educational, motivational, and fun. <http://www.projectaces.com/>



*Best Practices Program*, PE Central. Events/programs outside of physical education curriculum which enhance the quality of physical education at school. <http://www.pecentral.org/bp/index.html>

*FitSource – Physical Activity and Nutrition in Child Care Settings*, Child Care Bureau. Contains a wide variety of tools that can be used to incorporate physical activity and nutrition into childcare and after-school programs, including activities and game ideas, curricula and lesson plans, campaigns, healthy menus and recipes, funding strategies, information for parents, and other resources. <http://nccic.caliber.com/fitsource/index.cfm>

*Jump Rope for Heart*. This educational fund-raising event by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance is held each year in elementary schools nationwide. Jump Rope for Heart teaches students the benefits of physical activity, how to keep their heart healthy, and that they can help save lives right in their own community. <http://216.185.112.5/presenter.jhtml?identifier=2360>

*Hoops for Heart*. This basketball special event program for middle school students is sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. The program engages kids in community service while promoting the benefits of lifelong heart-healthy lifestyles. <http://216.185.112.5/presenter.jhtml?identifier=2441>

*Kids Walk-to-School Program*. A community-based program from the Centers for Disease Control and Prevention that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

*President's Challenge*. An interactive website to help all Americans build a regular physical activity routine. Kids, teens, adults and seniors can register free of charge as an individual or part of a group, then choose from over 100 physical activities and start tracking daily efforts in a personal log. <http://www.presidentschallenge.org/>

*Projects to Increase Physical Activity Among Youth*, Centers for Disease Control and Prevention, 2003. Summarizes CDC-funded projects to initiate or expand efforts to increase physical activity among youth and reinforce the messages of the "VERB: It's what you do" campaign. <http://www.cdc.gov/HealthyYouth/physicalactivity/projects/index.htm>

*Running in the Schools*. Resources on promoting running for elementary children and linking running and learning. <http://www.kidsrunning.com/columns/whatkidsneed2.html>

SPARK (Sports, Play and Active Recreation for Kids). SPARK's training and tools promise physical education classes that are more inclusive, active, and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness, and After School Recreation. (Fee for service.) <http://www.sparkpe.org/index.jsp>

*State-Based Physical Activity Program Directory*, Centers for Disease Control and Prevention. Provides information about physical activity programs involving state departments of health. <http://apps.nccd.cdc.gov/DNPAProg/>

VERB, U.S. Department of Health and Human Services' Centers for Disease Control and Prevention. CDC's media campaign to create a healthy movement among youth. Includes materials to use in settings with tweens (youth ages 9-13) and for adult information. <http://www.cdc.gov/youthcampaign/materials/index.htm>

### Recess

- Barriers to Recess Placement Prior to Lunch in Elementary Schools*. National Food Service Management Institute, 2005. [http://www.nfsmi.org/Information/RecessBeforeLunch\\_exsum.pdf](http://www.nfsmi.org/Information/RecessBeforeLunch_exsum.pdf)
- Elementary School Recess: Selected Readings, Games & Activities for Teachers and Parents*, The American Association for the Child's Right to Play. Assists elementary school teachers and parents in offering children in preschool through Grade 6 appropriate recess games and activities. <http://www.ipausa.org/elemrecessbook.htm>
- Play in the Lives of Children*, National Association for the Education of Young Children, 1998: <http://sales.naeyc.org/default.aspx?Category=SPlay%20%20Physical%20Env&SText>
- Recess and the Importance of Play: A Position Statement on Young Children and Recess*, National Association of Early Childhood Specialists in State Departments of Education, 2002: <http://naecs.crc.uiuc.edu/position/recessplay.html>
- Recess Before Lunch: A Guide to Success*, Montana Office of Public Instruction, 2003: <http://www.opi.state.mt.us/schoolfood/recessBL.html>
- Recess for Elementary School Students, A Position Paper from the National Association for Sport and Physical Education*, May 2006: [http://www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RecessforElementarySchoolStudents.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RecessforElementarySchoolStudents.pdf)
- Recess in Elementary Schools: A Position Paper from the National Association for Sport and Physical Education*, National Association for Sport and Physical Education, July 2001: <http://naecs.crc.uiuc.edu/position/recessplay.html> (Scroll down to Appendix I)
- Resources, Research and Supporting Information for Recess Before Lunch*, Montana Office of Public Instruction: <http://www.opi.mt.gov/pdf/schoolfood/RBLResources.pdf>
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, Insight No. 24, Spring 2004: <http://www.olemiss.edu/depts/nfsmi/Information/2005resourcecatalog.htm#insight-barriers>
- The American Association for the Child's Right to Play*. Resources on environments for play emphasizing universal access, leisure time facilities, programs that develop the whole child, play leadership training, toys and play materials. <http://www.ipausa.org/>
- The Case for Elementary School Recess*, The American Association for the Child's Right to Play. This handbook offers parents, teachers and school administrators information that supports the need for elementary school recess. <http://www.ipausa.org/recesshandbook.htm>
- The Great Outdoors: Restoring Children's Right to Play Outside*, National Association for the Education of Young Children, 1995: <http://afterschoolcatalog.com/G825.html>
- The Value of School Recess and Outdoor Play*, National Association for the Education of Young Children: <http://www.naeyc.org/ece/1998/08.asp>

### Physical Activity Before and After School

- Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, 2001. Provides teachers, school activity directors, school administrators and program leaders with basic information for planning and implementing after-school physical activity and intramural programming for children in kindergarten through Grade 12. [http://www.aahperd.org/NASPE/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/NASPE/pdf_files/pos_papers/intramural_guidelines.pdf)
- Promoting Better Health for Young People Through Physical Activity and Sports*, U.S. Department of Health and Human Services (Centers for Disease Control and Prevention) and U.S. Department of Education, Fall 2000. Outlines 10 strategies to promote health through lifelong participation in enjoyable and safe physical activity and sports. [http://www.cdc.gov/HealthyYouth/physicalactivity/promoting\\_health/index.htm](http://www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm)
- Promoting Physical Activity: A Guide for Community Action*, Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the

social networks, the physical environments in which they live and work, and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>

*Recommendations to Increase Physical Activity in Communities*, American Journal of Preventative Medicine 2002 May;22(4 Suppl):67-72:  
[http://www.guideline.gov/summary/summary.aspx?ss=6&nbr=2403&doc\\_id=3177](http://www.guideline.gov/summary/summary.aspx?ss=6&nbr=2403&doc_id=3177)

## Promoting Nutrition and Physical Activity

### Handouts for Children, Parents and School Staff Members

*A Parent's Guide to Healthy Eating and Physical Activity*, Preventive Medicine Institute/Strang Cancer Prevention Center, 2004: [http://www.smallstep.gov/sm\\_steps/news\\_updates.html](http://www.smallstep.gov/sm_steps/news_updates.html)

*Balance Your Day with Food and Play Parent Brochure*. U.S. Department of Agriculture: [http://www.fns.usda.gov/eatsmartplayhard/collection/parent\\_broch.html](http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html)

*Breakfast – Key to Academic Excellence*, Connecticut State Department of Education and New England Dairy and Food Council, 2002: <http://www.state.ct.us/sde/deps/nutrition/SBP/index.htm> (scroll down to bottom)

*Children's Activity Pyramid*, University of Missouri Extension, 1999: <http://muextension.missouri.edu/xplor/hesguide/foodnut/gh1800.htm>

*Dietary Guidelines for Americans 2005*, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005: [http://www.usda.gov/cnpp/dietary\\_guidelines.html](http://www.usda.gov/cnpp/dietary_guidelines.html)

*Eat Right Montana*, Montana Dietetic Association. Monthly newsletters and handouts related to promoting healthy eating and physical activity for children and families. <http://www.montanadieticassociation.org/>

*Eating Smart: A Nutrition Resource List for Consumers*, Food and Nutrition Information Center, May 2005: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html>

*Feed Me Give Me What I Need!* U.S. Department of Agriculture. Poster designed to deliver healthy eating messages to middle and high school students. <http://www.fns.usda.gov/tn/Resources/feedmoveposters.html>

*Free Handouts for Nutrition Education*, Food and Health Communications. A variety of handouts on topics such as nutrition, fad diets, health and wellness. <http://www.foodandhealth.com/handout.php>

*Food on the Run: Healthy Eating and Physical Activity for Your Teenager*, California Project LEAN, 2002: [http://www.californiaprojectlean.org/Assets/1019/files/foodontherun\\_parentsbrochure.pdf](http://www.californiaprojectlean.org/Assets/1019/files/foodontherun_parentsbrochure.pdf)

*Food Wise Learn At Home Print Materials*, Rutgers Cooperative Extension. Four brochures with information, tips, activities, and recipes. Includes *Easy Ways to Eat More Fruits & Vegetables*, *Eating Less Fat*, *Kids Stay Smart By Lowering the Risk of Lead Poisoning* and *Low-Fat & Filling - Grain Food*. <http://www.njfsnep.org/>

*Get on the Grain Train*, U.S. Department of Agriculture, 2002: <http://www.usda.gov/cnpp/Pubs/Brochures/>

*Grab Quick and Easy Snacks*, U.S. Department of Agriculture: [http://www.fns.usda.gov/eatsmartplayhard/collection/Files/snacks\\_brochure.pdf](http://www.fns.usda.gov/eatsmartplayhard/collection/Files/snacks_brochure.pdf)

*Handouts*, U.S. Department of Agriculture, April 1996. Eight student activity sheets for middle and high school classroom use or as a take-home nutrition education piece. Includes *Dear Students* (overview of Dietary Guidelines); *Building Healthy Meals & Snacks*; *Fun Tips! Using the Dietary Guidelines at Home*; *Pyramid Snacks*; *Understanding the New Nutrition Facts Label*; *Be a Fat Buster!*; *Get Energized!*; and *Super Good-for-you Snacks*. <http://www.fns.usda.gov/tn/Resources/dearstudent.html>

*Healthy Breakfasts for Busy Families*, New England Dairy & Food Council, 2002: <http://www.newenglanddairyCouncil.org/wellness/flyers.html>

*Healthy Eating Helps You Make the Grade*, U.S. Department of Agriculture, January 1999. Discusses the link between nutrition and learning, and the role of Child Nutrition Programs. <http://www.fns.usda.gov/tn/Resources/healthyeating.html>

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- Healthy Kids. Healthy Families*, Centers for Disease Control and Prevention, 2003. Brochure to help parents increase physical activity among elementary and middle school-aged youth. Also in Spanish. <http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>
- Healthy K.I.D.S. (Knowledge Improving Diet and Strength)*. Developed by the Children’s Health Fund, these English and Spanish newsletters provide simple, accurate and culturally information on nutrition and fitness. <http://www.childrenshealthfund.org/publications/healthed.php#kids>
- Healthy Packed Lunches*, New England Dairy & Food Council, 2002: <http://www.newenglanddairyCouncil.org/wellness/flyers.html>
- Healthy Snacks*, Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs, and outside of school. <http://cspinet.org/healthysnacks/> (A shorter one-page version is available at [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf))
- How Much Are You Eating?* U.S. Department of Agriculture, March 2002. Tips on determining and eating sensible portion sizes. <http://www.cnpp.usda.gov/Pubs/Brochures/HowMuchAreYouEating.pdf>
- Iowa State University Food and Nutrition Handouts*. Lots of handouts on various nutrition topics. <http://www.extension.iastate.edu/pubs/fo1.htm>
- Kid Pleasing Healthy Snacks*, New England Dairy & Food Council, 2002: <http://www.newenglanddairyCouncil.org/PDF/KidPleasingHealthySnacks.pdf>
- Make Family Time an Active Time*, U.S. Department of Agriculture: [http://www.fns.usda.gov/eatsmartplayhard/collection/parent\\_broch.html](http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html)
- Making the Family Connection*, U.S. Department of Agriculture. Several handouts on healthy meals and snacking, food labels and more. <http://www.fns.usda.gov/tn/Parents/familyconnection.html>
- Move It! Choose Your Fun*, U.S. Department of Agriculture. Physical activity pyramid. <http://www.fns.usda.gov/tn/Resources/moveit.pdf>
- MyPyramid for Kids – Tips for Families*, U.S. Department of Agriculture, 2005: [http://teamn nutrition.usda.gov/Resources/mpk\\_tips.pdf](http://teamn nutrition.usda.gov/Resources/mpk_tips.pdf)
- MyPyramid for Kids Worksheet*, U.S. Department of Agriculture, 2005. This worksheet helps kids track how their food choices match up to the recommendations of *MyPyramid*. <http://teamn nutrition.usda.gov/Resources/mypyramidworksheet.html>
- NutriFocus Fact Sheets*, Oregon State University. One-page fact sheets on various nutrition topics. <http://extension.oregonstate.edu/fcd/nutrition/publications/nutrifocus/index.php>
- Nutrition Booklets and Brochures on a Variety of Topics*, International Food Information Council: <http://ifc.org/publications/brochures/index.cfm>
- Parents’ Resource Center – School Lunch and Nutrition*, The Center for Health and Health Care in Schools. Includes “For Parent: Healthy Eating at School” handout on questions parents can ask school principals or board members. <http://www.healthinschools.org/parents/lunch.htm>
- Physical Activity and the Health of Young People*, Centers for Disease Control and Prevention, March 2005: <http://www.cdc.gov/HealthyYouth/PhysicalActivity/>
- Portion Sizes and School Age Children: Do You Know How Much You Are Eating?* North Carolina School Nutrition Action Committee, 2003. Many handouts on supersized foods, portion distortion and portion sizes. <http://schoolmeals.nal.usda.gov/Training/portion/index.html>
- Power Up with Breakfast*, U.S. Department of Agriculture: [http://www.fns.usda.gov/eatsmartplayhard/collection/parent\\_broch.html](http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html)
- Read It Before You Eat It*. U.S. Department of Agriculture, March 2003. Provides a quick lesson on how to read a nutrition facts label. [http://www.fns.usda.gov/tn/Resources/readit\\_eatit.html](http://www.fns.usda.gov/tn/Resources/readit_eatit.html)
- Score Big with Breakfast*, Oregon Dairy Council, 2004. Handout for parents and kids. The two weeks of breakfast ideas can be fixed quickly by kids, as well as the pictorial recipe on the back. Quotes focus on breakfast importance for better math and reading scores, classroom behavior and attendance. [http://www.oregondairyCouncil.org/resources/free\\_downloads/downloads/score\\_big\\_with\\_breakfast.pdf](http://www.oregondairyCouncil.org/resources/free_downloads/downloads/score_big_with_breakfast.pdf)

