



**Nutrition and Physical Activity Advisory
Committee (NPAAC)/School Wellness Committee:
An *Implementation* Guide for Schools,
Parents, and Communities**

August 2006

*The development of this guide was coordinated
by the Child Health Advisory Committee
in support of Act 1220 and Healthy Arkansas.*

Electronic version of this guide can be found at:
http://www.healthyarkansas.com/advisory_committee/advisory.html

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*Some of the resources included in this tool kit are not free.
This is only a partial list and by no means indicates an
endorsement of any.*

Part One: Overview of Act 1220

Link to Act 1220 - 84th General Assembly Act 1220 of 2003 by Representatives Bradford, Biggs, Cleveland, Milligan and Senators Bisbee, Argue
<http://www.arkleg.state.ar.us/ftp/acts/2003/public/act1220.pdf>

Link to Arkansas DHHS Division of Health/Child Health Advisory Committee - ACT 1220 of 2003 created the Child Health Advisory Committee to address childhood obesity and develop statewide nutrition and physical activity standards. The Committee meets monthly and made policy recommendations to the State Board of Education and the State Board of Health. These recommendations evolved into rules and regulations and can be accessed at:



http://www.achi.net/BMI_Info/Docs/Nutrition_and_Physical_Activity_Rule.pdf
Information on the committee, as well as members, minutes, and other related information can be found at the website:
http://www.healthyarkansas.com/advisory_committee/advisory.html

“If schools do not deal with children’s health by design, they deal with it by default.”

Health Is Academic, 1997

Part Two: Developing a local Nutrition and Physical Activity Advisory Committee (NPAAC)/School Wellness Committee

The previous version of this tool kit contains information on developing the committee. This tool kit can be accessed at:

http://www.healthyarkansas.com/advisory_committee/advisory.html

These guides may also be helpful with the actual development and work of a school health committee:

Promoting Healthy Youth, Schools, and Communities: A Guide to Community-School Health Advisory Councils – This guide was originally published in partnership with the Iowa Department of Public Health, Iowa State University Extension to families, American Cancer Society, Blank Children’s Hospital, and Pioneer Hi-Bred International. It includes information on convening a school health council, creating a vision and building ownership, developing an action plan, taking action and getting results, and maintaining momentum. It contains samples, worksheets and presentations.

<http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf>

Effective School Health Advisory Councils: Moving from Policy to Action – This guide was published by the North Carolina Healthy Schools in collaboration with the Public Schools of North Carolina and the Department of Health and Human Services. It includes information on developing effective councils, conducting needs assessment, developing an action plan, taking action and maintaining momentum.

http://www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf

This site also includes links to many additional resources for nutrition, physical activity, food marketing, and staff wellness.

<http://www.schoolwellnesspolicies.org/WellnessResources.html>



Part Three: Steps to Develop a Successful School Wellness Policy

Step 1: INVOLVE MULTIPLE STAKEHOLDERS

Act 1220 requires every school district to convene a school nutrition and physical activity advisory committee. This Wellness Committee is the ideal group to help with wellness policy development.

The recommendations developed by the Child Health Advisory Committee were approved by the Arkansas Department of Education and the Arkansas Department of Health and Human Services. These rules establish the requirements and procedures for governing nutrition and physical activity standards in Arkansas public schools.



The Arkansas Department of Education Proposed Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools (FIN-06-012) can be found at the Arkansas Department of Education Child Nutrition Network: <http://cnn.k12.ar.us> by selecting the “Healthy Schools” option. Also available are: (FIN-06-016) Nutrition Standards and Allowable foods/Beverages with Maximum Portion Size; (FIN-06-017) School Level Nutrition Standards Quick Reference; (FIN-06-020) Snack Nutrition Standards During the School Day; & (IA-05-087) Change of Fluid Milk Requirement.

The School Wellness Committee will also need to meet the requirements identified in the Child Nutrition and WIC Reauthorization Act of 2004. These requirements are already included in the Arkansas Department of Education Proposed Rules (FIN-06-012) in sections 4.04.1- 4.04.1.5

The most important part of developing a successful wellness policy is to have widespread support. The USDA Changing the Scene Community Awareness Tool Kit is an excellent tool that can help educate and raise awareness about the need for a school wellness policy. The USDA Changing the Scene Tool Kit is accessible and available free at: www.fns.usda.gov/tn/Resources/Index.htm

Step 2: ASSESS CURRENT NEEDS

Before making plans and developing policies, a baseline assessment of your school’s existing nutrition and physical activity environments is needed, using one or more of the following assessment and planning tools:



- Centers of Disease Control and Prevention School Health Index: www.cdc.gov/HealthyYouth/index.htm

- National Association for Sport and Physical Education
www.aahperd.org/naspe/pdf_files/2004Pechecklist.pdf
- USDA Team Nutrition Local Wellness Policy guidance
www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Step 3: CREATE POLICY

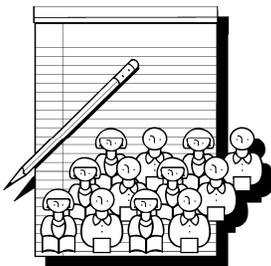
- Policy guidance can be found at USDA Team Nutrition Local Wellness Policy website www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html. There is also a wellness policy template tool that can be accessed at http://www.actionforhealthykids.org/resources_wp.php. Also available are sample wellness policies on the Action for Healthy Kids website. Just click on state-by-state actions.
- National Alliance for Nutrition and Activity
www.schoolwellnesspolicies.org
- Iowa Association of School Boards has a sample policy and a policy primer.
www.ia-sb.org/policy/legal/wellnesspolicy.asp



Step 4: GET SCHOOL BOARD APPROVAL OF POLICY

Follow district procedure to present the district wellness policy to the school board for approval before the end of the school year.

Step 5: PROMOTE THE POLICY



Community understanding and support of the policy is essential to its acceptance. The following resources will provide promotion support.

- USDA Team Nutrition Local Wellness Policy guidance
www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
- USDA Getting the Message Out:
www.usda.gov/tn/resources

Step 6: PLAN FOR IMPLEMENTATION OF POLICY

Adopting a school wellness policy is just one step toward a healthier school environment. The real key is the day-to-day implementation. Follow these steps for a smoother transition:

- Be prepared to “phase in” policy changes
- Decide who will be responsible for implementation of the policy
- Determine what indicators will be used to evaluate the implementation progress.

The following resources may be helpful:

Action for Healthy Kids: Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition & Physical Activity at:

http://www.actionforhealthykids.org/special_exclusive.php

Step 7: CELEBRATE AND MAINTAIN SUCCESS

USDA Team Nutrition has free guides, resources, and incentives

(www.fns.usda.gov/tn/HealthierUS/standards_criteria.pdf) to support and celebrate healthy school environments

(www.fns.usda.gov/tn/Resources/index.htm).



Part Four: Additional Resources and Links

Coordinated School Health

Hometown Health Improvement

Community Health Nurse Specialists/Community Health Promotion Specialists

Community Assessment

Other Resources – Sections include:

- Arkansas
- For Schools
- Wellness Policy Development
- Standards
- Physical Activity
- Nutrition
- For Children and Youth
- For Parents
- For Communities

Appendix A – Coordinated School Health FAQs

Appendix B – Hometown Health Improvement contacts

Appendix C – Community Health Nurse Specialists and Community Health Promotion Specialists contacts

Appendix D – Arkansas DHHS Division of Health Related Programs and Contacts

Appendix E – Arkansas Department of Education Related Programs and Contacts

Appendix F – Other Partners

“Efforts to improve school performance that ignore health are ill-conceived, as are health improvement efforts that ignore education.”

