

ALABAMA GUIDE TO NUTRITION AND PHYSICAL ACTIVITY RESOURCES FOR CHILDREN AND YOUTH

2011



N&PA
THE NUTRITION AND
PHYSICAL ACTIVITY
DIVISION
Alabama Department of
Public Health

ADPH
ALABAMA DEPARTMENT OF PUBLIC HEALTH



Alabama
Action for Healthy Kids®

Developed by the Alabama Department of Public Health's Nutrition and Physical Activity Division, the Healthy Weight Initiative, and Alabama Action for Healthy Kids

ALABAMA GUIDE TO NUTRITION AND PHYSICAL ACTIVITY RESOURCES FOR CHILDREN AND YOUTH 2011

PURPOSE

The purpose of this guide is to supply information on resources and tools that focus on improving health behaviors in children and families. These resources can be used in school, after school and in community settings such as churches, boys and girls clubs, and the YMCA. Resources include, but are not limited to, curricula, programs, toolkits, and web sites that address nutrition, physical activity and other health issues.

TABLE OF CONTENTS

BACKGROUND & HEALTHY WEIGHT INITIATIVE	1
HOW TO USE THIS GUIDE ALABAMA ACTION FOR HEALTHY KIDS	2
NUTRITION AND PHYSICAL ACTIVITY RESOURCES	3
ADDITIONAL RESOURCES AND INFORMATION	13
NUTRITION AND PHYSICAL ACTIVITY RESOURCES FROM OTHER STATES AND FEDERAL SOURCES	16
NOTES	31

BACKGROUND

Overweight and obesity is a serious health concern children and adolescents in the United States. Obese children and adolescents are at risk for health problems during their youth and as adults such as high blood pressure, high cholesterol, and type 2 diabetes. Childhood obesity is a growing epidemic, affecting three times as many children today as in the 1980s.

School and community programs provide opportunities to reverse this trend and play an important role in promoting healthy lifestyles for children by implementing health curricula, offering organized physical activities and serving healthy afternoon snacks. Parents can be reached with positive health messages through family based health programs, family fun nights and take home materials. After school programs can have a positive impact on their community by improving the health and well-being of children and their families. Nutrition and physical activity can easily be incorporated into school and community programs at little or no additional cost by utilizing these available resources.

HEALTHY WEIGHT INITIATIVE

The Healthy Weight Initiative (HWI) is a partnership between the Alabama Department of Public Health's Nutrition and Physical Activity Division and the State Department of Education's Extended Day, Extended Year program. The HWI provides 21st Century Community Learning Centers, Dependent Care Coordinators and Community Educators with nutrition and physical activity resources and information.



CONTACT:

Molly Killman, MS, RD, LD
molly.killman@adph.state.al.us
334-206-5646

ALABAMA ACTION FOR HEALTHY KIDS

Action for Healthy Kids is the nations leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment by with schools to improve nutrition and physical activity to help our kids learn to eat right, be active every day and be ready to learn. At the core of Action for Healthy Kids is a national network of volunteers helping schools and kids learn to be healthier.



USING THE RESOURCE GUIDE

The guide is divided into two primary sections: Nutrition and Physical Activity Resources in Alabama and from other states and federal sources. Each section alphabetically lists a variety of curricula, programs, and web sites according to the categories:

- General Nutrition and Physical Activity
- School Gardens/Agriculture/Food Supply
- Special Populations - Hispanic
- Corporate Materials
- Family Meals
- Obesity Information

A brief summary to describe each and contact information noted. A third section with Additional Resources provides information on organizations and programs in Alabama that are working with children and families to address obesity and chronic diseases that are associated with obesity.

Descriptions

Nutrition and Physical Activity Resources – this section lists curricula, programs and web sites that originate in Alabama and can be obtained through local partners.

Additional Resources and Information – this section provides other resources such as state organizations, training opportunities, and reports that focus on health issues for families in Alabama.

Nutrition and Physical Activity Resources from other states and federal sources – this section lists curricula, programs and web sites that originate outside Alabama, but can be brought in and adapted as necessary.