- Suggestions for Nutrition Snacks*, Texas Department of Agriculture, 2004. English and Spanish.  
[http://www.squaremeals.org/fn/render/channel/items/0,1249,2348\\_2503\\_0\\_0,00.html](http://www.squaremeals.org/fn/render/channel/items/0,1249,2348_2503_0_0,00.html)
- Team Up at Home: Fun Nutrition Activities for the Family*, U.S. Department of Agriculture, August 1996. This 20-page activity booklet in reproducible format contains a collection of hands-on nutrition education activities for parents to use with their school-age children.  
<http://www.fns.usda.gov/tn/Resources/teamupbooklet.html>
- The School Environment: Helping Students Learn to Eat Healthy*, U.S. Department of Agriculture, July 2000. Overview of what schools and communities can do to promote a healthy school nutrition environment.  
<http://www.fns.usda.gov/tn/Resources/helpingstudents.html>
- The Tween Scene*, Cattlemen's Beef Board and National Cattlemen's Beef Association. Information about the nutrition and health needs of 8- to 12-year-olds (twins) developed by health professionals and the beef industry. <http://www.beefnutrition.com/matedownloadsforpatientsandclients.aspx>
- The Understanding Series*, Iowa Department of Public Health. A series of 27 fact sheets on topics related to preventing heart disease and stroke, including nutrition (e.g., cholesterol, food labels), physical activity and tobacco. [http://www.idph.state.ia.us/hpcdp/understanding\\_series.asp](http://www.idph.state.ia.us/hpcdp/understanding_series.asp)
- They Will Follow Your Lead*, Centers for Disease Control and Prevention, 2003. Brochure to help principals increase physical activity among elementary and middle school-aged youth.  
<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>
- Three Steps to a Healthy Lifestyle*, National Restaurant Association, 2003. Consumer-oriented brochure promotes balance, moderation and physical activity as important diet and exercise components of a healthful lifestyle. <http://www.restaurant.org/news/story.cfm?ID=124>
- Tips for a Healthy School Year*, U.S. Department of Agriculture, 2004. Internet resource for parents, schools and communities to help foster healthy eating habits.  
[http://www.fns.usda.gov/cnd/back\\_to\\_school/back\\_to\\_school\\_tips.htm](http://www.fns.usda.gov/cnd/back_to_school/back_to_school_tips.htm)
- What Size is Your Serving?* U.S. Department of Agriculture, March 2003. Developed for use by child care center staff and parents of young children enrolled in child care centers.  
<http://www.fns.usda.gov/tn/Resources/whatsize.html>
- You Inspire Strong Minds*, Centers for Disease Control and Prevention, 2003. Brochure to help teachers increase physical activity among elementary and middle school-aged youth.  
<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>
- 10 Easy Ways to Improve Your Family's Eating Habits*, Texas Department of Agriculture, 2004. English and Spanish. [http://www.squaremeals.org/fn/render/channel/items/0,1249,2348\\_2503\\_0\\_0,00.html](http://www.squaremeals.org/fn/render/channel/items/0,1249,2348_2503_0_0,00.html)
- 10 Fun Ways to Activate Your Family Life*, Texas Department of Agriculture, 2004. English and Spanish.  
[http://www.squaremeals.org/fn/render/channel/items/0,1249,2348\\_2503\\_0\\_0,00.html](http://www.squaremeals.org/fn/render/channel/items/0,1249,2348_2503_0_0,00.html)
- 10 Tips to Healthy Eating and Physical Activity for You, A brochure for kids from 9-15 years*, American Dietetic Association and President's Council on Physical Fitness and Sports, February 1998:  
<http://ific.org/publications/brochures/tentipskidsbroch.cfm>

### **Interactive Nutrition and Physical Activity Websites for Children**

*BAM! (Body and Mind)*. This website from the Centers for Disease Control and Prevention (CDC) was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. *BAM!* also serves as an aid to teachers, providing them with interactive activities to support their health and science curriculums that are educational and fun. <http://www.bam.gov/>



*Clueless in the Mall*, Texas A & M University. Osteoporosis prevention geared at teens.  
<http://calcium.tamu.edu>

*Eat Smart Play Hard Campaign*. Eat Smart Play Hard is a national nutrition education and promotion campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity based on the Dietary Guidelines for Americans.  
<http://www.fns.usda.gov/eatsmartplayhard/>



## Healthy School Nutrition Environment Resource List

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- Girl Power*, U.S. Department of Health and Human Services. A national public education campaign designed to help encourage girls ages 9 to 14 make the most of their lives, Girl Power provides positive messages and accurate health information. Includes information and resources on body image, nutrition, and physical fitness. <http://www.girlpower.gov/>
- Healthfinder Kids*, U.S. Department of Health and Human Services. Key resource for finding the best government and nonprofit health and human services information on the Internet. The "Kids" section contains information, games, contests and many links to child-appropriate websites. <http://www.healthfinder.gov/kids/>
- KidFit Connections*. A 115-page, 10-session weight management and lifestyle change workbook to help kids and their families make healthful changes. Includes information on healthful and practical eating, ways to increase your exercise, and how to take responsibility for your actions. Weekly topics include information on the Food Guide Pyramid, Nutricizing your recipes, eating out at fast food places, dealing with problem situations, positive self-talk, changing your unwanted behaviors, and incorporating fun activity into your daily lifestyle. <http://www.kidfitconnections.com/>
- Kidnetic*. The International Food Information Center's research-based web site to promote healthy eating and physical activity among kids and parents. <http://www.kidnetic.com>
- Kids Health*, Nemours Foundation's Center for Children's Health Media. Provides families with accurate, up-to-date, and jargon-free health information. Includes separate areas for kids, teens and parents. The *Staying Healthy* section has lots of information on nutrition and physical activity. <http://www.kidshealth.org/kid/>
- KidsWorld Nutrition*, North Carolina Department of Agriculture and Consumer Services. A scientific view of nutrition for kids that includes a Food Pyramid, an explanation of the information provided on nutritional labels, and a nutrition quiz. It includes additional nutrition information and links to further online resources. In the Coloring Book, children use an interactive paint tool to learn about mixing colors and nutrition. <http://www.agr.state.nc.us/cyber/kidswrld/nutrition/index.htm>
- Powerful Bones, Powerful Girls*, National Bone Health Campaign. Promotes optimal bone health among girls aged 9-12 years in an effort to reduce their risk of osteoporosis later in life. The campaign's purpose is to encourage girls to establish lifelong healthy habits, focusing on increased calcium consumption and weight-bearing physical activity to build and maintain strong bones. <http://www.cdc.gov/powerfulbones/>
- Sip All Day, Get Decay*, Minnesota Dental Association. Young people can test their knowledge of healthy choices with a colorful and interactive quiz on drinking soda pop. Click on the "Sip All Day, Get Decay" icon (or "For Kids and Teens") to take the quiz, compare the sugar and acid content of various brands of soda pop, and calculate the amount of money students feed into vending machines. Also includes resources for teachers (click on "Classroom Activities"). <http://www.mndental.org/>
- Smart-Mouth*, Center for Science in the Public Interest. Designed to teach kids that healthy eating can be fun. Games teach kids (and their parents and teachers) how to eat well and resist the food industry's marketing campaigns. Kids can see how their favorite restaurant foods stack up, play "true or false" with a food industry spokesman, and "bite back" by asking food companies and government officials to promote nutrition. <http://Smart-Mouth.org>
- The Real Truth About Fast Foods and Nutrition*, ThinkQuest. This ThinkQuest Junior site explores the nutritional value of fast foods by providing nutrition information and testing students' knowledge. Includes a section on advertisements where students can learn about the techniques used by fast food companies to promote their products as well as nutrition guides for foods from McDonalds to Pizza Hut. <http://library.thinkquest.org/4485/>
- VERB. It's what you do*, Centers for Disease Control and Prevention. A paid media campaign to encourage positive activity – both physical and prosocial activity – among youth ages 9-13. <http://www.cdc.gov/youthcampaign/index.htm>
- 4girls*, National Women's Health Information Center. Designed to encourage adolescent girls (ages 10-16) to choose healthy behaviors by providing health-related information in an interactive, user-friendly format. Includes six sections: Becoming a Woman; Fit for Life; You Are What You Eat; Mind Over Matters; Choosing Not to Use; and Putting It All Together. <http://4girls.gov/>





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## Promoting Healthy Weight

### Body Mass Index (BMI)

*Adult Energy Needs and BMI Calculator*, Children's Nutrition Research Center at Baylor College of Medicine:  
<http://www.bcm.edu/cnrc/caloriesneed.htm>

*BMI (Body Mass Index) Calculator*. Allows adults to calculate BMI, a measure of body fat based on height and weight that applies to both adult men and women. <http://www.nhlbisupport.com/bmi/bmicalc.htm>

*BMI for Children and Teens*, Centers for Disease Control and Prevention:  
<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>

*Body Mass Index for Children*, The Center for Health and Health Care in Schools, May 2006:  
<http://www.healthinschools.org/sh/issuebrief.asp>

*CDC Growth Charts Interactive Training Modules*, Centers for Disease Control and Prevention. Offers a set of self-directed, interactive training modules for health care professionals using the CDC May 2000 pediatric growth charts in clinical and public health settings to assess growth of infants, children, and adolescents.  
<http://depts.washington.edu/growth/mainover.htm>

*Children's BMI-Percentile-for-Age Calculator*, Children's Nutrition Research Center at Baylor College of Medicine. Based on the revised CDC growth charts the calculator provides a "snapshot" of a child's weight and height for age, including BMI and BMI Percentile. It also plots the child's BMI percentile on a growth chart, giving parents an important visual cue for changes in their child's weight status.  
[http://public.bcm.tmc.edu/cnrc/consumer/nyc/vol1\\_03/energy\\_calculator.htm](http://public.bcm.tmc.edu/cnrc/consumer/nyc/vol1_03/energy_calculator.htm) or  
<http://www.kidsnutrition.org/bodycomp/bmiz2.html>

*Guidelines for Collecting Heights and Weights on Children and Adolescents in School Settings*, Center for Weight and Health, College of Natural Resources, University of California, September 2000.  
<http://www.cnr.berkeley.edu/cwh/resources/childrenandweight.shtml>

*The Link Between Schoolwide Food Practices and Student Weight*, Association for Supervision and Curriculum Development Research Brief, January 23, 2006, Volume 4, Number 1. This study found that common food practices, including the use of food as a reward or as a tool for fund-raising, are associated with increases in student body mass indexes.  
<http://www.ascd.org/portal/site/ascd/menuitem.a074776fee6dbe98dd1b2110d3108a0c/>

*Weighing the Risks and Benefits of BMI Reporting in the School Setting*, University of California Berkeley Center for Weight and Health, 2004. [http://nature.berkeley.edu/cwh/PDFs/BMI\\_report\\_cards.pdf](http://nature.berkeley.edu/cwh/PDFs/BMI_report_cards.pdf)

### Obesity Factors

*The Role of the Media in Childhood Obesity*, Kaiser Family Foundation, February 2004. This report reviews more than 40 studies on the role of media in the nation's dramatically increasing rates of childhood obesity explores what researchers do and do not know about the role media plays in childhood obesity. It also outlines media-related policy options that have been proposed to help address childhood obesity and identifies ways media could play a positive role in helping to address this important public health problem.  
<http://www.kff.org/entmedia/entmedia022404pkg.cfm>

*Weighing In on Obesity*, Food Review, Vol. 25, No. 3, Economic Research Service, U.S. Department of Agriculture, January 2003. The lead article takes a look at the American diet—typically too high in added sugars, refined grains, fats, and calories. Other articles examine the relationship between caloric intake and obesity, individuals' misperceptions about their weight status, the link between fruit consumption and body weight, and the cost-effectiveness issues raised by Federal interventions to reduce obesity. Another article looks at the use of emergency food pantries by U.S. households.  
<http://www.ers.usda.gov/publications/FoodReview/dec2002/>

## **Obesity Prevention Strategies**

*Childhood Obesity: Most Experts Identified Physical Activity and the Use of Best Practices as Key to Successful Programs* (GAO-06-127R), U.S. Government Accountability Office, October 7, 2005.