Health Is Academic, 1997

Coordinated School Health

Coordinated School Health (CSH) is an eight component model created by the Centers for Disease Control and Prevention/Division of Adolescent School Health addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators. The components include the following: Physical Education; Health Education; Health Services; Counseling, Psychological & Social Services; Healthy School Environment; Health Promotion for Faculty and Staff; Parent and Community Involvement; and Nutrition/Food Service. School Districts implementing CSH can tailor the model to fit the needs of their students and communities. CSH should and will look different depending upon the district in question. CSH is not a specific program; however, it is a process



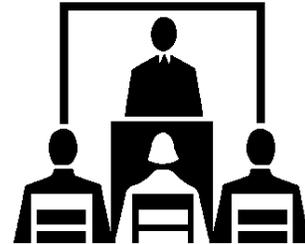
that allows multiple programs, initiatives, and providers to work together within the school setting to ensure that children are healthy and ready to learn. Most importantly, CSH can help to reduce absenteeism; decrease behavior problems, and improve student performance by producing higher test scores, alert students, and more positive attitudes.

CSH emphasizes partnerships and collaboration at all levels. In recent months, representatives from the Center for Health Advancement and Hometown Health Improvement (HHI) from the Division of Health (DOH), the Arkansas Department of Education (ADE), Arkansas Advocates for Children and Families, and the Director's Office at the Department of Health and Human Services (DHHS), have formed the CSH Work Group. This committee has been meeting regularly to refine lines of supervision and communication within and between ADE and DOH and create a plan for the statewide dissemination of the CSH approach.

These discussions helped formalize the work that regional HHI staff, the Community Health Nurse Specialists (CHNS) and the Community Health Promotion Specialists (CHPS) do with school nurses. They also addressed how key CSH leadership from ADE and DOH will interface with one another to better promote and support the CSH approach. The CSH Work Group created the "CORE Team" comprised of personnel at ADE and DOH whose responsibilities relate to CSH. The CORE Team consists of the two CSH Coordinators at ADE and DOH, the two CHNS Supervisors (who oversee the CHPS and CHNS) and the State School Nurse Consultant. The CHNS and CHPS are located in the Educational Cooperatives and report to the DOH HHI Leaders.

The CSH Work Group recognized the emphasis on school health and wellness in Act 1220 and federal mandates for district wellness committees as part of the 2004 WIC Reauthorization Act. Schools have begun responding to the requirements of this act by laying the groundwork for CSH. Reviewing this progress by a set of established criteria, the CSH Work Group has selected 11 districts to become CSH Model Districts for the 2006-2007 school year.

ADE and DOH sponsored two-day “Kickoff to CSH” in July 2006 for the CSH Model Districts. This meeting provided a comprehensive overview of CSH and gave the districts guidance in tailoring and implementing the CSH approach at the local level. Superintendent Pat Cooper of McComb, Mississippi gave the keynote address and spoke to the profound impact CSH has had on test scores, dropout rates and absenteeism in his district.



Through these efforts, ADE and DOH are hoping to lay the infrastructure and foundation for CSH to allow its growth and further development in future years.

See Appendix A for FAQs on Coordinated School Health.

Hometown Health Improvement

Hometown Health Improvement local sites provide organized approaches to identifying and implementing effective community health strategies. They promote community based health status assessment and prioritization of health issues and needs. They help communities to create systems that plan for health, promote healthy behaviors and provide services that are appropriate for their needs. Under the Department of Health and Human Services, the Division of Health continues its focus on improving community health. The map at the left indicates the counties that have active HHI initiatives as of June 2006.



For more specific information on your county initiative, contact the local health unit in your county or visit www.healthyarkansas.com.

See appendix B for HHI regional contact information.

The Division of Health is continuing its efforts to work with schools on a broader scale through Hometown Health Improvement. The Division is working to build and maintain community partnerships to improve services for students throughout the state.

Community Health Nurse Specialists

The Department of Education and the Division of Health are developing the Community Health Nurse Specialist (CHNS) role to build community partnerships to improve services to students. One Community Health Nurse Specialist is housed with the DHHS/DOH Central Region, since there is no Educational Cooperative for the central Arkansas counties. The remaining 15 nurses are housed at the 15 Educational Cooperatives around the State that serve as resources to all school districts, school nurses and teachers. Community Health Nurse Specialists work with each Educational Cooperative and corresponding school districts on health issues. Recently the Division added two CHNS Supervisor positions to assist in managing efforts with Coordinated School Health and the State School Nurse. These positions cover the northern and the southern half of the state.

See Appendix C for contact information for Community Health Nurse Specialists.

Community Health Promotion Specialists

The Department of Education and the Division of Health are also developing the Community Health Promotions Specialist (CHPS) role. The CHPS work with schools and communities to see that Nutrition and Physical Education/Wellness advisory committees are developed in accordance with Act 1220 in order to improve the school's nutrition, physical activity and health environment policies and programs. With current funding, six Community Health Promotions Specialists (CHPS) are strategically located throughout the state.

The Community Health Promotion Specialists provide technical assistance to schools in developing these committees, in conducting the *School Health Index* assessment, and in developing strategies to improve the school's nutrition, physical activity and health environment policies and programs. They also provide technical assistance to schools to support healthy nutrition in schools and to improve physical activity and increased opportunities for children and faculty to be physically active.

See Appendix C for contact information for the CHPS.

Community Assessment

Arkansas DHHS Division of Health uses a version of the Behavioral Risk Factor Surveillance System (BRFSS) to develop county information about health risk behaviors.

County Adult Health Surveys have been conducted in 42 Arkansas counties to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, diet, access to medical care, dental health, quality of life, chronic diseases, cancer screening, and other health related issues.



The **County Youth Health Survey** (using the Youth Risk Behavior Survey) has been administered to the students in the seventh through twelfth grades in 31 Arkansas counties since 1999. The Survey helps identify students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for students mean longer, more productive lives for the state's young people, as well as improved learning in the classroom. The Survey also provides counties with measures for evaluating future trends in health habits of youth. Survey results serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health. For more information regarding county data, contact DOH Health Statistics (501) 661-2497.



Other tools that are available to assess what needs to be addressed include:

School Health Index - The *School Health Index* is a self-assessment and planning tool that will enables schools to:

- Identify the strengths and weaknesses of your school's health promotion policies and programs,
- Develop an action plan for improving student health, and
- Involve teachers, parents, students, and the community in improving school policies and programs.

To obtain a copy of the *School Health Index*, choose one of the following options:

Download from the CDC Web site: <http://www.cdc.gov/HealthyYouth/SHI/>

Request by E-mail: healthyyouth@cdc.gov

Request by phone: 888-231-6405 or by fax: 888-282-7681

When ordering, please specify either the elementary school version or the middle school/high school version.

The CHNS and CHPS have been trained on the SHI and are prepared to assist any school committees who need more information.

Other Sources for Data and Assessment tools:

National Center for Chronic Disease Prevention and Health Promotion - Nutrition and Physical Activity

CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

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

National Center for Chronic Disease Prevention and Health Promotion Adolescent & School Health

The Division of Adolescent and School Health (DASH) seeks to prevent the most serious health risk behaviors among children, adolescents and young adults. To accomplish this mission DASH implements four components.

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

Census 2000 Data for the State of Arkansas

<http://www.census.gov/census2000/states/ar.html>

American Fact Finder

<http://factfinder.census.gov/home/saff/main.html?lang=en>

IEA State Census Data Center

<http://www.aiea.ualr.edu/census/default.html>



KIDS COUNT

CLIKS: County-City-Community Level Information on Kids is a powerful new online database that brings together data collected and published by our KIDS COUNT grantee partners. <http://www.aecf.org/kidscount/>

Arkansas Prevention Needs Assessment Survey

The survey was sponsored by Alcohol and Drug Abuse Prevention, Arkansas DHHS Division of Health. The DHHS Division of Health contracted with the Southwest Prevention Center to conduct the survey. The survey is administered each year in randomly selected Arkansas schools.

http://tel.occe.ou.edu/arkansas_reports/

School Health Policies and Programs Study

The School Health Policies and Programs Study (SHPPS) is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels.