NUTRITION AND PHYSICAL ACTIVITY RESOURCES

Curricula and Programs

Resource	General Nutrition and Physical Activity	Website/Contact
<p>4 – H Afterschool Program, Alabama Cooperative Extension System</p>	<p>This program helps youth achieve social, emotional, physical and academic success while developing healthy lifestyles and behaviors.</p> <p>For young people...4-H Afterschool provides opportunities to participate in fun, exciting programs while developing valuable skills with lifelong benefits.</p> <p>For parents and family members...4-H Afterschool creates safe, healthy, enriching environments that enhance young people’s social, emotional, physical, and academic success.</p>	<p>www.aces.edu/fourh</p> <p>334-844-4444</p>
<p>After School Snack Program, Child Nutrition Program, Alabama State Department of Education</p>	<p>The National School Lunch Program offers cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well being of children and youth in our communities. A school must provide children with regularly scheduled activities in an organized, structured and supervised environment; include educational or enrichment activities (e.g., mentoring or tutoring programs).</p>	<p>www.cnp.alsde.edu</p> <p>June Barrett, MEd, RD 334-242-8228</p>
<p>Alabama Mobile Dairy Classroom, American Dairy Association of Alabama</p>	<p>The Mobile Dairy Classroom is a milking parlor on wheels, complete with cow. Amanda Griffith, program coordinator, travels all over the state of Alabama educating young people and school teachers and others on the modern milking process, characteristics and anatomy of dairy cows, importance of dairy foods in a healthy diet, and modern environmental and food safety practices.</p>	<p>www.southerndairyfarmers.com</p> <p>Amanda Griffith 1-903-439-MILK (6455)</p>
<p>Alabama Sports Festival</p>	<p>The Alabama Sports Festival uses a grassroots Olympic-style competition and exposes athletes, volunteers and spectators of all ages, especially our youth, to Olympic sports and the overall Olympic experience with all of its tradition and ceremony.</p> <p>Using sports as a vehicle, positive life-style choices, good education, the importance of family, church, school and community are stressed.</p>	<p>www.alagames.com</p> <p>Alabama Sports Festival 2530 East South Boulevard Montgomery, AL 36116</p> <p>Marc T. Riker, Executive Director 800-467-0422 334-280-0065 Marc.Riker@alagames.com</p>

Archery in the Schools Program, Alabama Department of Conservation and Natural Resources

Designed to teach Junior Olympic Archery Development (JOAD) style archery programs to 5th-12th grades as part of an in school curriculum to improve educational performance and participation. Core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement. Before presenting the 2-week archery course, teachers undergo a 12-hour National Archery in the Schools Program archery-training program.

Students shoot at bullseye targets placed before an arrow resistant net in their gymnasium. The goal of this program is to provide middle school children with the ingredients to become involved in a life skill that has no barriers. Unlike many school activities, students of all sizes can easily be involved in archery.

<http://www.outdooralabama.com/education/archery/>

Marisa Lee-Sasser
334-242-3620
Marisa.leesasser@dcnr.alabama.gov

The Big Green Bus, Mobile Gymnastics

Children will learn the basics of gymnastics: balance beam, horizontal bar, tumbling, vault, and rings. In addition to the basics, children will build coordination, strength, and agility on the mini tramp, rock climbing wall, zip line, monkey bars, and obstacle courses.

Children will learn the importance of listening, following directions, waiting their turn, and being rewarded for good behavior.

Serving Montgomery, Lowndes, Autauga, and Elmore Counties.

www.biggybus.com

Amber Holley
334-324-4628

BodyWorks, Office of Women's Health, Alabama Department of Public Health

A program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers.

www.4woman.gov/bodyworks
Click on "find trainings, programs, and trainers" in Alabama

Jessica Hardy
334-206-5665
jessica.hardy@adph.state.al.us

Children's Outreach Program and Wheel of Champions, Alabama Sports Hall of Fame

The Outreach Program is an educational, interactive field trip for 3rd-8th graders. Students are greeted by Outreach Director Jennifer Chandler, 1976 Olympic Gold Medalist in diving. They will participate in the following:

- Educational video in the Bryant-Jordan Theatre
- Motivational talk by Olympic Gold Medalist
- Educational trivia hunt in Museum

Wheel of Champions is a cross-disciplinary curriculum that can be used to meet selected objectives from the Alabama Course of Study in Health, Physical Education, Math, English/ Language Arts, Science, and Geography.

