

# Online Resources for Healthy Kids and Healthy Schools

## **Action for Healthy Kids (AFHK)** [www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

In early October 2002, health professionals and educators from across the US gathered to “take action” for children’s nutrition and fitness. This site provides extensive tools, resources, and contacts from the meeting in Washington, DC.

## **American Psychological Assoc: Task Force on Advertising and Children**

[www.apa.org/releases/childrenads.pdf](http://www.apa.org/releases/childrenads.pdf)

Released in February 2004, this report outlines the effect of food and beverage advertising on children’s eating habits and their contribution to youth obesity. It also offers extensive recommendations for healthful changes.

## **School Nutrition Association (SNA)** [www.asfsa.org/](http://www.asfsa.org/)

The 55,000+ members of SNA work in school nutrition all across the USA, and many are active in creating school-based nutrition programs for healthy kids. The site features news, research, and free promotional kits for school meals.

## **BeefNutrition.org (National Cattlemen’s Beef Association)** [www.beefnutrition.org/hsn](http://www.beefnutrition.org/hsn)

Parent education handouts, presentation graphics (highlighting protein, iron, and zinc), and body image resources for adolescents (*Mirror, Mirror*) are just a few of the excellent materials available for downloading at this site.

## **The Body Positive** [www.thebodypositive.org/](http://www.thebodypositive.org/)

Through videos, workshops and consulting, the creators of Body Positive teach young people how to have a positive body image and a healthy relationship with food. Their recent video *BodyTalk 3* (2004) is targeted at ages 6 to 8.

## **California Dept. of Education: Academic Achievement and Physical Fitness**

[www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp](http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp)

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

## **Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/) and [www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

## **Center for Weight and Health (University of California, Berkeley)** [www.cnr.berkeley.edu/cwh/](http://www.cnr.berkeley.edu/cwh/)

The center sponsors conferences and coalitions in California. The site features links to literature, research, surveys, funding, and information on *Reversing Childhood Obesity Trends: Helping Children Achieve Healthy Weights*.

## **Dole 5 A Day** [www.dole5aday.com/](http://www.dole5aday.com/)

Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and fun. There are special sections for kids, parents, teachers, and school foodservice.

## **Eat Smart, Move More ... NC** [www.eatsmartmovemorenc.com/](http://www.eatsmartmovemorenc.com/)

This initiative promotes healthy eating and activity through environmental change, like *North Carolina's Recommended Standards for All Foods Available in School* at

[www.eatsmartmovemorenc.com/ESMMmaterials/SchoolFoodsStandards.pdf](http://www.eatsmartmovemorenc.com/ESMMmaterials/SchoolFoodsStandards.pdf)

**Healthy School Food Coalition** [http://departments.oxy.edu/uepi/cfj/cfj\\_LA\\_sodaban.htm](http://departments.oxy.edu/uepi/cfj/cfj_LA_sodaban.htm)

Los Angeles Unified School District, second largest US district, unanimously passed a motion banning soda sales in all district schools. This site offers a guide to the strategies used in LA and other school nutrition information.

**Healthy Weight Network** [www.healthyweight.net/](http://www.healthyweight.net/)

Francie Berg, MS, publishes *Underage and Overweight* and offers handouts, resources, and links, like **SNE Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children** (2002).

**Institute of Medicine ~ Preventing Childhood Obesity** [www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)

The IOM Committee on Prevention of Obesity in Children and Youth has developed a national strategy with specific actions for families, schools, industry, communities, and government in **Preventing Childhood Obesity: Health in the Balance**.

**Kaiser Family Foundation Report: Role of the Media in Childhood Obesity**

[www.kff.org/entmedia/entmedia022404pkg.cfm](http://www.kff.org/entmedia/entmedia022404pkg.cfm)

This 2004 report reviews over 40 studies to explore what researchers do and do not know about the role media plays in childhood obesity – and identifies ways media could help to address this important public health problem.

**Kids First ~ Rhode Island Team Nutrition Training Institute** [www.kidsfirstri.org/](http://www.kidsfirstri.org/)

Read all about the strategies that Rhode Island Team Nutrition and Rhode Island Action for Healthy Kids are using to improve school nutrition environments in their state – recipes, best practices, exciting training events – it's all here!!

**Lexington-Fayette Health Department (Kentucky)**

[www.lexingtonhealthdepartment.org/docs/Food\\_for\\_Thought\\_printer.pdf](http://www.lexingtonhealthdepartment.org/docs/Food_for_Thought_printer.pdf)

The health promotion folks in Lexington, Kentucky, have developed an excellent full-color publication: **Food for Thought: Healthy Food Guidelines for Schools** (available for a free download as a PDF file).

**Maine Nutrition Network (MNN)** [www.maine-nutrition.org/](http://www.maine-nutrition.org/)

MNN is a collaboration coordinating nutrition activities to support the health of Maine people, including healthy recipes, **Maine-ly Nutrition Education** programs, and the new **Maine Guide: Supporting Healthy Changes in School Nutrition Environments**.

**Michigan Department of Education** [www.michigan.gov/documents/healthyweight\\_13649\\_7.pdf](http://www.michigan.gov/documents/healthyweight_13649_7.pdf)

**The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper** (2001) features guidance on excessive weight and weight gain; social pressure for excessive slenderness; and unsafe weight loss practices.