<http://www.cdc.gov/nccdphp/dash/shpps/>

Other Resources for Programs and Helpful Websites:

ARKANSAS

Arkansas 85th General Assembly Link to Act 1220 file
<http://www.arkleg.state.ar.us/ftproot/acts/2003/public/act1220.pdf>

NEW **Healthy Arkansas** is a comprehensive effort to define more clearly the specific areas where behavioral changes can lead to healthier citizens. The burden of chronic diseases, including diabetes, stroke, lung and heart diseases, and cancer, is higher in Arkansas than in the nation generally.

Tobacco use, obesity, and physical inactivity are the three primary causes of these and other serious chronic conditions. The Healthy Arkansas website provides strategies to reduce and/or eliminate the three primary behavior-related causes of these diseases with information on nutrition, physical activity and smoking cessation.

<http://www.arkansas.gov/ha/home.html>



**Healthy
Arkansas**

*For a Better
State of Health*

NEW **Arkansas Department of Education**

Main site: <http://arkansased.org/>

Commissioner's Memos:

http://arkedu.state.ar.us/commemos/customer.cgi?limitdate=last1&sortby=date_createdx

Physical Education and Health Curriculum Frameworks:

<http://arkedu.state.ar.us/curriculum/benchmarks.html#Health>

Healthy Schools / Child Nutrition Network: click Child Nutrition under Quick Links



NEW **The Arkansas Center for Health Improvement (ACHI)** was formally established in 1998 in response to the poor health status in Arkansas. The state has consistently ranked among the least healthy in the nation. ACHI serves as a resource for improving Arkansans' health by linking and coordinating academic personnel, health professionals, and other collaborators. ACHI has been involved in developing and implementing standardized statewide BMI assessments and reporting. Information on the BMI project, BMI reports, and a BMI calculator can be found at:

http://www.achi.net/current_initiatives/obesity.asp



NEW **The Arkansas Foundation for Medical Care (AFMC)** is a nonprofit corporation dedicated to the clinical evaluation and improvement of health care in Arkansas. AFMC conducts extensive patient and public health education activities. Main Site: <http://afmc.org/HTML/index/index.asp>

Pediatric Overweight Intervention Tools:

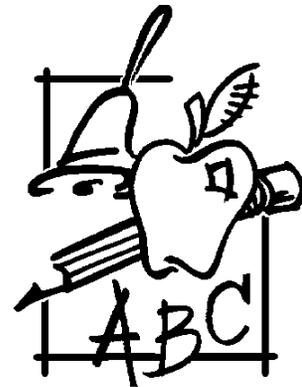
http://afmc.org/HTML/programs/qi_tools/obesity.aspx

***NEW* The UAMS College of Public Health** – “Evaluation Report on Arkansas Legislative Act 1220 on Childhood Obesity.” In 2004 the UAMS Fay W. Boozman College of Public Health was commissioned by the Robert Wood Johnson Foundation to evaluate the impact and implementation of Arkansas Legislative Act 1220 of 2003.
<http://www.uams.edu/coph/reports/>

***NEW* The Kids First Healthier Children Program** includes resources for promoting nutrition and physical activity. <http://www.healthierchildren.org/>

***NEW* The Midwest Dairy Association** is a non-profit organization that is financed and directed by the dairy producers in nine states - Arkansas, Illinois, Iowa, Kansas, Minnesota, Missouri, North Dakota, South Dakota and eastern Oklahoma. The Midwest Dairy Council® (MDC), the nutrition marketing arm of the Midwest Dairy Association, works with teachers, school food service departments and community leaders to develop sound and effective dairy nutrition education programs.
http://www.midwestdairy.com/pages/downloads.cfm?TREE_ID=266

The School of the 21st Century (21C), also known as Family Resource Centers in some areas, is a school-based or school-linked child care and family support program. The school of the 21st Century (21C) is a model for school-based preschool, after-school care and family support services designed to promote the optimal growth and development of children beginning at birth. <http://www.yale.edu/21c/arkansas/>
National Site: <http://www.yale.edu/21c/index2.html>



Healthy Living Tips

The University of Arkansas Cooperative Extension Service has offices in every county with Family and Consumer Science (FCS) agents who conduct educational programs on nutrition and other issues of interest to today's families. Extension FCS agents can provide programs and practical information on healthy eating for healthy weight, how to be more physically active and other health and parenting issues. Extension FCS agents also conduct fun, hands-on nutrition education programs for children and adolescents pre-K through 12th grade. <http://www.arfamilies.org>.

Action for Healthy Kids adopted the national Mission: To improve children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting and implementing state and local initiatives.
http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AR&Submit=Go

National Site: <http://www.actionforhealthykids.org/index.htm>

Arkansas 5-A-Day The 5 A Day for Better Health Program is the largest public-private nutrition education program ever launched. It is one of the first programs to approach Americans with a simple, positive message - to eat 5 or more serving of fruits and vegetables every day for better health.

http://www.healthyarkansas.com/services/services_5aday.html

National Site: <http://www.5aday.gov/>



The Arkansas Governor's Council on Fitness

The mission of the Arkansas Governor's Council on Fitness is to encourage the citizens of Arkansas to participate more actively in health and fitness activities that will help them live healthier, happier and more productive lives. The major focus of the Council is directed toward five populations: youth, adult, seniors, special populations, and business.

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

The Impact of Obesity: Economics, Health, Prevention and Treatment, Arkansas Obesity Taskforce, 2000. www.healthyarkansas.com/newsletters/obesity_report.pdf



For Schools

***NEW* Healthy Schools Healthy Youth!** From CDC National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health (DASH) <http://www.cdc.gov/HealthyYouth/index.htm>

Includes many resources including:

- **Coordinated School Health Program (CSHP)** model consists of eight interactive components. Schools by themselves cannot, and should not be expected to, address the nation's most serious health and social problems. Families, health care workers, the media, religious organizations, community organizations that serve youth, and young people themselves also must be systematically involved. However, schools could provide a critical facility in which many agencies might work together to maintain the well-being of young people.



- <http://www.cdc.gov/HealthyYouth/CSHP/>
- **Key Strategies to Prevent Obesity** <http://www.cdc.gov/HealthyYouth/keystrategies/index.htm>
- **Physical Education Curriculum Analysis Tool (PECAT)** will help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards. The PECAT is customizable to include local standards. <http://www.cdc.gov/HealthyYouth/PECAT/index.htm>
- **School Health Index (SHI)** is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential. <http://apps.nccd.cdc.gov/shi/default.aspx>
- **Funding Resources** <http://www.cdc.gov/HealthyYouth/funding/index.htm>

For Schools – Assessment

NASPE asks schools “How Are You Doing?”

The National Association for Sport & Physical Education has an assessment tool, "It's Time for Your School's Physical Education Checkup: How Are You Doing?" With a 15 question assessment and template action plan, NASPE is



urging principals, teachers and parents to conduct an assessment of their school's physical education program to evaluate its strengths and weaknesses and then encourage the development of a plan for improvement where needed.

http://www.aahperd.org/naspe/pdf_files/2004PEchecklist.pdf

***NEW* BMI Calculator** Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. This site includes a calculator for adults, children, and teens. It also includes information about BMI and interpreting the results.