www.ashof.org

2150 Richard Arrington Jr. Blvd. North
Birmingham, AL 35203
205-323-6665
info@ashof.org

Fit2beat, Nutribytes	A program designed to encourage nutrition and physical activity among students. Presented by Chef Linda of Nutribytes, third, fourth and fifth graders will learn how to make healthy food choices and learn about the five food groups through fun games and activities. Students will also prepare a healthy snack.	Linda Dabney 334-274-0396 334-328-7099 ldabneynutribyte@bellsouth.net
Get Fit!™, Lifestyle Media Group	The ultimate health & fitness experience! This program is a traveling interactive program that partners with schools and superstar role models to reach young people with positive and motivational messages about health and fitness. "Get Fit!" communicates these messages to large audiences in mid to large size arenas, by creating a unique and unforgettable "experience" through a careful balance of entertainment and education.	www.getfitus.net Phil Christian philc@getfitus.net
Girls Inc., Central Alabama, Birmingham, Dothan and Huntsville	The Outreach Department brings Girls Inc. programs to the community by traveling to schools, churches and other community locations and events offering an array of developmental and culturally sensitive programs. Outreach programs help young people acquire the skills needed to strengthen their ability to avoid risky behaviors and resist peer pressure. Young people between the ages of 6-18 participate in vital, age-appropriate early intervention education programs.	www.girlsincentral-al.org www.girlsincdothan.org www.girlsinc-huntsville.org Administrative Offices PO Box 130729 Birmingham, AL 35213 (205) 595-4475
The Goodness Team, Barber's Dairy	The Goodness Team is on the go in the community, reaching and teaching people in schools and at community events, about the goodness of milk. On the go, keeping people in the know about milk, the Goodness Team gets the word out by participating in your community.	http://www.barbersdairy.com/community.html Terri Smith Customer Relations Manager 1-866-877-MILK (6455) 205-943-0279 terri_smith@deanfoods.com
Head Over Heels Gymnastics	Head Over Heels Gymnastics comes to your school one day per week for a 45 minute class. They're equipped for gymnastics with mats, junior swing bar, balance beams, mini-trampolines, springboards, junior vault, parachutes and other fun gymnastics and fitness equipment. Head Over Heels teaches in over 50 locations in the Birmingham and Huntsville areas.	www.headoverheelsgyms.com 500 Caldwell Trace Park Birmingham, AL 35242 205-981-2720 1-800-850-FLIP

<p>HEAL - Healthy Eating Active Living (HEAL)©</p>	<p>The HEAL© mission is to reverse the rising childhood health epidemic of obesity, diabetes, hypertension and early signs of heart disease through a school curriculum as well as a family and community outreach program. Our goal is to provide children with a forum through which they will become more physically active in a non-competitive environment that encourages movement regardless of current fitness level.</p>	<p>www.healalabama.org</p> <p>HEAL, Inc. PO Box 660827 Birmingham, AL 35266 info@healalabama.org</p>
<p>Healthy Reading Initiative, Blue Cross Blue Shield of Alabama</p>	<p>Blue Cross Blue Shield of Alabama provides assistance to schools in support of improving quality of education throughout the state of Alabama by implementing the Healthy Reading Initiative. The target population includes grades K-6. Alabama schools participate in a reading project which focuses on Healthy Minds and Bodies. The goal is to develop and/or increase reading comprehension among students.</p>	<p>https://www.bcbsal.org/about/community/education.cfm</p> <p>Community Relations 205-220-2100</p>
<p>Healthy School Program, Alliance for a Healthier Generation</p>	<p>A partnership between the American Heart Association & William J. Clinton Foundation. These groups have come together to fight one of the nation’s leading health threats – childhood obesity.</p> <p>Healthy Schools Program</p> <ul style="list-style-type: none"> • Increasing opportunities for students to exercise and play • Putting healthy foods and beverages in vending machines and cafeterias • Providing resources for teachers and staff to become healthy role models 	<p>www.healthiergeneration.org</p> <p>Penny Edwards, Alabama Relationship Manager penny.edwards@healthiergeneration.org 334-398-1813 (cell)</p>
<p>Healthy Weight Initiative, Alabama Department of Public Health</p>	<p>The Nutrition and Physical Activity Division is working with the Alabama Department of Education to provide nutrition and physical activity information and training to 21st Century Community Learning Centers, Community Educators and Dependent Care grantees.</p>	<p>www.adph.org/nutrition Click on “Healthy Weight Initiative”</p> <p>Molly Killman 334-206-5646 molly.killman@adph.state.al.us</p>
<p>Hoops for Heart, American Heart Association</p>	<p>Healthy lifestyles can help prevent heart disease and stroke. Eating healthy, nutritious foods, being physically active, staying tobacco-free, and maintaining a healthy blood pressure and weight are all part of a healthy lifestyle. Hoops For Heart helps get this message across to students.</p> <p>Hoops For Heart promotes the value of physical activity to middle school students while showing them that they can contribute to their community’s welfare.</p>	<p>www.americanheart.org Click on “Educator”</p> <p>Jason Fields 205-510-1519(office) 205-249-1401(cell) jason.fields@heart.org</p>

**Jump Rope for Heart,
American Heart Association**

Regular physical activity in childhood and adolescence improves strength and endurance, reduces anxiety and stress, helps control weight, builds healthy bones and muscles, and increases self-esteem. Young people can build healthy bodies and establish healthy lifestyles well into adulthood by including physical activity in their daily lives.

**www.americanheart.org
Click on "Educator"**

Jason Fields
205-510-1519(office) or
205-249-1401(cell)
jason.fields@heart.org

**Just Move Alabama,
Alabama Cooperative
Extension System**

The Frisbee Fun and Food Leaders Guide curriculum consists of seven lessons that teach good nutrition and Frisbee skills to youth ages 9 through 13. The companion nutrition lessons use activities and experiments to teach healthy eating.