<http://www.gao.gov/new.items/d06127r.pdf>

*Children and Body Weight Issues: Resources for Communities*, Purdue Extensive Consumer and Family Sciences. Links to programs that take a variety of approaches to help children and families change their lifestyles and behaviors, decrease the chances of becoming overweight or help move back within a healthy weight range. <http://www.cfs.purdue.edu/extension/children-wt/>

*Children and Weight: What Communities Can Do*, Center for Weight and Health, University of California, 2002. A tool kit designed to respond to the increasing problem of childhood obesity by bringing people together and mobilizing local resources. Ordering information for the kit is at

<http://anrcatalog.ucdavis.edu/InOrder/Shop/Shop.asp>. Information on the initiative can be found at [http://www.cnr.berkeley.edu/cwh/activities/child\\_weight2.shtml#proj](http://www.cnr.berkeley.edu/cwh/activities/child_weight2.shtml#proj)

*Connecticut State Department of Public Health Obesity Program*. Information on Connecticut obesity data, programs and resources. <http://www.dph.state.ct.us/bch/HEMS/Obesity.html>

*Food for Thought*, Texas Department of Agriculture, 2003. Outlines the critical nature of the childhood obesity epidemic and what schools can do to make changes.

[http://www.agr.state.tx.us/foodnutrition/newsletter/Food\\_for\\_Thought\\_bro.pdf](http://www.agr.state.tx.us/foodnutrition/newsletter/Food_for_Thought_bro.pdf)

*Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children*, Society for Nutrition Education, Weight Realities Division, October 2002: [http://www.sne.org/Chi\\_Obesity.pdf](http://www.sne.org/Chi_Obesity.pdf)

*Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity*, Association of State and Territorial Public Health Directors (Nutrition and Physical Activity Work Group), 2002:

<http://www.astphnd.org/>

*Moving Our Children Toward a Healthy Weight, Finding the Will and the Way: A Comprehensive Plan to Prevent and Reduce Childhood Overweight in North Carolina*, North Carolina Department of Health and Human Services, 2002: <http://www.nchealthyweight.com/plan/index.htm>

*North Carolina Healthy Weight Initiative*. Includes facts on child obesity, a plan for action and information on information on projects aimed at promoting healthy weight in children and their families.

<http://www.nchealthyweight.com/>

*Obesity Policy and the Law of Unintended Consequences*, Amber Waves, Vol. 3. Issue 3, June 2005. U.S. Department of Agriculture Economic Research Service:

<http://www.ers.usda.gov/AmberWaves/June05/Features/ObesityPolicy.htm>

*Portion Sizes and School-Age Children: Trends, Effects, Solutions*, North Carolina School Action Committee, 2003. Kit provides a planned approach to address the issue of portion sizes in schools, with strategies and resources to help improve the school nutrition environment. Includes position paper, PowerPoint presentation, and supporting resources. <http://schoolmeals.nal.usda.gov/Training/portion/index.html>

*Preventing Childhood Obesity: Health in the Balance*, Institute of Medicine, Committee on Prevention of Obesity in Children and Youth, National Academies Press, 2005. Provides recommendations focused on obesity prevention regarding the behavioral and cultural factors, social constraints and other broad environment factors involved in childhood obesity. <http://www.iom.edu/obesity>

*Preventing Childhood Overweight and Obesity: Parents Can Make a Difference*, Penn State University and Pennsylvania Department of Education, 2004. Includes a VHS tape, a DVD video, and print materials.

[http://nutrition.psu.edu/projectpa/frames\\_html/frames\\_homepage.html](http://nutrition.psu.edu/projectpa/frames_html/frames_homepage.html) (Scroll down to fourth header)

*Prevention of Pediatric Overweight and Obesity Policy Statement*, Academy of Pediatrics, 2003:

<http://pediatrics.aappublications.org/cgi/reprint/112/2/424.pdf>

*Promoting Healthy Weight: Position Statement of the School Nutrition Association*, School Nutrition Association, 2003: <http://www.schoolnutrition.org/Index.aspx?id=1106>

*Promoting Healthy Weight in Missouri's Children: A Guide for Schools, Families and Communities*, Missouri Coordinated School Health Coalition, 2003:

<http://www.dese.state.mo.us/divimprove/curriculum/hp/HealthyWeight.pdf>

*Public Health Strategies for Preventing and Controlling Overweight and Obesity in School and Worksite Settings: A Report on Recommendations of the Task Force on Community Preventive Services*, Centers for Disease Control and Prevention, MMWR, October 7, 2005, 54(RR10);1-12. This report identifies effective strategies for weight control that can be implemented in school and worksite settings.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5410a1.htm>

*Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases*, Centers for Disease Control and Prevention, 2003. Provides selected references and resources for developing or updating community nutrition and physical activity programs. Topics include obesity prevention and control, increased physical activity, improved nutrition, and reduced television time.

<http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>

*Reversing Childhood Obesity Trends: Helping Children Achieve Healthy Weights*, Center for Weight and Health, University of California Berkeley: <http://www.cnr.berkeley.edu/cwh/activities/trends.shtml>

*Shape Up America!* A national initiative to promote healthy weight and increased physical activity, involving a broad-based coalition of industry, medical/health, nutrition, physical fitness, and related organizations and experts. Website includes resources, newsletters and information. <http://www.shapeup.org/>

*Taking Action for a Healthier California: Recommendations to Improve Healthy Food and Activity Options*, Strategic Alliance for Healthy Food and Activity Environments, 2004: <http://www.eatbettermovemore.org/>

*The Prevention of Child and Adolescent Obesity in Iowa: A Position Paper*, Child and Adolescent Obesity, Prevention Task Force, Iowa Department of Public Health, 2000:

[http://www.idph.state.ia.us/hpcdp/nutrition\\_resources.asp](http://www.idph.state.ia.us/hpcdp/nutrition_resources.asp)

*The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper*, Michigan Department of Education, 2001: [http://www.michigan.gov/documents/healthyweight\\_13649\\_7.pdf](http://www.michigan.gov/documents/healthyweight_13649_7.pdf)

*The Role of School Health Professionals in Preventing Childhood Overweight*, The Center for Health and Health Care in Schools, April 2006: <http://www.healthinschools.org/sh/issuebrief.asp>

*The Surgeon General's call to action to prevent and decrease overweight and obesity*, U.S. Department of Health and Human Services, 2001: <http://www.surgeongeneral.gov/topics/obesity/>

*We Can! (Ways to Enhance Children's Activity & Nutrition)*, U.S. Department of Health and Human Service National Institutes of Health. A national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

*WIN the Rockies*, Wellness in the Rockies. Focuses on assisting communities in promoting healthy weight. <http://www.uwyo.edu/WinTheRockies/>

### Obesity Resources

- Aim for a Healthy Weight*, NIH National Heart, Lung and Blood Institute. Resources for consumers and professionals. [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/patmats.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm)
- Calories Count – FDA’s Proposed Action Plan, Obesity Working Group Report*. To help tackle what the Food and Drug Administration is calling the “nation’s obesity epidemic,” on March 12, 2004 FDA released the final report of its Obesity Working Group. The group’s long- and short-term proposals are based on the scientific fact that weight control is mainly a function of caloric balance (calories in must equal calories out). FDA is focusing on “calories count” as the basis of its actions and the message of its obesity campaign. The website includes recommended actions, fact sheets, questions, answers and more. <http://http://www.cfsan.fda.gov/~dms/nutrcal.html>
- CDC’s National Leadership Role in Addressing Obesity*. Includes information on Obesity in the News: Sorting out the facts; Facts at a Glance: The Impact of Obesity, Nutrition, and Physical Activity on Public Health; Frequently Asked Questions about Calculating Obesity-Related Risk; Facts About Obesity in the United States and A Snapshot of CDC Resources to Address Obesity, Overweight and the Related Lifestyles Practices of Nutrition and Physical Activity. <http://www.cdc.gov/doc.do/id/0900f3ec803207fd>
- Center for Weight and Health*, University of California Berkeley: <http://nature.berkeley.edu/cwh/>
- Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers*, National Food Service Management Institute, June 2000: <http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/childhoodobesity.html>
- Childhood Obesity Presentation*, California Distance Learning Health Network, Graduate School of Public Health at San Diego State University: A 2-part presentation available as a webcast and PowerPoint presentation. Includes Part 1 Talking with Parents and Children about Being Overweight and Part 2 Helping Overweight Children Have High Self-Esteem and a Positive Body Image. <http://www.cdln.com/clickhere.cfm?type=p&id=227&title=Childhood%20obes>
- Childhood Obesity: A Select Bibliography*, The Center for Health and Health Care in Schools, March 2005: <http://www.healthinschools.org/sh/obesitybib.asp#nutrition>
- Childhood Obesity Fact Sheets*, Institute of Medicine (IOM). Series of fact sheets on childhood obesity, including Overview, Facts and Figures, The Role of Advertising, Marketing, and the Media, The Role of Industry, The Role of Schools, The Roles of Parents, The Role of Communities, The Role of Health Care, The Role of Government and Glossary of Terms. <http://www.iom.edu/focuson.asp?id=22593>
- Children and Weight On-Line Community Discussion Forum*. Provide an on-line space to facilitate networking among people on the issue of childhood overweight. People can post important information, raise questions, ask others for advice, and share accomplishments as we work to create community environments that promote healthy eating and physical activity patterns among children and their families. <http://nature.berkeley.edu/cgi-bin/discus/discus.cgi>
- Clinical Guidelines: Evaluation and Treatment of Overweight and Obesity in Adults Slide Show*, National Heart, Lung, and Blood Institute. Downloadable PowerPoint presentation which the NHLBI guidelines, as well as information on nutrients, healthy eating, food shopping and dining out, and nutrition labeling. [http://hin.nhlbi.nih.gov/oei\\_ss/menu.htm](http://hin.nhlbi.nih.gov/oei_ss/menu.htm)
- Helping Your Overweight Child*, Weight-control Information Network, National Institutes of Health, 1998: [http://win.niddk.nih.gov/publications/over\\_child.htm](http://win.niddk.nih.gov/publications/over_child.htm)
- How to Lose and Manage Weight*, Food and Drug Administration (FDA). Gateway to reliable material from FDA and other federal agencies on weight loss topics such as meal planning, setting weight-loss goals, approved treatments, exercise and diet scams. <http://www.fda.gov/oc/opacom/hottopics/obesity.html>
- Keeping Kids Healthy: Obesity, Nutrition & Physical Exercise*, Center for Health and Health Care in Schools. Links to basic information on the childhood obesity epidemic, prevention strategies and key government documents. <http://www.healthinschools.org/sh/obesity.asp>
- National Institutes of Health (NIH)*. Information about NIH-supported research to facilitate progress towards obesity prevention and treatment. <http://obesityresearch.nih.gov/>
- North American Association for the Study of Obesity*: <http://www.obesityresearch.org/>

*Overweight Children and Adolescents Position Statement*, National Association of School Nurses, June 2002: <http://www.nasn.org/Default.aspx?tabid=236>

*Overweight in Childhood*, American Public Health Association. Compendium of information and links to resources, tools, and materials on the subject of overweight in childhood and adolescence. Subject links include Advocacy and Education, APHA Overweight in Childhood Policy, Funding Resources, International Resources, Policy and Legislation, and Resources. <http://www.aphafoodandnutrition.org/overwt.html>

*Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases*, Centers for Disease Control and Prevention. Topics cover obesity prevention and control (including caloric intake and expenditure), increased physical activity, improved nutrition (including increased breastfeeding and increased consumption of fruits and vegetables), and reduced television time. [http://www.cdc.gov/nccdphp/dnpa/obesity/resource\\_guide.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/resource_guide.htm)

*Society of Nutrition Education Weight Realities Division Resource List*. This list is a compilation of websites, organizations, books, magazines, and interventions that utilize a “health at every size” philosophy. <http://www.sne.org/> (Click on “Resources and Relationships” then click on “Weight Realities Division.”)

*Tool Kit on Trends and Policy Solutions for Youth Obesity*, Council of State Governments, 2005. Provides policymakers with resources to understand childhood obesity, data and trends, and policy approaches being implemented or considered by states and legislatures across the country. <http://www.healthystates.csg.org/Publications/> (Under “CSG Obesity Prevention Resources for States”)

*Weight Control and Obesity Resource List for Consumers*, National Food Service Management Institute, September 2002: <http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.html>

*Weight Control Information Network (WIN)*. WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control and nutrition. <http://win.niddk.nih.gov/index.htm>

*Wellness in Wyoming (WIN) Wyoming*. Website to educate people to respect body size diversity, and to enjoy the benefits of active living, pleasurable and healthful eating, and a positive self-image. <http://www.uwyo.edu/winwyoming/>

*Your Child’s Weight: Help Your Child with Successful Weight Management*, Baylor College of Medicine. Outlines common causes for why children are overweight, offers suggestions on how to deal with the weight problem as a family, presents strategies for success and provides a list of additional resources for families to utilize (English and Spanish). <http://www.bcm.edu/pa/childsweight.htm>



## **Obesity Statistics**

*American Obesity Association (AOA) Fact Sheets.* Developed by AOA's National Campaign of Obesity Education to provide current information on obesity based on scientific research.