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

***NEW* Arkansas Center for Health Improvement (ACHI)** BMI calculator for children http://www.achi.net/current_initiatives/obesity.asp

For Schools - Curriculum

***NEW* USDA Food and Nutrition Service Team Nutrition**

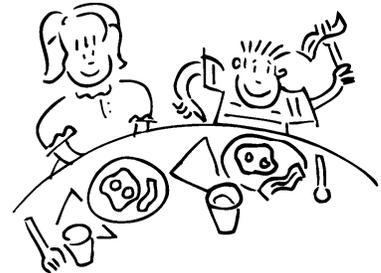
USDA's *Team Nutrition* is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves schools, parents, and the community in efforts to continuously improve school meals, and to promote the health and education of 50 million school children in more than 96,000 schools nationwide. <http://www.fns.usda.gov/tn/>

Local Wellness Policy <http://teammnutrition.usda.gov/Healthy/wellnesspolicy.html>

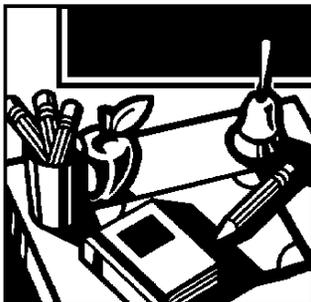
Making It Happen! School Nutrition Success Stories

<http://teammnutrition.usda.gov/Resources/makingithappen.html>

MyPyramid for Kids <http://teammnutrition.usda.gov/kids-pyramid.html>



Coordinated Approach to Child Health (CATCH) is a coordinated school health program which builds an alliance of parents, teachers, child nutrition personnel, school staff, and community partners to teach children and their families how to be healthy for a lifetime. The four CATCH components - Go For Health Classroom Curriculum, CATCH Physical Education, Eat Smart School Nutrition Guide, and family Home Team activities - reinforce positive healthy behaviors throughout a child's day and make it clear that good health and learning go hand in hand. <http://www.sph.uth.tmc.edu/chppr/catch/>



***NEW* WalkSmart! Active Schools** is an interactive, pedometer-based walking program that combines online logging of physical activity with cross-curricular milestones about history, geography and social studies. This fun and affordable program makes it easier than ever to incorporate more physical activity into your school day.

http://www.walksmartactiveschools.com/default_pages/default_home.aspx

***NEW* Active-Ate** is a school-based program designed to increase knowledge and awareness of healthy eating and physical activity among students of primary school age and the wider school community. It also promotes the adoption of healthy eating practices and physically active lifestyles by children. Active-Ate is a program that has been developed by the Queensland Health Tropical Public Health Unit Network to promote physical activity and nutrition in primary schools.

<http://education.qld.gov.au/schools/healthy/active-ate/index.html>

***NEW* HeartPower! Online** is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.

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

***NEW* WAY Wellness Academics and You** is a “best-practices”, research-based, multidisciplinary program designed for integration into elementary and secondary grade classrooms. It incorporates language arts (reading and writing), science, mathematics,



health and physical education in a way that meets national and state standards, and emphasizes the areas of physical activity and nutrition. The program shows teachers how to integrate **WAY** into their curriculum, providing them with the resources to launch and sustain the program, and to educate the students by altering their attitudes, knowledge, beliefs, and behavior. <http://www.wayplanet.com>

***NEW* SPARK (Sports, Play, and Active Recreation for Kids)** is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. Each SPARK Program is an all-inclusive package of curriculum, staff development, lifetime follow-up consultation, and equipment (through our exclusive corporate sponsor, Sportime). SPARK has provided full adoption services to teachers/youth leaders representing thousands of schools, organizations, and agencies nationwide. Programs are available for early childhood through high school, including after school programs. <http://sparkpe.org/>

***NEW* Skate in School** is the unique in-line skating program for schools developed by NASPE and Rollerblade. The program, which started in 1996, is being used by more than 650 schools across the country and has introduced more than a million students to in-line skating, starting them rolling on a lifetime of fun and fitness.



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

***NEW* Discovery Health Connection** contains 14 comprehensive health curricula, including lessons, work sheets, and videos. Each of the sections comprises a research-based, teacher-reviewed, K-12 curriculum. <http://www.discoveryhealthconnection.com/>

Kids for Health 479-756-9551 kidsforhealth@jcf.jonesnet.org

The Kids for Health curriculum is a kindergarten through sixth grade comprehensive developmental health education program in video format, 55 professional video lessons, 10 per grade for K-3 and 5 per grade for 4th-6th. The goal is to provide the education and motivation needed for children to make a lifetime of healthy choices, target disease prevention, health promotion and to value their health.

Action Based Learning is an educational consulting firm featuring award winning consultant and speaker Jean Blaydes Madigan, an internationally known Neurokinesiologist. Jean's dynamic presentations site brain research findings that support and demonstrate the importance of movement in the learning process by teaching academics kinesthetically. <http://www.actionbasedlearning.com/cgi-bin/index.pl>

Girl Power is the national public education campaign sponsored by the U.S. DHHS Division of Health and Human Services to help encourage and motivate 9- to 13- year-old girls to make the most of their lives. Girls at 8 or 9 typically have very strong attitudes about their health, so *Girl Power!* seeks to reinforce and sustain these positive values among girls ages 9-13 by targeting health messages to the unique needs, interests, and challenges of girls. <http://www.girlpower.gov/>



TAKE 10! is a classroom-based physical activity program for kindergarten to fifth grade students. TAKE 10![®] is a curriculum tool created by teachers for teachers and students. TAKE 10! is linked to academic learning objectives. TAKE 10! materials contain safe and age-appropriate 10-minute physical activities. <http://www.take10.net/whatistake10.asp?page=new>

Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity. The guidelines were developed to assist organizations at the state and local levels in creating comprehensive nutrition, physical activity and obesity control programs. To access the report, www.astphnd.org



Bright Futures in Practice: Nutrition. This guide provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence.

Bright Futures in Practice: Physical Activity. This guide provides developmentally appropriate physical activity supervision guidelines for infancy through adolescence. www.brightfutures.org

PE Central, The premier Website for health and physical education teachers, parents, and students. Its goal is to provide the latest information and developmentally appropriate physical education programs for children and youth. www.pecentral.org

The 1% Or Less School Kit

A new kit from CSPI addresses the number one source of saturated fat in children's diets

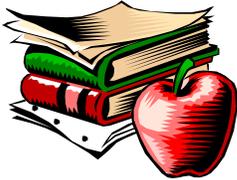
<http://cspinet.org/nutrition/schoolkit.html>



For Schools – Healthy Environment

Changing the Scene: Improving the School Nutrition Environment-A Guide to Local Action is an action kit to help parents, teachers, school administrator, school foodservice professionals, and the community to look at their school nutrition environment and identify areas needing improvement. The order form is available at <http://teammnutrition.usda.gov/Resources/changing.html>

Make the First Move Building on USDA's Changing the Scene Toolkit, Minnesota's "Make the First Move" kit encourages schools and districts to take the first steps towards building a healthy school environment. Even a few simple steps, taken collaboratively, can result in healthy, well-nourished children who are ready to learn and who are able to take advantage of every educational opportunity.

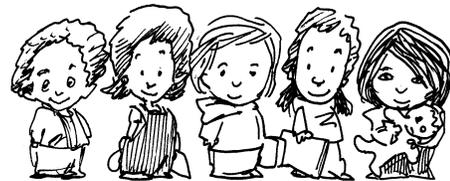


<https://fns.state.mn.us/StrategicPlan/PDF/ToolKit/IndexContents.pdf>
<https://fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit>

Healthy Schools for Healthy Kids The goal in the *Healthy Schools for Healthy Kids* project, conducted for The Robert Wood Johnson Foundation, was to identify opportunities for increasing children's physical activity and healthy eating in schools nationwide. Report found at:

<http://www.rwjf.org/files/publications/other/HealthySchools.pdf>

NEW The **Activ8Kids!** program was launched in June, 2005 to fight childhood obesity and promote healthy lifestyles among children. This program is a comprehensive approach to fighting the epidemic of childhood obesity that will serve as a model for the rest of the nation. The toolkit is a resource to help your school take actions towards improving your nutrition and physical activity environments.



<http://www.nyhealth.gov/prevention/obesity/activ8kids/toolkit/index.htm>

Local Wellness Policy



***NEW* *We Can!*—Ways to Enhance Children's Activity & Nutrition**— has materials that schools can use to implement their plans and that support USDA School Wellness Policy goals for:

- Nutrition education, physical activity and other school-based activities that are designed to promote student wellness
- Community involvement, including parents, students, and school representatives.