The Volley Vitals and Vittles Leaders Guide curriculum consists of seven lessons that teach good nutrition and volleying skills to youth ages 9 through 13. Beach balls are used to teach volleying and serving skills. Nutrition lessons focus on food as energy, aerobic exercise, portion sizes, the importance of reading labels, fast-food options, and germ control.

The Jumping for Health Leaders Guide curriculum consists of six lessons that teach good nutrition and jump rope skills to youth ages 7 through 13. Once basic jump rope skills are mastered, youth progress through two-foot stunts, one-foot stunts, long rope jumping, and double Dutch. Snack ideas are included along with lessons on MyPyramid, beverage choices, and the importance of eating breakfast.

**[www.aces.edu/fourh/programs/
justmove.php](http://www.aces.edu/fourh/programs/justmove.php)**

Contact your local County Extension Office for more information.

**KidCheck, Alabama Rural
Action Commission**

KidCheck is a partnership of the Alabama Rural Action Commission, Alabama Power Foundation, and the Alabama Child Caring Foundation. It offers Alabama's elementary, middle and high school students the opportunity to receive free annual health screenings.

Includes 6-8 screening stations for blood pressure, eye care, cholesterol, dental, etc.

**www.alabamaruralaction.com
Click on "KidCheck" under Statewide
Initiatives**

Chad Nichols
334-414-3156
chad.nichols@adeca.alabama.gov

**Kid Fit, Alabama
Department of Agriculture
and Industries**

A program designed to help our youngest generation become more healthy by making better decisions about fitness and nutrition. With the KidFit program, DVD's with a thirty-minute program are distributed to children. The informative, entertaining show is targeted to kids in grades K-5, and each DVD comes packaged with a brochure that is full of information for kids and their parents.

www.kidfitamerica.com

Skip Smithwick
4 Walnut Road
Sylacauga, AL 35150
256-872-9760
skipsmithwick@mysylacauga.com

<p>Know What's Cooking Club</p>	<p>Educational Nutrition and Wellness Programs for children and adults.</p> <p>“Stir Up Some Fun!” Featuring:</p> <ul style="list-style-type: none"> • Nutrition • Cooking and Food Experiences • Health Education • Character, Diversity, & Tolerance Education 	<p>www.KnowWhatsCooking.com</p> <p>Susan Crews Scott, RD, LD Author and Creator 2008 Outstanding Registered Dietitian of the Year scsnutr@comcast.net</p>
<p>The Mooseum, Alabama Cattleman's Association</p>	<p>Each year, about 10,000 school children and adults tour The MOOseum.</p> <p>The MOOseum opened in 1995 and offers a fun and interactive way for people of all ages to learn about Alabama's \$2 billion beef cattle industry.</p>	<p>www.bamabeef.org</p> <p>Sarah Gilliland, The MOOseum Coordinator 201 S. Bainbridge Street Montgomery, AL 36102 334- 265-1867</p>
<p>MyScore, University of Alabama</p>	<p>This program was developed, implemented and field tested by nutrition students from the University of Alabama, Department of Human Nutrition and Hospitality Management.</p> <p>The nutrition education lessons are intended to augment the physical activity components of the after school programs of the YMCA. Each lesson is targeted for children in grades 3-5 who attend an after school program. There are 20 lessons and each are approximately 15 minutes long.</p>	<p>Linda Knol Department of Human Nutrition and Hospitality Management University of Alabama Doster Hall 206 Box 870158 Tuscaloosa AL 35487-0158 205-348-8129 lknol@ches.ua.edu</p>
<p>National Forests in Alabama, USDA Forest Service</p>	<p>Alabama's national forests are great escapes! Experience the beauty and excitement of the Bankhead, Conecuh, Talladega and Tuskegee National Forests. There's something for everyone who enjoys the great outdoors. Resources for kids are available.</p>	<p>www.fs.fed.us/r8/alabama/</p>
<p>Nutraliens, Barber's Dairies</p>	<p>This fun, educational program helps children understand the nutritional value of milk. Each cartoon character represents a vitamin or nutrient that acts as a guardian of good health and entertains while educating children with important scientific facts. Downloadable teacher's packet available.</p>	<p>www.barbersdairy.com/justforkids.html</p> <p>Terri Smith Customer Relations Manager 1-866-877-MILK (6455) 205-943-0279 terri_smith@deanfoods.com</p>