<http://www.obesity.org/subs/fastfacts/aoafactsheets.shtml>

*Blood Pressure Tables for Children and Adolescents,* National Heart, Lung and Blood Institute:

[http://www.nhlbi.nih.gov/guidelines/hypertension/child\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/hypertension/child_tbl.htm)

*Childhood Obesity Fact Sheets (CDC).* Contain results from the Youth Risk Behavior Survey (YRBS) and School Health Profiles (Profiles) related to the obesity epidemic among youth. The YRBS results describe the problem by identifying the percent of high school students who are overweight, engage in unhealthy dietary behaviors, or are physically inactive. The Profiles results describe characteristics of health education, physical education, opportunities for physical activity, and the school environment among middle/junior and senior high schools that may help address the problem.

<http://www.cdc.gov/healthyouth/obesity/facts.htm>

*Childhood Obesity in the United States: Facts and Figures,* Institute of Medicine (IOM), 2004:

<http://www.iom.edu/file.asp?id=22606>

*Childhood Obesity: The Preventable Threat to America's Youth Fact Sheet,* Action for Healthy Kids, 2005.

Summary of current research relating to America's epidemic of childhood overweight and obesity.

[http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Childhood Obesity: What the Research Tells Us,* The Center for Health and Health Care in Schools, The George Washington University, March 2005: <http://www.rwjf.org/research/researchdetail.jsp?id=1187&ia=138>

*Healthy Generations Newsletter,* University of Minnesota School of Public Health, Volume 1, Issue 2, September 2000. This issue deals with child and adolescent obesity - epidemiology, risk factors, and programs and policies for prevention. <http://www.epi.umn.edu/mch/files/HealthyGenv1i2.pdf>

*Improving Children's Academic Performance, Health, and Quality of Life. A Top Policy Commitment in Response to Children's Obesity and Health Crises in California,* California Elected Women's Association for Education and Research, 1999: [http://www.cnr.berkeley.edu/cwh/PDFs/CewaerPaper\\_Research.pdf](http://www.cnr.berkeley.edu/cwh/PDFs/CewaerPaper_Research.pdf)

*Nutrition, Obesity, Hunger: Public Policy Backgrounder,* Oregon State University Extension Service, May 2003.

Addresses the paradox between obesity and hunger in Oregon.

<http://eesc.orst.edu/agcomwebfile/edmat/EM8828.pdf>

*Obesity Trends,* Centers for Disease Control and Prevention:

<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>

*Overweight Among U.S. Children and Adolescents,* National Health And Nutrition Examination Survey

(NHANES): <http://www.cdc.gov/nchs/about/major/nhanes/Databriefs.htm>

*Overweight in Children and Adolescents,* The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity:

[http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_adolescents.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm)

*Pediatric Obesity: A Review of the Literature,* The Center for Weight and Health, University of California, Berkeley, June 2001: [http://www.cnr.berkeley.edu/cwh/PDFs/Full\\_COPI\\_secure.pdf](http://www.cnr.berkeley.edu/cwh/PDFs/Full_COPI_secure.pdf)

*The Paradox of Hunger and Obesity in America,* Center on Hunger and Poverty and the Food Research and Action Center (FRAC), 2003. Examines the emerging and seemingly paradoxical relationship between hunger, food insecurity and obesity. The report examines the health risks of both hunger/food insecurity and obesity, and how both of these serious threats can co-exist in the same household. The analysis highlights recent research and describes how lack of adequate resources for food can contribute to weight gain. <http://www.frac.org/pdf/hungerandobesity.pdf>

*The Price is Right: Economics and the Rise in Obesity,* Amber Waves, U.S. Department of Agriculture, Economic Resource Center, February 2005:

<http://www.ers.usda.gov/AmberWaves/February05/Features/ThePriceIsRight.htm>



*Trend Data from the Behavioral Risk Factor Surveillance System*, Centers for Disease Control and Prevention. Compiles data for sixteen negative adult behaviors or circumstances (e.g., obesity, overweight, physical activity, insufficient fruit and vegetable consumption), so that the user can view the trend over time. Trends can be compared across gender or age groupings as well as between two states.  
<http://apps.nccd.cdc.gov/brfss/Trends/TrendData.asp>

*Trend Fact Sheets (Youth Risk Behavior Surveillance System)*, Centers for Disease Control and Prevention. Describes trends from 1991 to 2003 on eating habits, physical activity, obesity and other health risks in youth. <http://www.cdc.gov/HealthyYouth/yrbs/factsheets.htm>

*U.S. Obesity Trends from 1985 to 2002*, Centers for Disease Control and Prevention. PowerPoint slides of a United States map highlighting the increase in obesity each year.  
<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm>

## School Policies to Promote Healthy Lifestyles

### Alternatives to Food as Reward

*Alternatives to Food as Reward: Promoting a Healthy School Environment*, Connecticut State Department of Education, 2004: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Alternatives to Using Food as a Reward*, Michigan State University Extension, 2003:  
<http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>

*Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health*, Center for Science in the Public Interest, 2004: [http://cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://cspinet.org/nutritionpolicy/constructive_rewards.pdf)

*Non-Food Ways to Raise Funds and Reward a Job Well Done*, Texas Department of Agriculture, 2004:  
[http://www.squaremeals.org/vgn/tda/files/2348/3614\\_1034\\_NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf)

*Rewards and Incentives*, North Carolina School Nutrition Action Council, 2005:  
<http://www.nutritionnc.com/TeamNutrition/indextn.htm>

### Celebrations

*Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating*, Center for Science in the Public Interest, 2005. Tips to help parents, teachers, health professionals, and others create more healthful Halloween celebrations. The tips include shifting some of the focus from low-nutrition foods to activities and crafts, and recipes and suggestions for healthier alternatives to candy. <http://cspinet.org/new/pdf/halloween.pdf>

*Healthy Celebrations: Promoting a Healthy School Environment*, Connecticut State Department of Education, 2004: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Let's Celebrate! Ready to think outside the cake box?* Texas Department of Agriculture, 2005. Recipes for healthy celebrations.  
[http://www.squaremeals.org/fn/render/channel/items/0,1249,2348\\_2503\\_0\\_0,00.html](http://www.squaremeals.org/fn/render/channel/items/0,1249,2348_2503_0_0,00.html)

*Let's Party: Party Ideas for School and Home*, West Virginia Department of Education, 1994:  
<http://wvde.state.wv.us/ctrc/materials.html>

*Let's Play: Innovative Games and Activities for Kids*, West Virginia Department of Education, 2002:  
<http://wvde.state.wv.us/ctrc/materials.html>

*School Celebrations*, North Carolina School Nutrition Action Council, 2005:  
<http://www.nutritionnc.com/TeamNutrition/indextn.htm>

### **Commercialism in Schools**

*Center for Commercial-Free Public Education.* A national non-profit organization that addresses the issue of commercialism in public schools and provides support to students, parents, teachers and other concerned citizens to keep schools commercial-free and community-controlled. <http://www.commercialfree.org>

*Commercialism in Education Research Unit (CERU),* Arizona State University. The only national academic research center that conducts research, disseminates information, and helps facilitate dialogue between the education community, policy makers, and the public at large about commercial activities in schools. <http://www.asu.edu/educ/eps/ceru.htm>

*Food Marketing and the Diets of Children and Youth,* Institutes of Medicine. Information on comprehensive study of the science-based effects of food marketing on the diets and health of children and youth in the United States. <http://www.iom.edu/project.asp?id=21939>

*Food Marketing to Children and Youth: Threat or Opportunity?* National Academies' Institute of Medicine, 2005. Provides the most comprehensive review to date of the scientific evidence on the influence of food marketing on diets and diet-related health of children and youth. <http://www.iom.edu/report.asp?id=31330>

*Guidelines for Responsible Food Marketing to Children,* Center for Science in the Public Interest, 2005: <http://www.cspinet.org/nutritionpolicy/index.html> (Scroll down on left under "Recent Reports.")

*Report of the American Psychological Association Task Force on Advertising and Children,* 2004. Outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity, and offers extensive recommendations for healthful changes. <http://www.apa.org/releases/childrenads.pdf>

*School Soda Contracts: A Sample Review of Contracts in Oregon Public School Districts,* Community Health Partnership, 2005: <http://www.communityhealthpartnership.org/publication2.html>

### **Coordinated School Health (CSH)**

*Coordinated Approach to Child Health (CATCH).* The CATCH program involves the coordination of four components: health education, physical education, nutrition services, and parent involvement. CATCH focuses on cardiovascular and diabetes education, and is also great start toward coordinated school health programming. <http://www.sph.uth.tmc.edu/chppr/catch/>

*Coordinated School Health Program,* Position Statement of the National Association of School Nurses, Revised June 2001: <http://www.nasn.org/positions/positions.htm> (Scroll down)

*Coordinating School Health Programs,* Maine State Department of Education Website. Introduces the eight components of Coordinated School Health Programs to school personnel, parents and students and provides resources for information and networking for those involved in school health issues. <http://www.maineeshp.com/>

*Health is Academic,* Eva Marx and Susan Frelick Wooley with Daphne Northrop. Teachers College Press, 1998. Comprehensive guide that defines coordinated school health programs and discusses how they contribute to the health and educational achievement of students; who participates in and supports these programs at the local school, state, and national levels; and how to implement these programs. <https://secure.edc.org/publications/prodview.asp?930>

*Health is Academic,* Education Development Center Website. Provides information and resources on connections between health and learning, describes coordinated school health programs, and offers assistance and linkages. <http://www2.edc.org/healthisacademic/>

*Healthy Kids Learn Better – A Coordinated School Approach,* Oregon School Boards Association Website: <http://www.osba.org/hotopics/atrisk/hklb/>

*Healthy Schools Healthy Kids,* Texas Affiliate of the American Cancer Society. Variety of resources for parents, schools and communities on school health. <http://www.schoolhealth.info>

*National Coordinating Committee on School Health and Safety (NCCSHS).* Clearinghouse for web-based resources related to school health. <http://www.healthy-students.org/>

*North Carolina Healthy Schools:* <http://www.nchealthyschools.org/>

*Nutrition Services: An Essential Component of Comprehensive Health Programs.* Journal of the American Dietetic Association, 2003;103:505-514: [http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C77103C5/ada/hs.xsl/advocacy\\_1729\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C77103C5/ada/hs.xsl/advocacy_1729_ENU_HTML.htm)

*Policy Update: Coordinated School Health Programs,* National Association of State Boards of Education, September 1998: [http://www.nasbe.org/Membership/Educational\\_Issues/Policy\\_Update/6\\_19.pdf](http://www.nasbe.org/Membership/Educational_Issues/Policy_Update/6_19.pdf)

*Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework for Action,* Centers for Disease Control and Prevention, Department of Health and Human Services, 2003. Describes promising practices for states and their partners to reduce the prevalence of chronic diseases and their risk factors. Includes resources that describe state and local examples of what can be achieved; state-of-the-art strategies, methods, and tools; and training opportunities. [http://www.cdc.gov/nccdphp/promising\\_practices/](http://www.cdc.gov/nccdphp/promising_practices/)

*Resolution for Comprehensive School Health Education That Addresses the Safety and Health of All Children,* The Society of State Directors of Health, Physical Education and Recreation, September 23, 2005: [http://www.thesociety.org/pdf/2005SSDHPER\\_CSHE\\_Resolution.pdf](http://www.thesociety.org/pdf/2005SSDHPER_CSHE_Resolution.pdf)

*School Health Starter Kit,* Council of Chief State School Officers. Designed for use by chief state school officers, state health officials, and their staff to help build support in communities and schools for coordinated school health. Includes downloadable PowerPoint presentation on coordinated school health. <http://www.ccsso.org/publications/details.cfm?PublicationID=59>

*Stories from the Field: Lessons Learned About Building Coordinated School Health Programs,* Centers for Disease Control and Prevention, 2003: <http://www.cdc.gov/HealthyYouth/publications/stories.htm>

*Talking About Health is Academic,* Eva Marx, Daphne Northrop, Judith Dwyer Pierce. Teachers College Press, 1999. Consists of six workshop modules containing narrative script, overheads, and handouts for presentations to those who can influence or participate in the implementation of coordinated school health programs at national, state, or local levels. <https://secure.edc.org/publications/prodview.asp?1144>

*The School Health Project of the Council of Chief State School Officers.* Includes links to state education agency school health programs and information, information and links on a variety of issues in school health, and State Profiles on HIV, STDs, and Teen Pregnancy with national and state-level data to help inform good decision making. [http://www.ccsso.org/projects/School\\_Health\\_Project/](http://www.ccsso.org/projects/School_Health_Project/)

*What is a Coordinated School Health Program (CSHP)?* Education Development Center, Inc., 2001: <http://www2.edc.org/MakingHealthAcademic/cshp.asp>

### **Data and Resources to Support Change**

*Action for Healthy Kids.* Information, tools and resources on how to work towards improving children's nutrition and physical fitness. <http://www.actionforhealthykids.org>

*America's Children: Key National Indicators of Well-Being,* The Federal Interagency Forum on Child and Family Statistics. Offers easy access to statistics and reports on children and families, including population and family characteristics, economic security, health, behavior and social environment, and education. <http://www.childstats.gov/>

*Bright Futures in Practice: Nutrition, Second Edition,* National Center for Education in Maternal and Child Health, 2002. Emphasizes prevention and early recognition of nutrition concerns and provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence. Contains strategies and tools to help health professionals provide nutrition supervision (including screening, assessment, and counseling) and promote partnerships with families and communities. <http://www.brightfutures.org/nutrition/index.html>