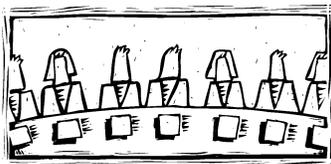
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-involved/materials.htm>

***NEW* USDA Food and Nutrition Service Team Nutrition**

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

Local Wellness Policy <http://teamn nutrition.usda.gov/Healthy/wellnesspolicy.html>

***NEW* National Association of State Boards of Education (NASBE)** Since 1987



NASBE has received support from the Centers for Disease Control and Prevention to provide guidance and assistance to state and local education policymakers and practitioners. Our goal is to encourage safe, healthy, and nurturing school environments for all of the nation's children and youth. This site includes a school policy database including information from all states, sample general school health policies, and publications.

http://www.nasbe.org/healthy_schools/intro.htm

***NEW* Action for Healthy Kids** developed this site with input from partner organizations and state team members to help school teams create a local wellness policy that meets each district's unique goals for nutrition and physical activity *and* take the next steps to put the policy into action to positively impact students' health and lifelong choices.

<http://www.actionforhealthykids.org/wellnesstool/index.html>

***NEW* The Iowa Association of School Boards (IASB)** provides a policy primer and sample wellness policy. <http://www.ia-sb.org/policylegal/wellnesspolicy.asp>

***NEW* Model School Wellness Policies**, developed by the National Alliance for Nutrition and Activity (NANA), meet the new federal requirement established by the Child Nutrition and WIC Reauthorization Act of 2004.

This comprehensive set of model nutrition and physical activity policies is based on nutrition science, public health research, and existing practices from exemplary states and local school districts around the country.

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



***NEW* School Health Resource Database** includes sample school district policies on a variety of topics, www.nsba.org/schoolhealth/database.htm

Fit, Healthy, and Ready to Learn: A School Health Policy Guide developed by the National Association of State Boards of Education (NASBE) provides direction on establishing an overall policy framework for school health programs and specific policies on physical activity, healthy eating and tobacco use prevention. Call 1-800-220-5183. Quantity discounts available.



<http://www.nasbe.org/HealthySchools/fitthehealthy.html>
Sample policies on healthy eating and physical activity available at
www.nasbe.org/HealthySchools/healthy_eating.html
www.nasbe.org/HealthySchools/physical_activity.html

NATIONAL – Standards and Positions Statements

***NEW* National Health Education Standards** In this era of education reform, National Health Education Standards are critical to the healthy development of children and youth. National Health Education Standards improve student learning across the nation by providing a foundation for curriculum development, instruction, and assessment of student performance. National Health Education Standards provide a guide for enhancing preparation and continuing education of teachers. The goal of National Health Education Standards is improved educational achievement for students and improved health in the United States. Standards in health education help students achieve the education goals set in America 2000: An Educational Strategy and the health goals in Healthy People 2000: National Health Promotion and Disease Prevention Objectives.

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

American Academy of Pediatrics Policy Statements

- *Children, Adolescents, and Advertising
- *Children, Adolescents, and Television
- *Physical Fitness and Activity in School
- *Promotion of Healthy Weight-Control Practices in Young Athletes

<http://aappolicy.aappublications.org/>



***NEW* American Dietetic Association Position Statements**

Local support for nutrition integrity in schools

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap0100_ENU_HTML.htm

Nutrition Services: an essential component of comprehensive health programs

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_1729_ENU_HTML.htm

Dietary guidance for healthy children aged 2-11 years

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap0199_ENU_HTML.htm

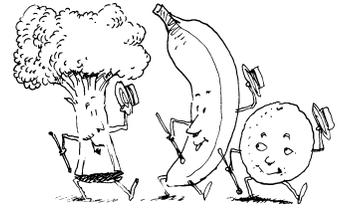
Society for Nutrition Education

www.sne.org, Positions and Resolutions: (1) Soft drink resolution, 2002 (2) Soft Drink Support Letter (3) The Guidelines for Childhood Obesity prevention programs: Promoting healthy weight in children

NEW National Association for Sport and Physical Education, an association of the American Alliance for Health, Physical Education, Recreation and Dance www.aahperd.org/

NASPE Issues and Actions. Position papers (1) NEW for 2006 – Opposing Substitution and Waiver/Exemptions for Required Physical Education, (2) New for 2006 – Recess for Elementary School Students (3) What Constitutes a Quality Physical Education Program? (4) New for 2006 Quality Coaches, Quality Sports: National Standards for Sport Coaches

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



2006 Shape of the Nation Report: Status of Physical Education in the USA This report provides current information on the status of physical education in each of the states and the District of Columbia.

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

Center for Science in the Public Interest (CSPI) Nutrition Policy: because it takes more than willpower. Public policy can make it easier for Americans to eat well and be active.

www.cspinet.org/nutritionpolicy

Physical Activity

NEW **Starting a Walking School Bus** can promote healthy activity. A walking school bus is a group of children walking to school with one or more adults. If that sounds simple, it is, and that's part of the beauty of the walking school bus. It can be as informal as two families taking turns walking their children to school. It can also be as structured as a route with meeting points, a timetable and a regularly rotated schedule of trained volunteers.

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



NEW **Pedestrian and Bicycle Information Center** The PBIC is a clearinghouse for information about health and safety, engineering, advocacy, education, enforcement and access and mobility. The PBIC serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community. This site includes information on safe routes to school and a walkability checklist for your community.

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

International Walk to School Day gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. <http://www.iwalktoschool.org/>



Walk to School Day - US The Annual Walk to School Day is promoting programs such as Safe Routes to School, which help communities make it safe, convenient and fun for children to get healthy physical activity by walking or bicycling to school. The website includes resources such as health information, specifics on walk events across the U.S. and a downloadable checklist to help determine how friendly a community is for walking.

<http://www.walktoschool.org/index.cfm>

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.

AAHPERD is an alliance of six national associations and six district associations and is designed to provide members with a comprehensive and coordinated array of resources, support, and programs to help practitioners improve their skills and so further the health and well-being of the American public.

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



Human Kinetics is the premier knowledge integrator in the physical activity field. They synthesize vast amounts of information into a constantly evolving array of products that utilize current technology to meet the needs of our varied audiences. HK produces textbooks and their ancillaries, consumer books, software, videos, audiocassettes, journals, and distance education courses.

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

The Kid's Activity Pyramid www.ncscatalog.com

Nutrition

Dietary Guidelines for Americans www.nalusda.gov/fnic/dga/index.html

NEW **USDA MyPyramid** can help you choose the foods and amounts that are right for you. MyPyramid.gov is your access point for the USDA food guidance system. It contains the latest news, background information, and resources about the food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. This guide will help you navigate through the new MyPyramid system to educate consumers. <http://www.mypyramid.gov>



***NEW* Eat 5 to 9 a Day for Better Health** is a national initiative to increase consumption of fruits and vegetables by all Americans to 5 to 9 servings a day. Eating 5 to 9 servings of fruits and vegetables a day will promote good health and reduce the risk of many cancers, high blood pressure, heart disease, diabetes, stroke, and other chronic diseases.