<p>Supplemental Nutrition Assistance Program Education (SNAP-ED), Alabama Cooperative Extension System</p>	<p>The primary target audience for SNAP-ED is food assistance recipients. Other likely audiences include children in schools where at least 50% of children receive a reduced priced meal and persons participating in food pantries.</p> <p>The goal of SNAP-ED is that food assistance participants will improve the likelihood of making healthy food choices within a limited budget and choosing physically active lifestyles.</p>	<p>www.aces.edu/nep Barb Struempler 334-844-2217 struebj@aces.edu</p>
<p>Safe Routes to School (SRTS), Alabama Department of Transportation</p>	<p>The purpose of SRTS is to enable and encourage children in grades K-8, including those with disabilities, to walk and bicycle to school; to make walking and bicycling to school safer and more appealing; and to facilitate the planning, development, and implementation of projects that will improve highway safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools</p>	<p>http://saferoutestoschool.crdl.ua.edu/</p> <p>Bill Luckerson Bureau of Modal Programs Alabama Department of Transportation 1409 Coliseum Boulevard Montgomery, AL 36130 334-353-6446 luckersonb@dot.state.al.us</p>
<p>Southeast United Dairy Industry Association, Inc. (SUDIA)</p>	<p>SUDIA covers Alabama, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Tennessee, South Carolina and most of Virginia. SUDIA has a wealth of information for consumers, media, school and health professionals and dairy farmers.</p> <p>School Programs:</p> <ul style="list-style-type: none"> • The New Look of Milk • Drink it then Sink it • Nutrition Exploration Programs • Expanding Breakfast • School Wellness Kit 	<p>www.southeastdairy.org</p> <p>Jana Harland, RD, LD Program Account Manager 1-800-343-4693 jharland@sedairy.org</p>
<p>Tennis Program, Alabama Tennis Association</p>	<p>School Tennis Program:</p> <ul style="list-style-type: none"> • Reaches over 6 million elementary school children annually • Schools receive free instruction for their physical education staff • Schools are assisted in receiving free tennis equipment 	<p>www.alabamata.usta.com</p> <p>Keith Wilson School Program Coordinator Keithwilson4077@bellsouth.net</p>
<p>VERB Summer Score Card, Healthy Communities Branch, Alabama Department of Public Health</p>	<p>The VERB Scorecard Campaign inspires youth to be physically active. It provides ideas and resources to help youth find ways to get active in their everyday lives. The VERB Scorecard Campaign is an initiative of the Alabama Department of Public Health's Steps to a Healthier Alabama and partnering agencies.</p>	<p>www.adph.org/scorecard</p> <p>Heidi Hataway 334-206-5603 heidi.hataway@adph.state.al.us</p>

<p>Walking Works, Blue Cross Blue Shield</p>	<p>WalkingWorks is a plan to help motivate schools to make brisk-paced walking part of their daily routine. WalkingWorks helps teachers and students set personal walking goals based on their current level of fitness and health. In addition to the benefits of WalkingWorks, there is a friendly competition between the students and teachers. We call this the “Battle of the Steps” to see who is the first to reach the moon.</p>	<p>https://www.bcbsal.org/walkingworks/index.cfm</p> <p>Community Relations 205-220-2100</p>
<p>WAY (Wellness, Academics & Youth)</p>	<p>WAY is an organization dedicated to fighting the national epidemic of childhood obesity and diabetes through research and education. One of the nations leading experts on health and wellness. WAY had approached this goal by providing to elementary and secondary grade classrooms, a multidisciplinary educational program that emphasizes physical activity, nutrition, and wellness while meeting national and state educational standards. Wellness, Acedemics & You is an “evidence-based” proven and effective program that can help the children of your school.</p>	<p>www.colorful-way.com</p> <p>Natalie Steed Alabama Starewide Coordinator Natalie@healthy-america.org 205-296-3425</p>
<p>Way to Go Kids!</p>	<p>A fun Nutrition and Fitness program for overweight kids ages 9-14. Eight complete lessons plus 3 parent sessions, detailed exercise program, complete setup information, reproducible handouts for kids - make unlimited copies. No manuals to buy. One time purchase fee. An information kit is available.</p>	<p>https://www.waytogokids.com</p> <p>Linda Steakley, MS, RD 256-536-7974 steakley@sprintmail.com</p>
<p>We Can! Ways to Enhance Children’s Activity & Nutrition, National Institutes of Health</p>	<p>The Alabama Department of Public Health is one of 14 original sites selected to implement Ways to Enhance Children’s Activity & Nutrition (We Can!), a National Institutes of Health program to address overweight and obesity among youth ages 8-13. We Can! encourages healthy eating, increased physical activity, and reduced sedentary time.</p>	<p>https://www.wecan.nhlbi.nih.gov</p> <p>Molly Killman molly.killman@adph.state.al.us 334-206-5646</p>