*Building the Argument: Providing Health-Promoting Foods Throughout Our Schools,* Action for Healthy Kids, 2003. Quick facts culled from surveys and statistics that support the call for introducing health-promoting foods in schools. [http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)

*Building the Argument: The Need for Physical Education and Physical Activity in Our Schools,* Action for Healthy Kids, 2003: [http://www.actionforhealthykids.org/filelib/facts\\_and\\_findings/Need%20for%20PE-PA.pdf](http://www.actionforhealthykids.org/filelib/facts_and_findings/Need%20for%20PE-PA.pdf)

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- California Project LEAN (Leaders Encouraging Activity and Nutrition)*. Administered by the California Department of Health Services and the Public Health Institute, Project LEAN works to increase healthy eating and physical activity to reduce the prevalence of chronic disease such as heart disease, cancer, stroke, osteoporosis and diabetes. Website includes many resources, including *Taking the Fizz out of Soda Contracts: A Guide to Community Action*. <http://www.californiaprojectlean.org/>
- Calories In, Calories Out: Food and Exercise in Public Elementary Schools*, National Center for Educational Statistics, 2005. Findings on the types of food sold at one or more locations in schools and in their cafeterias or lunchrooms; the types of food sold at vending machines and school stores or snack bars, and times when foods were available at those locations; food service operations and contracts with companies to sell foods at schools; scheduled recess, including the days per week, times per day, and minutes per day of recess; scheduled physical education, including the days per week, class length, and average minutes per week of physical education; activities to encourage physical activity among elementary students; and the physical assessment of students. <http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2006057>
- Child Nutrition Studies*: Access to all U.S. Department of Agriculture studies and summaries relating to child nutrition programs, including school meals and Team Nutrition. <http://www.fns.usda.gov/oane/MENU/Published/CNP/CNP.HTM>
- Commitment to Change*, Action for Healthy Kids, 2002. AFHK's guiding document with 12 action steps for creating health-promoting schools that support sound nutrition and physical activity. [http://www.actionforhealthykids.org/about\\_downloads.php](http://www.actionforhealthykids.org/about_downloads.php) (Scroll to bottom)
- Continuing Survey of Food Intakes of Individuals (CSFII)*, U.S. Department of Agriculture: <http://www.ars.usda.gov/Services/docs.htm?docid=7797>
- Connecticut School/District Data*, Connecticut State Department of Education: <http://www.csde.state.ct.us/public/cedar/districts/index.htm>
- Data Resource Center for Child and Adolescent Health*, Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration, U.S. Department of Health and Human Resources. Interactive, online access to national and state data from the National Survey of Children's Health and the National Survey of Children with Special Health Care Needs with resources and technical support for using the data results. <http://www.childhealthdata.org/>
- Dietary Guidance for Healthy Children Aged 2 to 11 Years (Position of the American Dietetic Association)*, Journal of the American Dietetic Association 2004; 104:660-677: [http://www.eatright.org/Public/GovernmentAffairs/92\\_adap0199.cfm](http://www.eatright.org/Public/GovernmentAffairs/92_adap0199.cfm)
- Eating Breakfast Greatly Improves Schoolchildren's Diet Quality*. U.S. Department of Agriculture, December 1999: <http://www.usda.gov/cnpp/insights.html> (Scroll down to number 15)
- Effects of Food Assistance and Nutrition Programs on Nutrition and Health, Volume 1, Research Design*, U.S. Department of Agriculture, 2002: <http://www.ers.usda.gov/publications/fanrr19-1/>
- Fact Sheet: Food Service*, CDC's School Health Policies and Programs Study (SHPPS) 2000: <http://www.cdc.gov/HealthyYouth/shpps/factsheets/index.htm> (Click on "Food Service")
- Fact Sheet: Nutrition Services*, CDC's School Health Policies and Programs Study (SHPPS) 2000: <http://www.cdc.gov/HealthyYouth/shpps/factsheets/index.htm> (Click on "Nutrition Services")
- FedStats*: Gateway to statistics from more than 100 U.S. federal agencies. <http://www.fedstats.gov/>
- Finding and Using Health Statistics*, National Library of Medicine. Access to key health and human services data and statistics, including federal, state and local government-sponsored information. <http://www.nlm.nih.gov/nichsr/usestats/index.htm>
- Health, United States, 2004*, Centers for Disease Control and Prevention, 2004. This annual report on trends in health statistics consists of two main sections: A chartbook containing text and figures that illustrates major trends in the health of Americans; and a trend tables section that contains 153 detailed data tables. <http://www.cdc.gov/nchs/hus.htm>

- Helping Kids Create Healthier Communities*. This opinion-brief highlights the work of 10 groups of students who participated in making their schools and communities healthier places, and argues that such programs are vital to preparing students for their future lives as healthy adults.  
<http://www.ascd.org/cms/index.cfm?TheViewID=1684>
- Inventory of Qualitative Research in Nutrition and Physical Activity*, Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity. Provides basic information about qualitative studies that have been conducted in the fields of nutrition, physical activity, and other related fields. The inventory allows users to search for information using search fields, entering keywords, or searching the entire database.  
[http://www.cdc.gov/nccdphp/dnpa/qualitative\\_research/](http://www.cdc.gov/nccdphp/dnpa/qualitative_research/)
- Local Support for Nutrition Integrity In Schools (Position of the American Dietetic Association)*, Journal of the American Dietetic Association 2000;100:108-111:  
[http://www.eatright.org/Public/GovernmentAffairs/92\\_adap0100.cfm](http://www.eatright.org/Public/GovernmentAffairs/92_adap0100.cfm)
- National Guideline Clearinghouse*. A resource for evidence-based clinical practice guidelines, where you can search by topic. <http://www.guideline.gov/>
- Nutrition, Physical Exercise, and Obesity: What's Happening in Your School?*, Center for Health and Health Care in Schools, 2005. Results of a web survey to identify what's happening in schools concerning nutrition, physical exercise, and obesity prevention.  
<http://www.healthinschools.org/sh/obesresults06.asp>
- Partners in Information Access for the Public Health Workforce*, National Library of Medicine. A collaboration of U.S. government agencies, public health organizations and health sciences libraries. Provides information resources on health promotion and disease prevention, various health data tools and statistics links, legislation, conferences, email lists, and grant information. <http://phpartners.org/>
- Physical Activity and Nutrition: School Children*, National Education Association Health Information Network:  
<http://www.neahin.org/programs/physical/schoolchildren.htm>
- Position of the American Dietetic Association, Society for Nutrition Education, and American School Food Service Association—Nutrition services: An essential component of comprehensive school health programs*, Journal of the American Dietetic Association, April 2003, 103 (4):  
[http://www.eatright.org/Member/PolicyInitiatives/index\\_21033.cfm](http://www.eatright.org/Member/PolicyInitiatives/index_21033.cfm)
- Reports and Studies*, Food and Nutrition Information Center. Links to reports and studies on a variety of nutrition-related issues. <http://www.nal.usda.gov/fnic/reports/repsandstudies.html>
- School Data*, The National Education Data Partnership, a collaboration of the Council of Chief State School Officers, Standard & Poor's School Evaluation Services, Achieve, Inc. Provides "consumer reports" on the quality of educational services for the nation's public school system. Synthesizes school, district and state statistics into colorful graphs and reader-friendly charts that profile student proficiency results, student demographic information, financial data, community demographic data and Standard & Poor's unique ratios that examine academic and financial performance in demographic context.  
<http://www.schoolmatters.com/>
- School Health Policies and Programs Study – SHPPS*, Centers for Disease Control and Prevention. Summarizes results of national survey to assess school health policies and programs at the state, district, school, and classroom levels. <http://www.cdc.gov/HealthyYouth/shpps/index.htm>
- School Health Programs*, National School Boards Association. Resources to help school policymakers and educators make informed decisions about health issues affecting the academic achievement and healthy development of students and the effective operation of schools. <http://www.nsba.org/schoolhealth>
- Soft Drinks and Candy in the School Setting*, Position Statement of the National Association of School Nurses, June 2002: <http://www.nasn.org/positions/positions.htm> (Scroll down)
- State of the States: A Profile of Food and Nutrition Programs Across the Nation*, Food Research and Action Center, February 2003: <http://www.frac.org/pdf/O21903SOS.PDF>
- State Profile*, Action for Healthy Kids: [http://actionforhealthykids.org/state\\_profile.php?state=CT](http://actionforhealthykids.org/state_profile.php?state=CT)



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*The Health and Well-Being of Children: A Portrait of States and the Nation 2005*, U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. Summary of data addressing multiple aspects of children's health and well-being—including physical and mental health, health care, and social well-being—as well as aspects of the family and the neighborhood that can affect children's health, on both the national and State levels.

<http://www.mchb.hrsa.gov/thechild/index.htm>

*The Healthy Eating Index: 1999-2000*, U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, December 2002: <http://www.cnpp.usda.gov/healthyeating.html>

*The State of Nutrition and Physical Activity in Our Schools*, Environment & Human Health, Inc., 2004. Results of a comprehensive research study to identify what is going on in Connecticut schools with respect to nutrition and physical activity. The report addresses six key areas and offers strategies for improvement. The areas include: Time to Eat Lunch; the National School Lunch Program; Competitive Foods in the Cafeteria; All Other Foods Available in Schools (bake sales, fundraisers, stores, vending machines, and food brought in for birthday parties and other celebrations; Nutrition Education; and Physical Education and Physical Activities in Schools. <http://www.ehhi.org/>

*The Maine Guide: Supporting Healthy Changes in School Nutrition Environments*, Maine Department of Education and the Maine Nutrition Network, 2004. Showcases the process that the State of Maine developed for improving nutrition and physical activity environments in schools.

<http://www.maine-nutrition.org/CTSpag.htm>

*Trend Data from the Behavioral Risk Factor Surveillance System*, Centers for Disease Control and Prevention:

<http://apps.nccd.cdc.gov/brfss/Trends/TrendData.asp>

*Trend Data: Obesity By Body Mass Index*, Centers for Disease Control and Prevention:

<http://apps.nccd.cdc.gov/brfss/Trends/trendchart.asp?qkey=10010&state=US>

*What's Cooking in Connecticut Schools? Ideas for Healthy Kids and Healthy Schools*, Connecticut Food Policy Council, 2004. Highlights actions schools are taking in Connecticut to improve food and nutrition environments. <http://www.foodpc.state.ct.us/images/Report.pdf>

*Youth Risk Behavior Surveillance System*, Centers for Disease Control and Prevention:

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

### School Health Teams

*Effective School Health Advisory Councils – Moving from Policy to Action*. North Carolina State Board of Education and Department of Public Instruction, 2004:

<http://www.nchealthyschools.org/schoolhealthadvisorycouncil> (Scroll down to bottom under “Resources for Your School Health Advisory Council”)

*How Schools Work and How to Work with Schools*, National Association of State Boards of Education, 2004. A primer for health professionals and others who seek to serve children and youth in school settings. This guide includes a summary of the benefits for students when health professionals and educators work together; an overview of the core mission of education; a background chapter on how education works at the school, district, state, and national levels; as well as many practical tips for how to work effectively with educators, school administrators, and policymakers. <http://www.nasbe.org/> (Click on “NASBE Bookstore” then “Safe & Healthy Schools”)

*Improving School Health: A Guide to School Health Councils*, American Cancer Society, Inc., 1999. Provides a comprehensive overview of published research to date on the structure, function, and role of a school health council. [http://actionforhealthykids.org/filelib/resources/Ntl\\_Guide\\_to\\_SHAC.pdf](http://actionforhealthykids.org/filelib/resources/Ntl_Guide_to_SHAC.pdf)

*Local School Nutrition and Physical Activity Advisory Committees (NPAAC) A Guide for Schools, Parents, and Communities*. Arkansas Child Health Advisory Committee, 2004:

[http://www.healthyarkansas.com/advisory\\_committee/advisory.html](http://www.healthyarkansas.com/advisory_committee/advisory.html)

*Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils*, Iowa Department of Public Health, 2000. This guide is tailored to the planning needs of school district staff charged with forming a Community-School Health Advisory Council. The Guide also will be useful to school staff members who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health.

[http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)

*Student Advisory Groups*, School Nutrition Association. Guidance on organizing a Student Advisory Group in your school to benefit students and school nutrition programs.

