

Additional Resources

Crosscutting

School Health Index, Centers for Disease Control and Prevention
apps.nccd.cdc.gov/shi/

Local Wellness Policy website, U.S. Department of Agriculture
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education

www.nasbe.org/HealthySchools/fithealthy.mgi

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies

www.iom.edu/report.asp?id=22596

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids

www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf

Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention

www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses

www.nationalguidelines.org

School Health Councils

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society

www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf

Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina

www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf

Nutrition

General Resources on Nutrition

Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education

www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S.

Department of Agriculture
www.fns.usda.gov/tn/Healthy/changing.html

Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture
www.health.gov/dietaryguidelines/dga2005/document/

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention
www.cdc.gov/mmwr/pdf/rr/rr4509.pdf

Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN
www.csba.org/ps/hf.htm

School Meals
Healthy School Meals Resource System, U.S. Department of Agriculture
schoolmeals.nal.usda.gov/

School Nutrition Dietary Assessment Study-II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program
www.cspinet.org/nutritionpolicy/SNDAIIfind.pdf

Local Support for Nutrition Integrity in Schools, American Dietetic Association
www.eatright.org/Member/Files/Local.pdf

Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association
www.eatright.org/Public/NutritionInformation/92_8243.cfm

HealthierUS School Challenge, U.S. Department of Agriculture
www.fns.usda.gov/tn/HealthierUS/index.htm

Breakfast for Learning, Food Research and Action Center
www.frac.org/pdf/breakfastforlearning.PDF

School Breakfast Scorecard, Food Research and Action Center
www.frac.org/School_Breakfast_Report/2004/

Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools]
www.healthylarkansas.com/advisory_committee/pdf/final_recommendations.pdf

Meal Times and Scheduling

Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI)

www.schoolwellnesspolicies.org/resources/eating_at_school.pdf

Nutrition Standards for Foods and Beverages Sold Individually

Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy

www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf

State policies for competitive foods in schools, U.S. Department of Agriculture

www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm

Nutritional Integrity in Schools, Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/nutritional_integrity.pdf

School Foods Tool Kit, Center for Science in the Public Interest

www.cspinet.org/schoolfood/

Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture

www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf

Fruit and Vegetable Promotion in Schools

Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture

www.fns.usda.gov/tn/Resources/fv_galore.html

School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption Produce for Better Health Foundation. Order on-line for \$29.95 at

www.shop5aday.com/acatalog/School_Food_Service_Guide.html

School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$9.95 at

www.shop5aday.com/acatalog/School_Food_Service_Guide.html

Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association

www.uffva.org/fvpilotprogram.htm

Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at

www.5aday.org

Fundraising Activities

Creative Financing and Fun Fundraising, Shasta County Public Health

www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf

Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama

www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf

Snacks

Healthy School Snacks, (forthcoming), Center for Science in the Public Interest
Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center

www.frac.org/html/building_blocks/afterschsummertoc.html

Rewards

Constructive Classroom Rewards, Center for Science in the Public Interest

www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Alternatives to Using Food as a Reward, Michigan State University Extension

www.tn.fcs.msue.msu.edu/foodrewards.pdf

Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service

www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf

Celebrations

Guide to Healthy School Parties, Action for Healthy Kids of Alabama

www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf

Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign

ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf

Nutrition and Physical Activity Promotion and Food Marketing [View Model Policies](#)
Health Education

National Health Education Standards, American Association for Health Education

www.aahperd.org/aahe/pdf_files/standards.pdf

Nutrition Education and Promotion

U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them)

www.fns.usda.gov/tn/Educators/index.htm

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service

www.fns.usda.gov/tn/resources/power_of_choice.html

Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association

www.eatright.org/Public/index_19218.cfm

Integrating Physical Activity into the Classroom Setting
Brain Breaks, Michigan Department of Education

www.emc.cmich.edu/brainbreaks

Energizers, East Carolina University

www.ncpe4me.com/energizers.html

Food Marketing to Children

Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest

www.cspinet.org/pesteringparents

Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency

www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf

Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO)

whqlibdoc.who.int/publications/2004/9241591579.pdf

Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest

cspinet.org/marketingguidelines.pdf

Commercial Activities in Schools, U.S. General Accounting Office

www.gao.gov/new.items/d04810.pdf

Eating Disorders

Academy for Eating Disorders

www.aedweb.org

National Eating Disorders Association

www.nationaleatingdisorders.org

Eating Disorders Coalition
www.eatingdisorderscoalition.org

Staff Wellness
School Staff Wellness, National Association of State Boards of Education
www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention
www.prevent.org/publications/Healthy_Workforce_2010.pdf

Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program,
Wellness Councils of America
www.welcoa.org/wellworkplace/index.php?category=7

Protecting Our Assets: Promoting and Preserving School Employee Wellness,
(forthcoming), Directors of Health Promotion and Education (DHPE)
Physical Activity Opportunities and Physical Education
General Resources on Physical Activity
Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention
www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm

Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports
www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803

Physical Fitness and Activity in Schools, American Academy of Pediatrics
pediatrics.aappublications.org/cgi/reprint/105/5/1156

Physical Education
Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5

Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5

Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5

Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf

Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life

www.pe4life.org/articles/blueprint2004.pdf

Recess

Recess in Elementary Schools, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition

www.opi.state.mt.us/schoolfood/recessBL.html

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute

www.nfsmi.org/Information/Newsletters/insight24.pdf

The American Association for the Child's Right to Play

www.ipausa.org/recess.htm

Physical Activity Opportunities Before and After School

Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf

The Case for High School Activities, National Federation of State High School Associations

www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71

Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf

Safe Routes to School

Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration

www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/

KidsWalk to School Program, Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa/kidswalk/

Walkability Check List, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency

www.walkinginfo.org/walkingchecklist.htm

Monitoring and Policy Review
School Health Index, Centers for Disease Control and Prevention (CDC)
apps.nccd.cdc.gov/shi/

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S.
Department of Agriculture
www.fns.usda.gov/tn/Healthy/changing.html

Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids
www.actionforhealthykids.org/docs/specialreports/report_small.pdf

Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5

Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5

Opportunity to Learn: Standards for High School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at
member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5