Resource	School Gardens/Agriculture/Food Supply	Website/Contact
<p>Alabama Agriculture in the Classroom (AITC), Alabama Department of Agriculture and Industries</p>	<p>AITC is an interdisciplinary educational program that promotes Ag literacy for students in all grade levels K-12.</p> <p>All materials are designed by curriculum specialists and are ready for teacher use with little or no extra preparation.</p>	<p>www.alabamaaitc.org</p> <p>Amy Belcher Alabama Ag in the Classroom PO Box 3336 Montgomery , AL 36109-0336 334-240-7126 aitc@agi.state.al.us</p>
<p>Alabama Food Bank Association</p>	<p>The Food Bank Network is Alabama’s primary provider of donated food for agencies that serve the needy. Tours can be arranged for small groups and students.</p>	<p>www.alfoodbanks.org Click on “Contact Us”</p>
<p>Cabbage Program, Bonnie’s Plant Farm</p>	<p>Bonnie’s 3rd Grade Cabbage Program distributes free cabbage plants to third-grade classrooms whose teachers sign up to participate. Third-graders will be planting and taking care of their own cabbage plants. This web site contains games and fact sheets for children.</p>	<p>www.bonnieplants.com Click on “Cabbage Program”</p> <p>1727 Hwy 223 Union Springs, AL 36089</p>
<p>Fruits and Veggies—More Matters, Centers for Disease Control and Prevention, Produce for Better Health</p>	<p>The Fruits & Veggies—More Matters™ health initiative suggests simple ways to add MORE fruits and vegetables to every eating occasion. This initiative is offered by Produce for Better Health Foundation. This web site contains Fruit & Veggie recipes, tips for cooking healthy, and contains activity pages for children.</p>	<p>www.fruitsandveggies morematters.org</p> <p>Molly Killman 334-206-5646 molly.killman@adph.state.al.us</p>
<p>Seed 2 Plate, Jones Valley Farms</p>	<p>A collaborative project between JVUF and The Culinary Institute. The basic component of the project will be a half-day nutritional experiential field trip offered to Elementary and Middle Schools in the Greater Birmingham Area. Seed 2 Plate will be offered from August through May and class size will be restricted to 20 students a day.</p> <p>Schools will be charged \$10 per student for the field trip and lunch. JVUF will offer field trip subsidies as well as transportation assistances to schools with a high percentage of low-income students.</p>	<p>www.jvuf.org</p> <p>Post Office Box 55357 Birmingham, Alabama 35255 Edwin Marty, Director (205) 439-7213</p>

Resource	Special Populations - Hispanic	Web Site
Alabama Hispanic Association	<p>The Association's primary goal is to assist North Alabama Hispanic families with educational and economic development.</p> <p>AHA establishes mentoring and tutoring programs for Hispanic students and organizes English-language skill training classes. We compile information about educational opportunities, availability of scholarships, medical and legal guidance.</p> <p>AHA also promotes cultural heritage awareness through social activities by hosting Latin dances and by sponsoring annual Hispanic festivals. The Latin dances promote the Hispanic culture through its music, dance and hospitality. The Hispanic festival brings together the diverse Hispanic groups in North Alabama and educates the public on the contributions and achievements that Hispanics have made throughout the United States.</p>	<p>www.alabamahispanicassociation.org</p> <p>Hilda Mary Eisler 256-509-0540</p>
Hispanic Interest Coalition of Alabama	<p>A 501(c)3 social service organization that seeks to improve the quality of life for Latinos in Alabama. We work to accomplish our mission in three ways:</p> <ul style="list-style-type: none"> • Coordination with community resources • Provision of transitional services • Advocacy. 	<p>www.hispanicinterest.org</p> <p>205-942-5505 info@hispanicinterest.org</p>
Spanish Materials, Multicultural Resource Center/Catholic Social Services Center	<p>The resource center provides a variety of services to Hispanics in the Birmingham area. Spanish health materials are available at no charge.</p>	<p>www.bhmdiocese.org</p> <p>Leslie Hillhouse 205-987-4771</p>
Alabama Hispanic Chamber of Commerce	<p>The Alabama Hispanic Chamber of Commerce provides a unifying voice for economic development and business prosperity among hispanics living in Alabama.</p>	<p>www.2chamers.com/birmingh.htm</p> <p>205-326-2226</p>
Office of Minority Health, Alabama Department of Public Health	<p>The Office of Minority Health Facilities local and state level partnerships to address health disparities in Alabama. Grant funds through the Federal Office of Minority Health provides support to the state efforts improve the health of racial and ethnic minorities. panics living in Alabama.</p>	<p>www.adph.org/minorityhealth</p>