<http://www.schoolnutrition.org/Index.aspx?id=1530>

### **Developing and Implementing School Policies**

*Action Guide for School Nutrition and Physical Activity Policies*, Connecticut State Department of Education, 2006. Provides comprehensive guidance for school districts on developing, implementing and evaluating policies to promote healthy eating and physical activity. Includes the results of Connecticut's 10 School Nutrition Policies pilot districts. <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Blueprint for Changing Policies and Environments in Support of Healthy Eating*, North Carolina Eat Smart Move More. Assists local communities in enhancing public awareness of the importance of healthy eating and the need for supportive policies and environments. Report provides strategies and activities for implementing policy and environmental change interventions that support these behaviors. <http://www.eatsmartmovemorenc.com/ESMMmaterials/ESMMBlueprintEating.pdf>

*Center for Health and Health Care in Schools*. Policy and program resource center focused on strengthening the well being of children and youth through effective health programs and health care services in schools. Includes policy guidance, resources, publications and bibliographies. <http://www.healthinschools.org>

*Center for Science in the Public Interest Nutrition Policy Website*. Provides links to model policies and legislation, backgrounders, fact sheets, up-to-date statistics on the impact of poor diet and inactivity on health and health-care costs, and other tools to support national, state and local nutrition and physical activity policies. <http://www.cspinet.org/nutritionpolicy>

*Changing the Scene: Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000. A tool kit that addresses the entire school nutrition environment from a commitment to nutrition and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public. This kit can help local people take action to improve their school's nutrition environment. The kit includes a variety of tools for use at the local level to raise awareness and address school environment issues that influence students' eating and physical activity practices. <http://www.fns.usda.gov/tn/healthy/changing.html>

*Changing the Scene – Make the First Move*, Minnesota Department of Children Learning and Families, 2003. A kit providing the tools to help schools take the first steps towards building a healthy school environment. Includes handouts (Not Your Mother's Lunch Program; Concerned About Kids' Food Choices?; Get Active Stay Active; Fund-raising Efforts Support Healthy Eating!; Obesity Flyer - Teens; Help Reverse the Trend - Did you Know; and Obesity Flyer – Adults), assessment tools, vending information (including vending Food Guide Pyramid) and resources. <https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit>

*Community Action to Change School Food Policy: An Organizing Kit*, Massachusetts Public Health Association. Resource to assist with organizing to pass policy to eliminate junk foods and sodas from school campuses. It includes many supporting documents that will help parents, school personnel, and community members make a strong case to promote healthy foods in schools. <http://www.mphaweb.org/>

*Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, 2004. This report defines a set of standard criteria for creating and evaluating school-based approaches for improving nutrition and physical activity. In order for schools to implement best practices, they must know what works under what conditions. These criteria can be applied to a broad range of practices, policies and programs to measure their potential effectiveness and adoptability. [http://www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

*Enlisting Public Support in Fit, Healthy and Ready to Learn*, National Association of State Boards of Education, 2000: <http://www.nasbe.org/healthyschools/fithealthy.html>

*Fit, Healthy and Ready to Learn: A School Health Policy Guide, Part I: Physical Activity, Healthy Eating and Tobacco-Use Prevention*, National Association of State Boards of Education, March 2000. Purchase by calling (800) 220-5183 or visit website at <http://www.nasbe.org/healthyschools/fithealthy.html>

*Framework for Program Evaluation in Public Health*, Centers for Disease Control and Prevention. MMWR 1999;48(No. RR-11): <http://www.cdc.gov/eval/framework.htm>

*Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events*, University of Minnesota School of Public Health, 2003: <http://www.sph.umn.edu>

## Healthy School Nutrition Environment Resource List

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*Guidelines for School Health Programs to Promote Lifelong Healthy Eating* Centers for Disease Control and Prevention, MMWR, June 14, 1996 / 45(RR-9);1-33:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>

*Healthy Eating and Active Living – Connecticut’s Plan for Health Promotion*, Connecticut Department of Public Health, 2005. This report proposes a framework and process through which Connecticut communities and institutions can implement strategies to promote health through healthy eating and active living.

<http://www.dph.state.ct.us/>

*Healthy Eating and Active Living Resource Toolkit*, Connecticut Association of Directors of Health, in conjunction with the State Department of Public Health and the Area Health Education Center, 2005. A web-based resource that outlines a step-by-step process for promotion of healthy eating and active living that addresses team building, assessment, development of action plans, interventions and evaluation.

<http://www.cadh.org/resources>

*Health, Mental Health and Safety Guidelines for Schools*, American Academy of Pediatrics, Association of School Nurses and Others, 2004. Guidelines to help those who influence the health and safety of students and school staff while they are in school, on school grounds, on their way to or from school, and involved in school-sponsored activities. Guidelines cover all areas of coordinated school health including nutrition, physical activity, and staff wellness. <http://www.nationalguidelines.org/>

*Healthy Food, Healthy Kids: A Busy Parent’s Guide to Banishing Junk Food From Your Child’s School—And Getting Kids to Eat The Good Stuff*, Dana Woldow and Caroline Grannan. This seven-page guide, produced by parents of Aptos Middle School in San Francisco, describes how parents can get help improve the nutrition environment at schools. It details the success story at Aptos Middle School and gives advice on the lessons this parent group learned along the way.

<http://pasaorg.tripod.com/nutrition/pdfs/QuickGuide.pdf>

*Healthy School Food Policies: A Checklist*, Center for Food and Justice, Urban and Environmental Policy Institute, Los Angeles, California, June 2005. Contains 65 policy ideas for improving school food, with legislative language for each idea drawn from policies that have been enacted or proposed at the state or school district levels.

[http://departments.oxy.edu/uepi/cfj/resources/healthy\\_school\\_food\\_policies\\_05.pdf](http://departments.oxy.edu/uepi/cfj/resources/healthy_school_food_policies_05.pdf)

*Healthy Schools for Healthy Kids*, Robert Wood Johnson Foundation, 2004. Summary of two national polls conducted regarding what schools should do to help stop the epidemic of childhood obesity. Details two years of interviews, school site visits and analysis of federal, state and local policies regarding promoting healthy eating and physical activity in schools.

<http://www.rwjf.org/publications/publicationdetail.jsp?id=615>

*Idaho Implementation Guide for School Wellness Policy*, Idaho Action for Healthy Kids, April 2005. Offers practical information about developing health policies, ensuring that mealtime is a pleasant experience for children, offering nutritious food choices in a variety of settings, and involving children, parents, school personnel and the community in the process of promoting physical exercise, good body image, and healthy practices at home and at school. [http://www.actionforhealthykids.org/filelib/toolsforteam/recom/ID\\_ID-Implementation%20Guide%205-24-05.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/ID_ID-Implementation%20Guide%205-24-05.pdf)

*Improving the Health of Adolescent & Young Adults: A Guide for States and Communities*, Centers for Disease Control and Prevention, 2004. This document helps translate the Healthy People 2010 objectives that are key to young people’s health and safety into a vision for improving adolescent health and well-being. It provides a framework for helping state and local agencies and organizations establish priorities, take collective action, and measure progress toward the shared goal of improving the health, safety and well-being of their adolescents and young adults.

<http://www.cdc.gov/healthyouth/NationalInitiative/guide.htm>

*It’s Time for Your School’s Physical Education Checkup. How Are You Doing?* National Association for Sport and Physical Education. A quick check list of physical activity measurements, including an action planning form for quality physical education. [http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_steps.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html) (Scroll down to last bullet under Section 3)

*Keys to Excellence in School Food and Nutrition Programs*, School Nutrition Association. A free online tool that offers an easy-to-use management and evaluation program that helps food service directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community.

<http://www.asfsa.org/keys/>

*Local School Nutrition and Physical Activity Advisory Committees (NPAAC) A Guide for Schools, Parents, and Communities*, Arkansas Child Health Advisory Committee, 2004. Provides information and guidance on developing a local School Nutrition and Physical Activity Advisory Committee. Included is a membership grid, sample invitation letter and sample agenda, and resource links on obesity, nutrition, physical activity, and children's health. [http://www.healthyarkansas.com/advisory\\_committee/advisory.html](http://www.healthyarkansas.com/advisory_committee/advisory.html)

*Making It Happen! School Nutrition Success Stories*. U.S. Department of Agriculture, 2005. Highlights 32 schools and school districts that implemented innovative approaches to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages, and schools can make money from healthful options.

<http://www.fns.usda.gov/tn/Resources/makingithappen.html>

*Parents – Join Your School Wellness Team*. Food Research & Action Center, 2006. Brochure to encourage more parents to get involved in creating local wellness policies for their school district, and to emphasize the importance of making afterschool and summer programming a part of the wellness policy. [http://www.frac.org/pdf/parent\\_outreach.pdf](http://www.frac.org/pdf/parent_outreach.pdf)

*Physical Activity School and Community Guidelines, How You Can Help*, Centers for Disease Control and Prevention, 2004. Highlights steps that parents, students, teachers, school administrators, food service staff, and others can take to promote physical activity for young people.

<http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/help.htm>

*Playing the Policy Game*, California Project Lean, 2003. Highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance. Includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities and outlines activities which drive the policy change process. In English and Spanish.

<http://www.californiaprojectlean.org/> (Click on "Resource Library" then "Advocacy and Policy Tools" and scroll down to bottom)

*Physical Education – A Guide to K-12 Program Development*, Connecticut State Department of Education, 2000: [http://www.state.ct.us/sde/dtl/curriculum/pe\\_publ\\_guide1.htm](http://www.state.ct.us/sde/dtl/curriculum/pe_publ_guide1.htm)

*Reaching School Board Members: A Guide for Creating a Clear, Concise, and Compelling Nutrition Policy Campaign*, California Project Lean: <http://www.californiaprojectlean.org/> (Click on "Resource Library" then "Advocacy and Policy Tools" and scroll down to bottom)

*Recipe for Success: Improving Student's Health and Learning*, West Virginia Department of Education, 2004. CD-Rom and booklet which provide principals and other administrators with innovative ideas that will lead students to healthier lifestyles. Topics include Assessing Your School, Breakfast, Curriculum, Physical Activity, Physical Education, and Snacks and Parties. <http://wvde.state.wv.us/recipe/>

*Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases*, Centers for Disease Control and Prevention, 2003. Provides selected references and resources for developing or updating community nutrition and physical activity programs. Topics include obesity prevention and control, increased physical activity, improved nutrition and reduced television time.

<http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>

*School Food Policies and Practices: A State-Wide Survey of Secondary School Principals*. Simone French, Mary Story and Jane Fulkerson. Journal of the American Dietetic Association, Volume 102, Number 12, December 2002: <http://www.eatright.com/images/journal/1202/r5.pdf>

*School Foods Tool Kit*, Center for Science in the Public Interest, 2003. A comprehensive manual that provides practical advice for improving school foods. Contains background materials, facts sheets, tips on how to work with and influence school officials, how to garner community support for those changes, and model policies and materials. <http://www.cspinet.org/schoolfoodkit/>



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- School Health Guidelines, How You Can Help*, Centers for Disease Control and Prevention, 2004. Highlights steps that parents, students, teachers, school administrators, food service staff, and others can take to promote healthy eating habits for young people.  
<http://www.cdc.gov/HealthyYouth/nutrition/guidelines/help.htm>
- School Health Index for Physical Activity and Healthy Eating – A Self Assessment and Planning Guide*, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2004:  
<http://apps.nccd.cdc.gov/shi/>
- School Health Leadership Training Kit*, American Academy of Pediatrics, 2004. The goal of this kit is to provide pediatricians who wish to become involved with school health, an introduction to the school setting, the present state of school health policies and key members within the school system, and to give them suggestions about interacting with schools. <http://www.schoolhealth.org/trnthtrn/trainmn.html>
- School Health Resource Database*, National School Boards Association. Contains thousands of items, including sample policies, articles, and training tools, that address issues facing local school districts related to HIV/AIDS/STDs, school-based teen pregnancy prevention, physical activity, healthy eating, tobacco use prevention, and comprehensive and coordinated school health programs.  
[http://www.nsba.org/site/page\\_SH\\_home.asp?TRACKID=&CID=1113&DID=12019](http://www.nsba.org/site/page_SH_home.asp?TRACKID=&CID=1113&DID=12019)
- School Wellness Policy: Meeting the Needs of Low-Income Students*. Food Research and Action Council, February 2006. This guide provides sample policies, model programs and key research information that are important tools to address the nutrition concerns of low-income children and communities in the development of school wellness policies. It is intended to supplement the many existing tools available for designing school wellness policies, by providing strategies that address the unique needs of low-income students, families and communities. [http://www.frac.org/pdf/wellness\\_guide2006.pdf](http://www.frac.org/pdf/wellness_guide2006.pdf)
- School Wellness Policy Support Materials and Resources*, Iowa Action for Healthy Kids and Iowa Association of School Boards: [http://www.actionforhealthykids.org/filelib/resources/IA-Wellness\\_Policy\\_Resources.pdf](http://www.actionforhealthykids.org/filelib/resources/IA-Wellness_Policy_Resources.pdf)
- School Wellness Tool Kit*, Cattlemen's Beef Board and National Cattlemen's Beef Association, 2006. Includes a "how-to" manual, handouts and articles, education materials, data on children's nutrition, links to agencies and groups working on school nutrition and physical activity in all 50 states, and to model policies (if available), and specific suggestions for effective involvement in school wellness policies at the local level. <http://www.beefnutrition.org/matehealthyschoolnutrition.aspx>
- Society of State Directors of Health, Physical Education and Recreation*. Professional association whose members supervise and coordinate programs in health, physical education, and related fields within state departments of education. Resources to help shape national and state policy defining and supporting comprehensive school health and physical education programs, e.g., *Making the Connection: Health and Student Achievement* PowerPoint presentation. <http://www.thesociety.org/>
- State Policies on the Sale of Food and Beverages at School*, James Bogden. National Association of State Boards of Education, 2002: [http://www.nasbe.org/Standard/5\\_Spring2001/StatelInnov.pdf](http://www.nasbe.org/Standard/5_Spring2001/StatelInnov.pdf)
- Successful Students through Healthy Food Policies: Act Now for Academic Excellence*, California School Board Association, 2005. Provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits. The Guide outlines the link between nutrition, physical activity and learning; addresses the health status of children and youth; highlights school districts that successfully offer healthy foods and beverages; offers recommendations for a comprehensive nutrition and physical activity policy; and provides sample policies and resources. Purchasing information at <http://www.csba.org/PS/hf.htm>
- Tips for Preparing a School Wellness Policy*, Iowa State University Extension, January 2005:  
<http://www.extension.iastate.edu/Publications/N3469.pdf>
- Vending Machines*, North Carolina, 2005. Ideas for healthy foods and developing policy on foods sold in vending machines. [http://actionforhealthykids.org/filelib/toolsforteam/recom/NC\\_NC-vending.pdf](http://actionforhealthykids.org/filelib/toolsforteam/recom/NC_NC-vending.pdf)
- What's Right for Kids: Improving the School Nutrition Environment*, Wisconsin Department of Public Instruction, 2003. This comprehensive document outlines child nutrition problems and the multiple roles that schools can play in the solutions, including many examples of what Wisconsin schools are doing to improve nutrition. <http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf>



*Wyoming School Wellness Policy Toolkit*, Wyoming Action for Healthy Kids, May 2005. Provides ideas and model policies from across the nation to assist districts with implementing the USDA School Wellness Policy requirement. [http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY\\_WY-Wellness%20Policy%20Toolkit.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY_WY-Wellness%20Policy%20Toolkit.pdf)

### **Partnering with Community Organizations**

*Building Business Support for School Health Programs*, National Association of State Boards of Education, 1999. Focuses on building support for coordinated school health among the business community, and provides a concrete, hands-on, step-by-step approach to accomplishing tasks such as assembling communications teams and strategies, working with business leaders, reaching out to the media and handling difficult or controversial topics.