**Michigan Team Nutrition** [www.msue.msu.edu/fnh/tn/](http://www.msue.msu.edu/fnh/tn/)

The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

**Minnesota Team Nutrition ToolKit**

<https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit>

This site provides dozens of tools for enhancing school nutrition environments including: handouts for parents and students; strategies for improving vending machine options; and resources for adult role models.

**Montana Team Nutrition Resources** [www.opi.state.mt.us/](http://www.opi.state.mt.us/)

Search on-site for PDF of excellent resources from Big Sky country, including **Lewis and Clark Fitness Challenge Tool Kit**, **Mind and Body: Activities for the Elementary Classroom**, and **Recess Before Lunch: A Guide for Success**.

## **National Dairy Council Health Education Kits**

[www.nationaldairycouncil.org/lvl03/kits/5000\\_kits\\_03.htm](http://www.nationaldairycouncil.org/lvl03/kits/5000_kits_03.htm)

Three new education kits are available for free download from the National Dairy Council®: **3-A-Day of Dairy Health Education Kit**, **Healthy Weight Health Education Kit**, and **African-American Health Education Kit**.

## **National School Foodservice Management Institute [www.nfsmi.org/index.html](http://www.nfsmi.org/index.html)**

NSFMI offers training in Child Nutrition Management; a comprehensive catalog of materials for child nutrition professionals; and extensive research studies on foodservice and healthy school nutrition environments.

## **Nutrition Explorations [www.nutritionexplorations.org/](http://www.nutritionexplorations.org/)**

This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school foodservice professionals.

## **PASA (Parent's Advocating School Accountability)**

<http://pasaorg.tripod.com/nutrition/nutrition.html>

This parent group in San Francisco (CA) has supported extensive changes in the nutrition environment of SFUSD schools. Site includes detailed info about those changes, links to other sites, and an excellent archive of school nutrition news.

## **President's Challenge ~ You're It. Get Fit! [www.presidentschallenge.org/](http://www.presidentschallenge.org/)**

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for activity.

## **Project LEAN (Leaders Encouraging Activity and Nutrition) [www.californiaprojectlean.org/](http://www.californiaprojectlean.org/)**

California Project LEAN, from The Public Health Institute, supports several projects, including **Bright Ideas** and a **Superintendent's Challenge**, as well as **Food on the Run: Your Energy Wake Up Call**, a site with nutrition and active solutions for teens.

## **Take 10! [www.take10.net/](http://www.take10.net/)**

**Take 10** is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.

## **Texas Department of Agriculture ~ Child Nutrition Programs [www.squaremeals.org/](http://www.squaremeals.org/)**

Details on the new statewide policy on competitive foods, along with PDFs of several useful brochures: **Non-Food Ways to Raise Funds and Reward a Job Well Done** and **Suggestions for Nutritious Snacks at School and Home**.

## **SPARK: The New PE [www.sparkpe.org/](http://www.sparkpe.org/)**

SPARK's training and tools promise PE 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.

## **USDA Team Nutrition (US Department of Agriculture) [www.fns.usda.gov/tn/Default.htm](http://www.fns.usda.gov/tn/Default.htm)**

The Team Nutrition program is a goldmine of materials, kits, and local efforts to enhance school nutrition environments. You can download free materials; read about Team Nutrition success stories; and find out what is going on in your state.

## **USDA Team Nutrition ~ Fruits and Vegetables Galore**

[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)

**Fruits & Vegetables Galore: Helping Kids Eat More** is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables – to rejuvenate school cafeterias.

## **USDA Team Nutrition ~ HealthierUS School Challenge**

[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)

The HealthierUS School Challenge recognizes schools that taken steps to improve their school meal programs, address the problems of obesity, and to encourage other schools to follow their lead. Find out more in selection criteria and self-assessment form.

## **USDA Team Nutrition ~ Making It Happen**

[www.fns.usda.gov/tn/Healthy/execsummary\\_makingithappen.html](http://www.fns.usda.gov/tn/Healthy/execsummary_makingithappen.html)

***Making It Happen: School Nutrition Success Stories*** tells the stories of schools that have successfully implemented innovative approaches to offer and sell more nutritious foods and beverages to students and staff. Preview the Executive Summary online now.

## **VERB™: It's What You Do [www.verbnow.com/](http://www.verbnow.com/)**

VERB™ is CDC's physical activity website aimed at tweens (ages 8 to 12). The site provides ways to record activities and win prizes – along with videos of dances moves, skateboarding tricks, and BMX bike actions.

## **Vista (CA) Unified School District ~ Healthy Vending Information**

[www.vusd.k12.ca.us/cns/healthyvending.htm](http://www.vusd.k12.ca.us/cns/healthyvending.htm)

Enid Hohn, RD, Director of Child Nutrition Services in a large southern California school district, offers extensive information, including a PowerPoint presentation about the success of her healthful vending program.

## **Wisconsin Department of Education: *What's Right for Kids***

[www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf](http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf)

Released in early 2004, 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.

## **Wheat Foods Council: The Grains Information Center [www.wheatfoods.org/](http://www.wheatfoods.org/)**

Yummy recipes, gorgeous photos, research updates, and professional resources – everything you wanted to know about grains, but didn't know who to ask. Need some rebuttals to today's low-carb craziness – check here!