Additional Resources and Information

Organizations and Other Programs

Organization/Resource	Description	Contact
Alabama Action for Healthy Kids	A nonprofit organization formed specifically to address the epidemic of overweight and sedentary youth by focusing on changes at school.	<p>www.actionforhealthykids.org Click on “Team Member Center” and then “Alabama”</p> <p>Pat Floyd, PhD Alabama State University 334-229-4522 pfloyd@alasu.edu</p>
Alabama State Association for Health, Physical Education Recreation, and Dance	<p>ASAPERD’s Mission is to promote and support healthy lifestyles of Alabama citizens through high quality programs in health, physical education, recreation, dance, sport and exercise science by:</p> <ul style="list-style-type: none"> • providing opportunities for professional growth and development; • communicating the importance and value of our profession; • encouraging and facilitating research findings to the profession and to the public; • developing and evaluating standards and guidelines within the profession; • and advocating for quality instruction by working with policymakers across the state. 	<p>www.asahperd.org</p> <p>Donna Hester dhester@uab.edu</p>
Alabama Bicycle Coalition	Promotes cycling access, education and safety and advocates for safer road environments for all users.	<p>www.alabike.org</p> <p>Marjorie Holderer info@alabike.org</p>
Alabama Department of Public Health	<ul style="list-style-type: none"> • The Nutrition and Physical Activity Division works to implement nutrition and physical activity interventions and promote policy and environmental initiatives to increase the number of Alabamians who maintain a healthy weight, eat a balanced meal, and are physically active. • The Adolescent and School Health Program works to inform, educate and empower parents, communities and schools that serve adolescents and school age children in Alabama. • The Office of Women’s Health educates the public and is an advocate for women’s health by establishing appropriate forums to educate the public regarding women’s health, with an emphasis on preventive health and healthy lifestyles. • The Healthy Communities Branch provides technical assistance, training, and consultation to Alabama communities on promoting healthy lifestyles and preventing chronic disease through policy, systems, and environmental changes. Communities may contact the state to receive training, technical assistance, or consultation regarding policy, systems, and environmental changes to help make their community healthier. 	<p>www.adph.org Click on “A-Z” contents for Nutrition and Physical Activity, School/ Adolescent Health, Women’s Health, and Healthy Communities Branch</p>

Alabama Diabetes Network	A group of diabetes advocates and experts from the public and private sectors, advises and supports the Alabama Department of Public Health's Diabetes Program.	www.adph.org/diabetes Click on "Alabama Diabetes Advisory Council"
Alabama State Department of Education, Child Nutrition Program	Program that allows a reimbursable meal, depending on family income, to be offered at no charge, reduced charge and full paid meal price. The meal pattern for lunch provides one-third of the recommended daily allowance for children.	www.cnp.alsde.edu June Barrett 334-242-8228 jbarrett@alsde.edu
Alabama State Obesity Task Force	The goal of the task force is to develop and implement a comprehensive state plan that will reduce the worsening obesity epidemic in Alabama. The plan provides various approaches to address the impact of obesity on Alabama's citizens including education and awareness, lifestyle and behavioral choices, community-based environmental strategies, school and worksite improvements, and policy development or changes.	www.adph.org/obesity Miriam Gaines 334-206-5649 miriam.gaines@adph.state.al.us
Alabama Wellness Coalition	Alabama's Wellness Coalition is a partner-based collaborative group dedicated to developing a State Plan. This group seeks to promote and sustain a cultural movement that will motivate, teach, and lead people to make healthy lifestyle choices and support a healthy way of life for every Alabamian.	Laurie Eldridge-Auffant 334-206-5651 laurie.eldridge-auffant@adph.state.al.us
Children's Policy Councils, Alabama Department of Children's Affairs	<p>By bringing together agency, organization and community members, children's services are more likely to be delivered as a collaborative effort rather than taking place in isolation, often resulting in duplication of efforts or missed opportunities to provide service.</p> <p><i>The duties of the county Children's Policy Council include:</i></p> <ul style="list-style-type: none"> • Reviewing the needs of children ages 0-19. • Reviewing the responsibilities assigned each agency by law. • Determining areas of responsibility and identifying area of duplication and/or conflict between agencies. • Encourage families to help their children assume responsibility for their own health care. • Identifying local resources. • Developing local resource guide to services available to children which shall include procedural information concerning how to access such local services. • Articulating and communicating to the local community the needs of children. • Submitting an annual report and needs assessment. 	http://children.alabama.gov
Farmers Market Authority	The Farmers Market Authority (FMA) is a state agency established to assist in the marketing of agricultural products by providing information, leadership, and modern facilities necessary to move agricultural products from the farm to the consumer. Visit the FMA web site for recipes using fruits and vegetables.	www.fma.alabama.gov Don Wambles 334-242-2618 don.wambles@fma.alabama.gov
Fresh Air Family	A one-stop shop for outdoor activities. Come with us hiking, birding, caving, camping, canoeing and exploring! Take part in outdoor education programs and family fun.	www.freshairfamily.org Verna Gates 205-540-6642