[http://www.nasbe.org/merchant2/merchant.mvc?Screen=PROD&Store\\_Code=N&Product\\_Code=BBS&Category\\_Code=SHSP](http://www.nasbe.org/merchant2/merchant.mvc?Screen=PROD&Store_Code=N&Product_Code=BBS&Category_Code=SHSP)

*Community Action to Change School Food Policy: An Organizing Kit*, Massachusetts Public Health Association. Resource to assist with organizing to pass policy to eliminate junk foods and sodas from school campuses. It includes many supporting documents that will help parents, school personnel and community members make a strong case to promote healthy foods in schools. <http://www.mphaweb.org/>

*Community Nutrition Action Kit*, U.S. Department of Agriculture, 1996. A kit for use with Grades 3-6, their families and community volunteers that contains youth activities, family/caregiver activities and community activities, with guidelines for implementation, reproducible handouts, resource information and references. <http://www.fns.usda.gov/tn/Resources/cnak.html>

*Community Tool Box*, University of Kansas. Supports work in promoting community health and development by providing more than 6,000 pages of practical skill-building information on more than 250 topics. Topic sections include step-by-step instruction, examples, check-lists and related resources.

<http://ctb.ku.edu/index.jsp>

*Do More-Watch Less!* California Obesity Prevention Initiative, California Department of Health Services, 2005. A toolkit for after-school programs and youth-serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the Internet and playing video games. <http://www.dhs.ca.gov/ps/cdic/copi/>

*Evaluating Community Programs and Initiatives Community Toolbox*, University of Kansas:

[http://ctb.ku.edu/tools/en/tools\\_toc.htm](http://ctb.ku.edu/tools/en/tools_toc.htm)

*Jump Rope for Heart*. This educational fundraising event by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance is held each year in elementary schools nationwide. Jump Rope for Heart teaches students the benefits of physical activity, how to keep their heart healthy, and that they can help save lives right in their own community.

<http://216.185.112.5/presenter.jhtml?identifier=2360>

*Kids Walk-to-School Program*. A community-based program from the Centers for Disease Control and Prevention that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

*Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils*, Iowa Department of Public Health, 2000. This guide is tailored to the planning needs of school district staff members charged with forming a Community-School Health Advisory Council. The guide also will be useful to school staff members who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health.

[http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)

*Promoting Physical Activity: A Guide for Community Action*, Centers for Disease Control and Prevention, 1999.

This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the social networks, the physical environments in which they live and work, and the policies that most influence their actions. <http://www.cdc.gov/nccdphp/dnpa/pahand.htm>

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*Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases*, Centers for Disease Control and Prevention, 2003. Provides selected references and resources for developing or updating community nutrition and physical activity programs. Topics include obesity prevention and control, increased physical activity, improved nutrition and reduced television time. <http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>

*School Walk for Diabetes*. An educational school fundraising program that promotes healthy living, school spirit and community involvement. <http://schoolwalk.diabetes.org>

*Taking the Fizz out of Soda Contracts: A Guide to Community Action*, California Project LEAN, 2002. Guide to help individuals or groups of people trying to combat school district soft drink contracts (includes PowerPoint presentation). <http://www.californiaprojectlean.org/resourcelibrary/default.asp> (Click on "Advocacy and Policy Tools" then scroll down to bottom)

*The Community Guide to Helping America's Youth*, Helping America's Youth Initiative, 2005. Developed by nine federal agencies focused on connecting at-risk youth with family, school and their community in order to help children and teens reach their full potential. The guide helps communities build partnerships, assess needs and resources and select from program designs that could be replicated locally. <http://www.helpingamericasyouth.gov/default.htm>

*The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, Food and Drug Administration and U.S. Department of Agriculture, 2003. Guidance for after-school program leaders working with young adolescents. [http://teammnutrition.usda.gov/Resources/power\\_of\\_choice.html](http://teammnutrition.usda.gov/Resources/power_of_choice.html)

### **Nutrition Standards for Foods in School**

*Choosing Healthy Foods and Beverages for Meetings, Conferences and Events*, Centers for Disease Control, 2003. Guidelines for selecting healthier foods and beverages for meetings, conferences and other work-related events. [http://www.cdc.gov/nccdphp/dnppa/pdf/Healthy\\_Worksite\\_Food.pdf](http://www.cdc.gov/nccdphp/dnppa/pdf/Healthy_Worksite_Food.pdf)

*Connecticut's Healthy Snack Standards for Foods and Beverages at School*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Connecticut's List of Snacks Meeting Healthy Snack Standards*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Connecticut's List of Vendors for Healthy Snacks*, Connecticut State Department of Education, 2006: <http://www.state.ct.us/sde/deps/Student/NutritionEd/index.htm>

*Eat Smart: North Carolina's Recommended Standards for all Foods Available in School*, North Carolina Department of Health and Human Services, 2004: <http://www.eatsmartmovemorenc.com/>

*Food for Thought: Healthy Food Guidelines for Schools*, Lexington-Fayette County Health Department, 2003. Contains practical ideas for making healthy, appealing foods available to students in schools outside of school meal programs, including classroom parties, and snacks vending machines, school stores and meetings. <http://www.lexingtonhealthdepartment.org/template.asp?id=234>

*Healthy Snack Calculator*, Seattle Public Schools. An online tool to help school districts determine if foods and beverages meet nutrition standards. Districts can enter their nutrition standards and then enter a product's nutrition information to determine if it meets the standards. <http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.html>

*Idaho Recommendations for Promoting a Healthy School Nutrition Environment*, Idaho State Department of Education, 2004. Recommendations for schools to adopt policies that ensure that all food and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines. Recommendations include areas of school environment, nutrition education for students, vending machines, school stores, classroom snacks, classroom rewards, food sold during fundraising events, and pricing strategies for health. <http://www.actionforhealthykids.org/filelib/toolsforteam/recom/Final%20Policy.pdf>

*Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment*, Massachusetts Action for Healthy Kids, January 2004: <http://actionforhealthykids.org/filelib/toolsforteam/recom/MA%20-%20A%20la%20carte%20standards.pdf>

*Massachusetts Healthy Snack List A-List*, John C. Stalker Institute of Food and Nutrition, 2005. Products that meet the Massachusetts A La Carte Food & Beverage Standards.

<http://www.johnstalkerinstitute.org/vending%20project/healthysnacks.htm>

*Meeting Well*. American Cancer Society, 2003. Provides tools, including a handy guidebook, that make it easy and fun to choose healthy foods and activities.

[http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Meeting\\_Well.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Meeting_Well.asp)

*National Consensus Panel on School Nutrition: Recommendations for Competitive Food Standards in California Schools*, California Center for Public Health Advocacy, 2002:

[http://www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)

*Nutritious School Vending*, Colorado Department of Education, 2004:

<http://www.cde.state.co.us/cdenutritran/nutriSB04-103.htm>

*Recommendations for Competitive Food Standards in Utah*, Utah Action for Healthy Kids, September 2004:

<http://www.actionforhealthykids.org/resources.php> (Select "Guidelines/Policies/Recommendations" under topic selection, then click on "view all documents" under Information and Resources – Scroll down alphabetically to "Utah Recommendations for Competitive Food Standards")

*Recommendations for School Nutrition Standards*, Virginia Action for Healthy Kids, 2003:

<http://www.ext.vt.edu/actionforhealthykids/guidelines.pdf>

*Recommended Standards for All Foods Available in School*, North Carolina DHHS and North Carolina Division of Public Health, 2004:

<http://www.eatsmartmovemorenc.com/tools.htm>



*Rhode Island Nutrition Guidelines for School Vending and A La Carte Foods*, Rhode Island Healthy Schools Coalition, January 2005: <http://www.actionforhealthykids.org/resources.php> (Select

"Guidelines/Policies/Recommendations" under topic selection, then click on "view all documents" under Information and Resources – Scroll down alphabetically)

*Snackwise Nutrition Rating System Software*, Columbus Children's Hospital, Borden Center. Computer software available or purchase that evaluates a snack foods nutritional quality for ten parameters including total calories, total fat, saturated fat, sugar, protein, fiber, calcium, iron, and vitamins A and C for any healthy consumer over the age of five. The snack food is then assigned a point value which is then translated into an easy to follow, highly recognizable color coding: Green: Best Choice, Yellow: Choose Occasionally, Red: Choose Rarely. <http://www.snackwise.org>

## **Program Evaluation**

*CDC Evaluation Working Group Resources*. Provides basic background information on program evaluation and links to hundreds of manuals, tools, and resources from other organizations.

<http://www.cdc.gov/eval/resources.htm>

*Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, 2004: [http://www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

*Evaluating Community Programs and Initiatives*, Community Toolbox, University of Kansas:

[http://ctb.ku.edu/tools/en/tools\\_toc.htm](http://ctb.ku.edu/tools/en/tools_toc.htm)

*Evaluation Primer: An overview of education evaluation*, From Understanding Evaluation: The Way to Better Prevention Programs. Westat, Inc., 1993: <http://www.ed.gov/offices/OUS/PES/primer1.html>

*Framework for Program Evaluation in Public Health*, Centers for Disease Control and Prevention. MMWR 1999; 48(No. RR-11): <http://www.cdc.gov/eval/framework.htm>

*Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide*, Centers for Disease Control and Prevention, 2005: <http://www.cdc.gov/eval/evalguide.pdf>

*Logic Model Development Guide*, W.K. Kellogg Foundation, 2001. Developed to provide practical assistance on completing outcome-oriented evaluation of projects. Provides orientation on using the underlying principles of "logic modeling" to enhance program planning, implementation, and dissemination activities. <http://www.wkkf.org/Programming/ResourceOverview.aspx?CID=281&ID=3669> or <http://www.wkkf.org> (search for "Logic Model Development Guide")

## Healthy School Nutrition Environment Resource List

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- Nutrition Education: Principles of Sound Impact Evaluation*, U.S. Department of Agriculture, 2005:  
<http://www.fns.usda.gov/oane/MENU/Published/NutritionEducation/Files/EvaluationPrinciples.pdf>
- Physical Activity Evaluation Handbook*, Centers for Disease Control and Prevention, 2002:  
<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>
- Program Development and Evaluation*, University of Wisconsin Cooperative Extension:  
<http://www.uwex.edu/ces/pdande/evaluation/index.html>
- Program Evaluation Resources*, Centers for Disease Control and Prevention:  
<http://www.cdc.gov/HealthyYouth/evaluation/resources.htm>
- Survey Procedures Quick Tips*, University of Wisconsin Cooperative Extension:  
<http://www.uwex.edu/ces/pdande/resources/pdf/Tipsheet7.pdf>
- Surveys for Child Nutrition Programs*, National Food Service Management Institute. Several surveys to assess student, parent and school staff satisfaction with school food service programs.  
<http://www.nfsmi.org/Information/2005resourcecatalog.htm#SURVEYS>
- The Evaluation Exchange*, Harvard Family Research Project. Addresses current issues facing program evaluators of all levels and highlights innovative methods and approaches to evaluation, emerging trends in evaluation practice, and practical applications of evaluation theory.  
<http://www.gse.harvard.edu/hfrp/eval.html>
- The 2002 User-Friendly Handbook for Program Evaluation*, National Science Foundation, 2002. Includes general evaluation information as well as strategies that address culturally sensitive evaluation.  
<http://www.nsf.gov/pubs/2002/nsf02057/start.htm>
- Understanding Evaluation: The Way to Better Prevention Programs*, Westat, Inc., 1993:  
<http://www.ed.gov/PDFDocs/handbook.pdf>