<http://www.5aday.gov/>

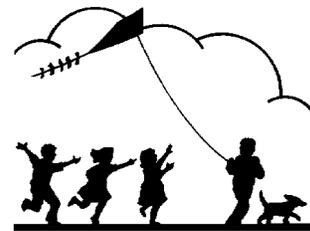
***NEW* FoodWISE – Good for Me’ Toolkit** from Tyson. The kit is designed to equip school foodservice directors with easy-to-use planning materials, such as menu templates, classroom activity guides, and wellness planning tools. The kit also highlights the new “My Pyramid” food guidance system from the USDA. For more information, call 1-800-24-TYSON or visit www.tysonfoodsinc.com

***NEW* Keep the Beat: Heart Healthy Recipes** What’s good for your heart is great for your taste buds. As the recipes in this special collection will show, you don’t have to lose flavor to gain health. http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/

For Children and Youth

***NEW* Max's Magical Delivery: Fit for Kids** is a fun, interactive DVD targeted to children ages 5-9 and their families. The DVD offers suggestions to:

- Try to eat five fruits and vegetables a day.
- Get away from the TV and computer screens and move around.
- Find fun ways to be physically active inside and outside.



There is a separate section for parents on small, achievable steps they can take to encourage these healthy habits in their children and themselves. To order online visit <http://www.ahrq.gov/child/dvdobesity.htm> or call the AHRQ Publications Clearinghouse at 1-800-358-9295 to order *Max's Magical Delivery: Fit for Kids* (Product No. 04-0088-DVD).

***NEW* My Bright Future: Physical Activity and Healthy Eating for Young Women** This booklet will help young women learn about healthy eating and physical activity. It is available in an online version or a printable pdf format and includes a wallet card. <http://www.hrsa.gov/womenshealth/mybrightfuture/menu.html>

***NEW* FirstGov for Kids** This site was developed and is maintained by the Federal Citizen Information Center. It provides links to Federal kids' sites along with some of the best kids' sites from other organizations all grouped by subject. This is the link to the health section. http://www.kids.gov/k_health.htm

***NEW* Your Energy Walk-up Call! The Simple Solution to Healthy Eating and Physical Activity for Teens** Teen-oriented website promoting healthy eating and physical activity – food and fitness tips, personal stories, and a grassroots toolkit for

policy change. From California Project LEAN (Leaders Encouraging Activity and Nutrition) <http://www.caprojectlean.org/>

NEW www.fitness.gov is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.



To find out how you can start a physical activity program today and stay active and fit for life while earning Presidential awards, visit our free, interactive physical activity and fitness website at www.presidentschallenge.org.
<http://www.fitness.gov/>

NEW **Media-Smart Youth: Eat, Think, and Be Active!** is an interactive after-school education program for young people ages 11 to 13. It is 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/>

NEW **ESPN Play Your Way** is a youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Combining creativity with activity, Play Your Way encourages youth to develop games that can be played with traditional and non-traditional materials, and in a wide range of settings. Because when you're a kid, anything can be a game. <http://disney.go.com/playyourway/index.html>

Kidnetic.com is an innovative, interactive educational website that delivers healthy eating and physical activity information in a compelling and motivating manner to children ages 9-11 and their families.

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

Powerful Bones. Powerful Girls

This site contains educational information, quizzes, games, links, and a dictionary for kids.

<http://www.cdc.gov/powerfulbones/>



TeenGrowth, the teen resource for advice, health information, social interaction and fun. teengrowth.com

Youth Media Campaign. The campaign encourages positive activity-both physical and prosocial among 9-13 year youths. "Verb: It's What You Do", www.verbnow.com

BAM Body and Mind created to answer kid's questions on health issues. www.bam.gov

Sybershop...digital solutions for eating healthy and being active, for youth ages 13-19 focusing on physical activity and healthy eating.

<http://www.ces.ncsu.edu/wayne/fcs/nutrition/sybershop.html>

KidsHealth Website, KidsHealth is the most visited Website for medically reviewed health information that's written for parents, kids and teens. It offers a complete reference library of articles and features, as well as robust graphics and animation.

www.KidsHealth.org



The www.4girls.gov web site, developed by the Office on Women's Health in the Department of Health and Human Services gives girls between the ages of 10 and 16 reliable, current health information. The site focuses on many health topics that respond to adolescent girls' health concerns and motivates girls to choose healthy behaviors using positive, supportive and non-threatening messages.

The **3-A-Day for Stronger Bones Program** is a consumer education program that promotes the consumption of 3 servings of dairy foods per day in order to help solve America's calcium crisis. <http://www.3aday.org/>

www.Smart-Mouth.org uses games to teach middle school aged children how the food environment influences their food choices.

American Cancer Society, Generation Fit is used to get kids actively involved with making decisions on physical activity and nutrition. Teens act to improve health in their communities. 1-800-ACS-2345.

www.cancer.org/docroot/PED/content/Ped_1_5X_Generation_Fit.asp

For Parents

***NEW* We Can! (Ways to Enhance Children's Activity & Nutrition)** is 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/index.htm>



***NEW* National PTA** is committed to building healthy families and healthy communities, and believes we all have an important role to play in making sure parents, schools, and communities have the support and resources they need.

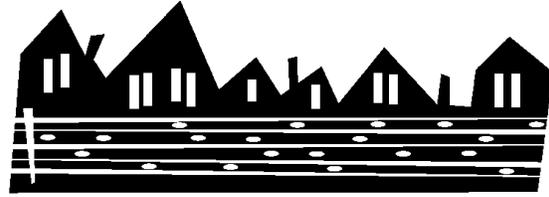
http://www.pta.org/pr_category_details_1117232379734.html

For Communities

Community Tool Box

The goal of this resource is to support work in promoting community health and development. The Tool Box provides over 6,000 pages of practical skill-building information on over 250 different topics. Topic sections include step-by-step instruction, examples, check-lists, and related resources.

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



***NEW* National Initiative to Improve Adolescent Health** The *Healthy People 2010* initiative presents a special opportunity to promote the health, safety, and well-being of adolescents and young adults. Of the 467 *Healthy People 2010* Objectives, 107 are important for adolescents and young adults. Because of the large number of objectives relevant to this population, experts convened to identify 21 Critical Health Objectives to focus on—these represent the most serious health and safety issues facing this population including mortality, unintentional injury, violence, substance use and mental health, reproductive health, and prevention of adult chronic diseases.

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

***NEW* American Public Health Association Toolkit for Intervention of Overweight Children and Adolescents** Successful treatment and prevention efforts require input and support from *all* members of the community, including families, schools, healthcare providers, community organizations, and policymakers. The purpose of this toolkit is to:



1. Educate the public about the childhood obesity epidemic and its effects on physical, mental, social, and economic health;
2. Encourage families, schools, community organizations, and policymakers to collaborate in designing and carrying out interventions;
3. Provide a list of practical tools for interventions, e.g., educational resources, programs, legislation/policy, website links, and contact points.

http://www.apha.org/ppp/obesity_toolkit/001_introduction.htm

***NEW* Communities Helping Children Be Healthy** – A report from RWJ. Low socioeconomic racial and ethnic minorities and rural residents have a significantly high risk of overweight and obesity. This guide to reducing childhood obesity in low-income African American, Latino and Native American communities helps increase our understanding of these issues. <http://www.rwjf.org/files/publications/HealthyChildren.pdf>

***NEW* Healthy Community Design: Success Stories from State and Local Leaders**
This report from RWJ highlights the work of officials who support changes in community design that provide more opportunities for people to get routine physical activity. <http://www.rwjf.org/files/publications/other/HealthyCommunityDesign.pdf>

***NEW* Healthy Places, Healthy People: Promoting Public Health & Physical Activity through Community Design** Report of an experts meeting held in November 2000 in Washington to exchange information, identify barriers and formulate possible strategies for reintegrating physical activity into community design.
<http://www.rwjf.org/files/publications/other/HealthyPlaces.pdf>



***NEW* Hearts N' Parks** is a national, community-based program supported by the national Health Lung and Blood Institute (NHLBI) and the national Recreation and Park Association (NRPA). It is designed to help park and recreation agencies encourage heart-healthy lifestyles in their communities.

http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_npk/index.htm

Healthy People...Healthy Communities

The mission of the *Healthy People...Healthy Communities* national health initiative is to promote the capacity of individuals, families, and communities to increase healthy behaviors and lifestyle choices and make informed consumer decisions. The initiative will strengthen community leadership and promote the formation and enhancement of quality partnerships and infrastructures to meet local health and health care needs. The initiative will bring together the extension, teaching, and research resources of the land-grant university system and its stakeholders to address health care issues.

<http://www.nnh.org/welcome.htm>

Guide to Community Preventive Services (Community Guide) serves as a filter for scientific literature on specific health problems. Such literature can be large, inconsistent, uneven in quality, and even inaccessible. The Community Guide summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease.

<http://www.thecommunityguide.org/default.htm>



Steps to a HealthierUS is a bold new initiative from the U.S. Department of Health and Human Services (HHS) that advances President George W. Bush's *HealthierUS* goal of helping Americans live longer, better, and healthier lives.

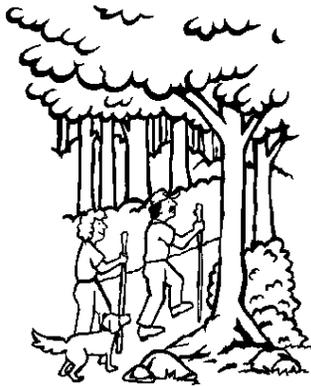
<http://www.healthierus.gov/steps/index.html>

The Strategic Alliance for Healthy Food and Activity Environments (Strategic Alliance) is a coalition of nutrition and physical activity advocates in California. The Alliance's goal is to benefit the health and wellness of all California residents by promoting environmental solutions and institutional and government policies and practices that support healthy eating and activity. <http://www.eatbettermovemore.org/>

America on the Move

America on the Move™ (AOTM) is a nationwide initiative designed to promote active living and healthy eating in order to stop weight gain and the many health complications that result from being overweight

<http://aom.americaonthemove.org/site/c.hiJRK0PFJpH/b.1310797/k.BF62/Home.htm>



Active Living by Design is a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. The program will establish and evaluate innovative approaches to increase physical activity through community design, public policies and communications strategies.

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

National Center for Bicycling and Walking

This site tells you how to help create neighborhoods and communities where people walk and bicycle. This doesn't just mean sidewalks, bike lanes and trails, though these will certainly be elements of an overall plan. <http://www.bikewalk.org/>

America Walks is a national coalition of local advocacy groups dedicated to promoting walkable communities. Its members are autonomous grassroots organizations from across the country, each working to improve conditions for walking in their area.

The mission of America Walks is to foster the development of community-based pedestrian advocacy groups, to educate the public about the benefits of walking, and, when appropriate, to act as a collective voice for walking advocates.

<http://americawalks.org/>

Eat Smart Play Hard is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active.

www.fns.usda.gov/eatsmartplayhard



APPENDIX A

Coordinated School Health FAQs

Where are the CSH Model Districts?

- Dawson – Hot Springs
- DeQueen/Mena – DeQueen
- AR River - Dollarway
- Great Rivers – Forrest City, Marvell
- North Central – Batesville
- Northeast Arkansas – Paragould
- Ozark Unlimited – Green Forest, Harrison
- Southeast Arkansas - Monticello



What is Coordinated School Health (CSH)?

- CSH is an eight component model developed by the Centers for Disease Control and Prevention (CDC)/Division of Adolescent School Health.
 - The eight components are: health education, physical education, health services, nutrition services, counseling, psychological and social services, healthy school environment, health promotion for staff, and family and community involvement.
- CSH acknowledges healthy children are the building blocks of successful schools and thriving communities.
- CSH is an environmental approach addressing the emotional and physical health needs of everyone in the school setting including students, teachers and administrators.
- CSH recognizes that schools by themselves cannot, and should not be expected to, address the nation’s most serious health and social problems.
- CSH emphasizes local partnerships and collaboration.
 - Districts implementing CSH tailor the model to fit the needs of their students and communities. CSH should and will look different depending upon the district in question.
- CSH provides an opportunity to build on wellness efforts already underway in Arkansas school districts.
- CSH can help to:
 - “Reduce school absenteeism
 - Decrease behavior problems in the classroom
 - Improve student performance by producing higher test scores, more alert students and more positive attitudes
 - Improve cooperation and collaboration among parents, teachers, school and health officials and organizations within the community
 - Create a positive spirit among educators and their students
 - Better integrate health awareness in the fabric of children's lives

- Prepare children to become productive members of their communities who can better cope with the world around them.”¹
- CSH works because it provides a venue for social service providers, health educators, counselors, teachers, school administrators, parents, physical educators, food service workers and others to come together and coordinate their efforts to best meet the needs of the children they serve.

How does CSH Work?

Wellness Committees

- District Wellness Committees can implement CSH.
 - Wellness Committees are encouraged to add additional representatives including, but not limited to, administrators, teachers, counselors, DHHS representatives, local physicians, school board members or school nurses to provide additional resources to support CSH.

CSH Coordinator

- Each superintendent will designate a CSH Coordinator in their district. Ideal candidates for this position will vary but ideas include:
 - Social workers, grant writers, health educators, counselors, teachers and coalition leaders.
 - More important than title, this individual must possess specific qualities to be successful. They include, but are not limited to, strong leadership skills; working well in a team setting; intimate knowledge of the district and its resources; knowledge of local, state and federal funding resources; flexibility; and commitment to school health.
 - The Coordinator should already be playing a lead role in the district Wellness Committees.
- The CSH Coordinator will:
 - Develop and formalize partnerships with school and community stakeholders
 - Facilitate CSH activities as outlined in their work plan
 - Staff all Wellness Committee meetings

Work Plan

- Each Wellness Committee will create a work plan outlining their district’s goals for CSH and identifying 1 or more components of the CSH model upon which to focus.
 - Ample technical assistance will be available throughout the school year to assist in these efforts.

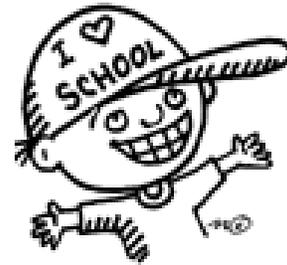
Additional Staff Available

- Additionally, some districts are eligible to receive funds from DHHS’ Division of Children and Family Services (DCFS) to hire a Human Service Worker in schools that have 95% or greater of their student body on free and reduced lunch. Eligible superintendents and principals recently received word of this program and they must have submitted an application to contract by June 1st and must have the CSH Coordinator position filled by the start of the school year. This person could serve on the Wellness Committee or even be

¹ “Why Support a Coordinated Approach to School Health?” American Association of State and Territorial Health Officers. As found on: <http://www.mass.gov/dph/fch/schoolhealth/csdp.htm>

the CSH Coordinator. The following is a list of districts that have eligible schools for the 2006-2007 school year:

- Forrest City – Central Elementary and Lincoln Middle
- Marvell/Elaine – Lucilia Wood Elementary and Elaine High
- Hot Springs – Langston A&E Magnet
- West Memphis – Jackson and Wonder Elementary
- Dollarway – Dollarway Junior and Dollarway High
- Monticello – Arise Charter
- Certain districts already have Human Service Workers in place at the district level. These individuals may also be a resource for the Wellness Committees. CSH Model Districts with these positions are:
 - Harrison
 - Hot Springs
 - Monticello



Are there CSH programs in Arkansas?

- The Paris and Magazine school districts (in Logan County – Western AR co-op) have been implementing the CSH model over the past several years. Key leadership in both districts will attest to the huge benefit CSH has brought to students, parents and teachers in their community.
- Paris will serve as a mentor district for the upcoming school year for the CSH Model Districts. They will be available for technical assistance and to give examples of how they used the CSH approach to tackle many problems facing their schools and community.

What is the “Kickoff to CSH?”

- Representatives from CSH Model Districts convened in North Little Rock at the Riverfront Wyndham on July 10-11, 2006 for training on CSH, “Kickoff to CSH.”