## Sample Policies

- Arizona Healthy School Environment Model Policy*, Action for Healthy Kids, Arizona State Team, 2005. Serves as a guide to establishing standards for a healthy school environment. The model policy recommends 30 minutes of physical education, recess before lunch in elementary schools and 45 minutes of physical education per day in middle and high schools. It encourages schools to offer breakfast and lunch options consistent with USDA Dietary guidelines as well as provide adequate space and time for school meals.  
[http://www.actionforhealthykids.org/resources\\_topic.php?topic=14&displaytype=resources](http://www.actionforhealthykids.org/resources_topic.php?topic=14&displaytype=resources)
- Arkansas Child Health Advisory Committee Recommendations*:  
[http://www.healthyarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)
- Comprehensive School Nutrition Policy (Philadelphia Public Schools)*, Comprehensive School Nutrition Policy Task Force, The Food Trust, September 2002:  
<http://www.thefoodtrust.org/php/programs/comp.school.nutrition.php>
- Idaho Implementation Guide for School Wellness Policy*, Idaho Action for Healthy Kids, April 2005:  
[http://www.actionforhealthykids.org/filelib/toolsforteam/recom/ID\\_ID-Implementation%20Guide%205-24-05.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/ID_ID-Implementation%20Guide%205-24-05.pdf)
- Local Wellness Policy*, Illinois Nutrition Education and Training Program:  
<http://www.kidseatwell.org/LocalWellnessPolicy.html>
- Local Wellness Policy Examples*, U.S. Department of Agriculture Team Nutrition:  
[http://www.fns.usda.gov/tn/Healthy/wellnesspolicy\\_examples.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html)
- Local Wellness Policy Toolkit*, New Hampshire Department of Education. Resources to assist in the development of local wellness policy, including an evaluation checklist and ratings of different state policies. <http://www.ed.state.nh.us/education/doe/organization/programsupport/Localwellnesspolicy.htm>
- Mississippi Local School Wellness Policy Guide for Development*, Mississippi Department of Education, 2005:  
<http://www.mde.k12.ms.us/HealthySchools/Initiatives.html>
- Model School Wellness Policies*, National Alliance for Nutrition and Activity, 2005:  
<http://www.schoolwellnesspolicies.org/>

National Association of State Boards of Education State-Level School Health Policies:

[http://www.nasbe.org/HealthySchools/States/State\\_Policy.asp](http://www.nasbe.org/HealthySchools/States/State_Policy.asp)

New Mexico Action for Healthy Kids School Wellness Toolkit, Part I: Nutrition, New Mexico Action for Healthy Kids, 2005:

[http://www.actionforhealthykids.org/filelib/toolsforteam/recom/NM\\_AFHK%20Nutrition%20Toolkit%20-%20FINAL.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/NM_AFHK%20Nutrition%20Toolkit%20-%20FINAL.pdf)

New Mexico Action for Healthy Kids School Wellness Toolkit, Part II: Physical Activity and Education, New Mexico Action for Healthy Kids, 2005:

[http://www.actionforhealthykids.org/filelib/toolsforteam/recom/NM\\_AFHK\\_PE\\_Toolkit\\_-\\_FINAL.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/NM_AFHK_PE_Toolkit_-_FINAL.pdf)

Rhode Island School District Nutrition & Physical Activity Model Policy Language, Rhode Island Healthy Schools Coalition, August 2004: <http://www.actionforhealthykids.org/resources.php> (Select "Guidelines/Policies/Recommendations" under topic selection, then click on "view all documents" under Information and Resources and scroll down alphabetically)

Sample School Nutrition Policies, School Nutrition Association:

<http://www.schoolnutrition.org/Index.aspx?id=1075>

School Nutrition Association Local Wellness Policy Recommendations, School Nutrition Association, 2005:

<http://www.schoolnutrition.org/Index.aspx?id=1075>

School Wellness Policy Tool, Action for Healthy Kids. Searchable database of policies (state and district) that can help guide the drafting of local wellness policies. The extensive database is easily searchable by five wellness policy topic areas: nutrition education goals; physical activity goals; nutrition standards for all foods and beverages; other school-based wellness activities; and governance and evaluation. Individual components of sample wellness policies are also searchable by state.

<http://www.actionforhealthykids.org/resources.php>

The Maine Guide: Supporting Healthy Changes in School Nutrition Environments, Maine Department of Education and the Maine Nutrition Network, 2004. Showcases the process that the State of Maine developed for improving nutrition and physical activity environments in schools.

<http://www.maine-nutrition.org/CTSpaage.htm>

Wyoming School Wellness Policy Toolkit, Wyoming Action for Healthy Kids, May 2005. Provides ideas and model policies from across the nation to help districts implement the USDA School Wellness Policy requirement.

[http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY\\_WY-Wellness%20Policy%20Toolkit.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY_WY-Wellness%20Policy%20Toolkit.pdf)

## **Success Stories**

*All It Takes is Nutritious SEN\$E: Students Encouraging Nutritious Snacks Everyday!* Some Montana schools have found out that students will choose healthful items if they are readily accessible and affordable at student stores. This toolkit guides schools through key concepts and considerations necessary to make these positive changes. In the end, the school store will not only continue to be profitable, it will contribute to student health and well-being in the school. <http://www.opi.state.mt.us/schoolfood/nutritionense.htm>

Arizona Healthy School Environment Model Policy Implementation Pilot Study, Arizona State Department of Education, February 2005: [http://cspinet.org/nutritionpolicy/AZPilot\\_RevenueReport.pdf](http://cspinet.org/nutritionpolicy/AZPilot_RevenueReport.pdf)

*Bright Ideas*, California Project Lean. Effective programs and strategies for healthy eating and physical activity that have made it easier for youth to eat healthy food and/or be physically active at school and that can be replicated in schools or communities.

<http://www.californiaprojectlean.org/brightideas/genBrightIdeasList.asp?CATNID=1004>

*Building the Argument: Providing Health-Promoting Foods Throughout Our Schools*, Action for Healthy Kids, 2003: [http://www.actionforhealthykids.org/filelib/facts\\_and\\_findings/hpf\\_ba.pdf](http://www.actionforhealthykids.org/filelib/facts_and_findings/hpf_ba.pdf)

*Examples of Communities and States Improving School Foods and Beverages (Section III Case Studies from School Foods Tool Kit)*, Center for Science in the Public Interest, September 2003:

[http://cspinet.org/schoolfood/school\\_foods\\_kit\\_part3.pdf](http://cspinet.org/schoolfood/school_foods_kit_part3.pdf)

*Healthy Foods and Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense*, Action for Healthy Kids, 2003: [http://www.actionforhealthykids.org/newsroom\\_facts.php](http://www.actionforhealthykids.org/newsroom_facts.php)



## Healthy School Nutrition Environment Resource List

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- Helping Students Make Better Food Choices in School*. Action for Healthy Kids, January 2006. This report outlines the results of a project in 12 Illinois schools to test various approaches to improving student food choices. It includes several key findings regarding how to best support schools as they move from developing their local wellness policies to actually implementing and monitoring those policies. [http://actionforhealthykids.org/special\\_exclusive.php](http://actionforhealthykids.org/special_exclusive.php)
- LEAF (Linking Education, Activity and Food) Fiscal Impact Report*, Center for Weight and Health, University of California, Berkeley, April 2005: [http://cspinet.org/nutritionpolicy/LEAF\\_Fiscal\\_ImpactReport.pdf](http://cspinet.org/nutritionpolicy/LEAF_Fiscal_ImpactReport.pdf)
- Making It Happen! School Nutrition Success Stories*, U.S. Department of Agriculture, 2005. Highlights 32 schools and school districts that implemented innovative approaches to improving the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages, and schools can make money from healthful options. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Section V Case Studies in Successful Students Through Healthy Food Policies: Act Now for Academic Excellence*, California School Board Association, 2005: <http://www.csba.org/PS/hf.htm>
- School Policies Can Make a Difference*, Nutrition and Your Child (Number 4), Children's Nutrition Research Center, 2005. [http://www.kidnutrition.org/images/pdfs\\_nyc/2005/vol4.pdf](http://www.kidnutrition.org/images/pdfs_nyc/2005/vol4.pdf)
- School Success Stories*, U.S. Department of Agriculture Team Nutrition. Links to interactive and entertaining nutrition education activities with classroom and cafeteria components, e.g., school gardens and school health fairs. <http://teamnutrition.usda.gov/success.html>
- Schools and School Districts That Have Improved School Foods and Beverages and Not Lost Money*, Center for Science in the Public Interest: [http://cspinet.org/nutritionpolicy/improved\\_school\\_foods\\_without\\_losing\\_revenue2.pdf](http://cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf)
- Successtalk*, U.S. Department of Agriculture. An e-mail discussion group intended as a communication tool to link school health professionals, child nutrition educators, principals, teachers, parents and community members who are interested in creating a healthy school nutrition environment. Members can share success stories, resources, information and innovative program ideas that encourage healthy eating and physical activity habits. <http://schoolmeals.nal.usda.gov/Discussion/index.html>
- USDA's Fruit and Vegetable Pilot Program Works!* Produce for Better Health Foundation, 2003: <http://www.uffva.org/pdf/brochure052103.pdf>
- What's Cooking in Connecticut Schools? Ideas for Healthy Kids and Healthy Schools*, Connecticut Food Policy Council, 2004. Highlights actions schools are taking in Connecticut to improve food and nutrition environments. <http://www.foodpc.state.ct.us/images/Report.pdf>
- What's Right for Kids: Improving the School Nutrition Environment*, Wisconsin Department of Public Instruction, 2003: <http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf>
- "What's Working" Database, Action for Healthy Kids. Profiles of successful school-based interventions, programs and practices with ratings based on *Criteria for Evaluating School-Based Approaches to Nutrition and Physical Activity*. <http://www.actionforhealthykids.org/resources.php> (Select a topic under "Resources to Improve Schools" and scroll down to "What's Working")

## State Nutrition and Physical Activity Legislation

*California SB 19 Pupil Nutrition, Health and Achievement Act of 2001.* California legislation specifying prohibitions on the sale of beverages in elementary and middle schools and requiring nutritional standards on types of foods sold to students in vending machines and for snacks.

[http://www.leginfo.ca.gov/pub/01-02/bill/sen/sb\\_0001-0050/sb\\_19\\_bill\\_20011014\\_chaptered.pdf](http://www.leginfo.ca.gov/pub/01-02/bill/sen/sb_0001-0050/sb_19_bill_20011014_chaptered.pdf)

*California SB 56 Pupil Health: Nutrition.* California legislation to establish a pilot program for middle and high schools to adopt certain food sale requirements, and for school districts with at least one middle school to convene a Child Nutrition and Physical Activity Advisory Committee to develop and recommend school district policy on nutrition and physical activity.

[http://www.leginfo.ca.gov/pub/01-02/bill/sen/sb\\_0051-0100/sb\\_56\\_bill\\_20020904\\_chaptered.pdf](http://www.leginfo.ca.gov/pub/01-02/bill/sen/sb_0051-0100/sb_56_bill_20020904_chaptered.pdf)

*Childhood Obesity – 2005 Update and Overview of Policy Options*, National Conference of State Legislatures. Overview of the more prevalent legislative approaches considered or enacted in 2005.

<http://www.ncsl.org/programs/health/ChildhoodObesity-2005.htm>

*Connecticut General Statutes Section Sec. 10-221p (Nutritious, low-fat foods and drinks):*

<http://search.cga.state.ct.us/> (Enter "10-221p" in the box after "Number," scroll down to the database "Statutes – Section text (2005)" then click "Search")

*Obesity-Related Legislation by State*, National Conference of State Legislatures:

<http://www.ncsl.org/programs/health/childhoodobesity.htm>

*Obesity Report Card for States*, University of Baltimore. Provides a report card for each state based on legislative efforts to pass obesity control measures such as nutrition standards for foods, vending machine usage, body mass index measured in school, recess and physical education, obesity programs and education, obesity research, obesity treatment in health insurance, and obesity commissions.

<http://www.ubalt.edu/experts/obesity/>

*State Competitive Foods Policies*. U.S. Department of Agriculture, September 2002:

[http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.pdf](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.pdf)

*State Legislation Searchable Database*, Centers for Disease Control and Prevention. Contains summaries of state legislative bills related to nutrition and physical activity from 2001 to present. Links are provided to each state legislature site to obtain the full-text version of the bill. <http://apps.nccd.cdc.gov/DNPALeg/>

*Texas Public School Nutrition Policy*, Texas Department of Agriculture, 2004. New regulations for school food service that include limiting the number of times foods such as French fries are served, limiting portion sizes (e.g., 12 oz limit on soft drinks), and the sugar/syrup content of foods such as flavored milks and canned fruit. [http://www.agr.state.tx.us/foodnutrition/policy/food\\_nutrition\\_policy.pdf](http://www.agr.state.tx.us/foodnutrition/policy/food_nutrition_policy.pdf)

*Vending Machines in Schools*, National Conference of State Legislatures. This site of the National Conference of State Legislators tracks state legislative activity on vending machines.

<http://www.ncsl.org/programs/health/vending.htm>

*West Virginia Standards for School Nutrition Policy*, West Virginia Department of Education, 2001:

<http://wvde.state.wv.us/policies/p4321.1.html>

*2005 State Legislation and Policies Affecting Child and Adolescent Nutrition and Physical Activity*, Robert Wood Johnson Foundation: <http://www.rwjf.org/research/researchdetail.jsp?id=1257>

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