The Agenda

- The training included an overview of CSH, how to develop and implement a work plan and how to make CSH an integrated part of a district’s Wellness Committee
- In addition to technical assistance provided by state CSH staff, the “Kickoff to CSH” included additional help and a presentation from the CSH program in Paris, Arkansas
- Superintendent Pat Cooper of McComb, MS gave the keynote address. He spoke to the profound impact CSH has had on test scores, dropout rates and absenteeism.

Who Should Attend

- It was suggested that each district should send up to ten representatives from their Wellness Committee. We encouraged a district to send as many representatives as possible. Examples include:
 - The CSH Coordinator, 1 principal, 1 school nurse, 1 secondary teacher, 1 elementary teacher, 1 counselor, 1 parent, 1 food service worker or an additional person as determined by the district.
 - If at all possible the superintendent should attend the meeting – if only for the opening session and lunch on July 10th to hear Pat Cooper, John Selig and Ken James speak.

What Additional Resources are Available?

- State CSH staff will be available throughout the year to provide technical assistance and work with sites to achieve their goals.
- Staff at local educational cooperatives, such as the Community Health Nurses and Community Health Promotion Specialists, will be available to assist with CSH.
- The State School Nurse Consultant will also be available to nurses in CSH districts to help with questions relating to CSH.
- CSH Coordinators from all participating districts will attend a 1-day “booster session” in December 2006.

What about funding?

- CSH Model Districts should expect to receive a \$10,000 grant to fund the implementation of CSH for the 2006-2007 school year.
- Districts will use the grant money to help underwrite the costs associated with CSH. Examples include providing a stipend to the CSH Coordinator or funding school activities started as part of CSH.
- Specific details on the grant as well as guidelines for how these funds can be used were provided at the “Kickoff to CSH” in July
- To be eligible to receive grant funds, districts were required to attend the “Kickoff to CSH.”

Where can I find more information on the CDC model?

- <http://www.cdc.gov/HealthyYouth/>



APPENDIX B
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APPENDIX D
Arkansas DHHS Division of Health
Related Programs and Contacts

Coordinated School Health – Tamara Baker (501) 280-4780, Cell (501) 246-1093

E-mail: Tamara.Baker@arkansas.gov

Women, Infants and Children (WIC) – Marcell Jones (501) 661-2508

WIC provides clinical certification and nutrition education of eligible women, infants and children to receive vouchers to purchase certain foods.

Healthy Arkansas – Becky Adams (501) 661- 2334

Healthy Arkansas is a comprehensive effort to clearly define specific areas where behavioral changes can lead to healthier citizens. The burden of chronic diseases, including diabetes, stroke, lung and heart diseases, and cancer, is higher in Arkansas than in the nation generally. Tobacco use, obesity, and physical inactivity are the three primary causes of these and other serious chronic conditions. Healthy Arkansas provides strategies to reduce and/or eliminate the three primary behavior-related causes of these diseases with information on nutrition, physical activity and smoking cessation.

Governor’s Council on Physical Fitness and Health – Erin Gaither (501) 280-4168

The Council coordinates activities to promote and support physical activity. Sponsorship of the Great Arkansas Workout (for elementary school children), Out for Lunch and March into May (for worksite employees), and the Governor’s Awards Luncheon (to recognize outstanding efforts).

State Physical Activity Specialist – Eydie Abercrombie (501) 280-4915

Provide technical assistance and leadership in community-level interventions to promote physical activity and oversee evaluation of physical activity interventions.

5-a-Day Program – David Rath (501) 661-2277

5-a-Day increases public awareness of the health benefits of fruits and vegetables and informs the public about how to include more servings into their daily eating patterns.

Cardiovascular Health (CVH) Program –Linda Faulkner (501) 661-2728

CVH develops the capacity to address Arkansas’ leading causes of death, cardiovascular disease and stroke. It also collaborates with the state task force to define the burden of disease, inventory existing policy and environment supports for health behaviors impacting cardiovascular disease, develop a State Plan for Arkansas, and develop recommendations for implementation to help reduce this disease burden.

Tobacco Prevention and Education – Lynda Lehing (501) 661-2231

TPEP develops policy strategies; monitors tobacco-related knowledge, attitudes, and behaviors; and provides technical assistance and financial support to communities. These technical assistance activities are intended to prevent youth initiation of tobacco, promote

cessation among adults and youth, eliminate exposure to environmental tobacco smoke, and identify and eliminate disparities among populations related to tobacco use.

Arkansas SOSQuitline: 1-866-669-7848 or 1-866 NOW QUIT

Immunizations – Charles Beets (501) 661-2784

DOH immunizes children against varicella, diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis b, and Haemophilis influenza type b; provision of information and education on all vaccine preventable diseases, including information concerning adult immunization.

http://www.healthysarkansas.com/faq/faq_immunizations.html

Arkansas SAFE KIDS Coalition – Virginia Lancaster (501) 661-2200

Safe Kids is an injury prevention program for children ages 0 -14 years. Information is available to children, parents, and caregivers on traffic safety, child passenger safety, bicycle safety, scald and burn prevention, drowning prevention, playground safety, poison prevention, and home safety.

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

Pandemic Influenza – Donnie Smith (501) 661-2910

Pandemic influenza is a predicted global outbreak of disease that may occur if a new influenza A virus appears in humans. Such an outbreak may cause serious illness and then spread easily from person to person worldwide. Efforts are underway to plan for the complex issues and serious impact that a new influenza pandemic could cause in the State of Arkansas.

http://www.healthysarkansas.com/pandemic_influenza/index.html

ConnectCare

Department of Health and Human Services

Division of Health

P.O. Box 1437 Slot H-1

Little Rock, AR 72203-1437

Toll Free Helpline: 1-800-275-1131 or TDD 1-800-285-1131

Central Arkansas 614-4689

Available 24 hours a day from 11:00pm Sunday until Friday Midnight

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

Other DHHS Contacts:

Division of Child Care and Early Childhood Education

700 Main Street

P.O. Box 1437, Slot S140

Little Rock, Arkansas 72203-1437

Phone: (501) 682-4891

Fax: (501) 682-2317

<http://www.state.ar.us/childcare/>

Division of Medical Services

Arkansas Medicaid

Department of Health and Human Services

Donaghey Plaza South

P. O. Box 1437, Slot S401

Little Rock, Arkansas 72203-1437

(501) 682-8292 voice

(501) 682-6789 TDD

(501) 682-1197 fax

<http://www.medicaid.state.ar.us/InternetSolution/default.aspx>

Division of Developmental Disabilities Services

5th Floor Donaghey Plaza North

Little Rock, Arkansas 72203

Phone: (501) 682-8665

Fax: (501) 682-8380

TDD: (501) 682-1332

<http://www.arkansas.gov/dhhs/ddds/NewWebsite/index.html>

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APPENDIX F
Other Partners:
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Little Rock, Arkansas, 72205
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Toll Free: 1-866-330-9464
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**Arkansas Advocates for Children &
Families**
Union Station, Suite 306
1400 West Markham
Little Rock, AR 72201
(501) 371-9678
<http://www.aradvocates.org/>
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Action for Healthy Kids – Arkansas
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**Arkansas Association for Health, Physical
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(AAHPERD)**
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870-972-3066 (p)
E-mail: pfinnicu@astate.edu
<http://www.clt.astate.edu/arkahperd/>
<http://www.arkansasfitness.com/>

Arkansas Dietetic Association
PO Box 55234
Little Rock, AR 72215-5234
Phone: (501) 374-3300
E-Mail: arda@cebridge.net
<http://www.arkansaseatright.org/>

**Arkansas Chapter of the American
Academy of Pediatrics**
800 Marshall Street
Little Rock, AR 72202
501/364-4410
<http://www.araap.org/>

Arkansas Children's Hospital
800 Marshall St.
Little Rock, AR 72202-3591
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**University of Arkansas's Division of
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2301 South University Avenue
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