Governor's Commission on Physical Fitness	The commission protects, promotes, and improves the physical fitness of the residents in the state. They promote and coordinate physical fitness programs for youth such as the Alabama Special Olympics and Youth Fitness Testing and Awards Programs.	www.physicalfitness.org/alabama Ronnie Floyd, Acting Executive Director 334-242-4496
Healthy Action Minute with Dr. Josh Klapow	Find tips for making positive health changes related to diet, exercise and a variety of other topics. Each segment gives practical advice for making a change. The tip of the week provides written tips that are handy at all times.	www.drjoshk.com Josh Klapow 205-612-0652 drjosh@uab.edu
Healthy Kids, Healthy Communities	The purpose of this project is to fight childhood obesity through expanding the partnerships to create a climate for change within the community by building public will and support, improving access to healthy food, increasing physical activity through the built environment and improving health standards in childcare and after school programs. Deliverables include, conducting neighborhood-specific assessments with Community Healthy Living Index, using the CHLI assessments to produce a community baseline for development, an improvement plan determined by the local participants, and a final, full assessment of improvements that demonstrates a community that moved along the stages of development outlined in the CHLI and transitioning to a formal Food Policy Council capable of systemic impact.	www.healthykidshealthycommunities.org/communities/jefferson-county-al
Jefferson County Childhood Obesity Task Force	A citizen-led working group entrusted by the Jefferson County Department of Public Health to lead and coordinate efforts addressing childhood obesity in Jefferson County, AL.	Bree Garrett Jones Valley Urban Farm 334-242-5757 Nutrition@jvuf.org
Jefferson County Health Action Partnership	The Jefferson County Health Action Partnership is a coalition of over 60 agencies committed to improving community health. The Health Action Partnership led by JCDH, with strong support from United Way of Central Alabama, Community Foundation of Greater Birmingham, and UAB School of Public Health pursues goals for improving health and quality of life.	www.jchd.CommHealth/HealthAction.aspx Jefferson County Dept. of Health 1400 Sixth Ave. South Birmingham, AL 35233 205-933-9110
Scale Back Alabama	A statewide campaign for adults designed to encourage Alabamians to get healthier by losing weight and exercising. It is a joint project of the Alabama Hospital Association and the Alabama Department of Public Health with generous underwriting from Barber Dairies and Blue Cross Blue Shield of Alabama. The Scale Back School program is designed for school personnel to get involved and be healthy role models for their students.	www.scalebackalabama.com Miriam Gaines 334-206-5649 miriam.gaines@adph.state.al.us
Southeastern Diabetes Education Services	Provide children with diabetes FUN-FILLED educational programs. A wide assortment of recreational activities fills every day. More importantly, intensive diabetes management techniques are taught during daily diabetes education seminars. All activities are designed to encourage a positive approach to living with diabetes!	www.southeasterndiabetes.org Terry Ackley terry@southeasterndiabetes.org

State Alliance of Alabama YMCAs and Y5210

Addresses the issues of childhood obesity. Y5210 is a simple equation to begin addressing a complicated problem that threatens the lives of our children with health complications associated with childhood obesity (diabetes, cardiovascular disease, etc.). It is an easy guide to remind parents & professionals of the key elements of a healthy lifestyle.

- 5 servings on fruits and vegetables
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugary drinks

www.alouthobesity.org

Mary Brocious
Marybrocious@ymcamontgomery.org

**NUTRITION AND PHYSICAL ACTIVITY
RESOURCES FROM OTHER STATES AND FEDERAL SOURCES**

Resource	General Nutrition and Physical Activity	Website /Source
A to Z Teacher Stuff	<p>A to Z Teacher Stuff is a teacher-created site designed to help teachers find online resources more quickly and easily. Find lesson plans, thematic units, teacher tips, discussion forums for teachers, downloadable teaching materials & eBooks, printable worksheets and blacklines, emergent reader books, themes, and more.</p> <p>There are health lesson plans for preschool to 8th grade.</p>	<p>www.atozteacherstuff.com/Lesson_Plans/Health/index.shtml</p>
After School.org, AED Center for Youth Development	<p>For after school program directors who want to improve the quality of their programs. As part of the website, Promising Practices in Afterschool (or “PPAS”) is an effort to find and share things that are working in afterschool programs.</p> <p>Site includes information to use in existing program as well as promising practices from programs around the country. There are resources and professional development opportunities, sites to share information and funding information, as well as curriculum development.</p>	<p>www.afterschool.org/home Click on “Promising Practices”</p>
BAM! Body and Mind, Centers for Disease Control and Prevention	<p>An online destination for kids created by the Centers for Disease Control and Prevention (CDC). Designed for kids 9-13 years old, BAM! gives them the information they need to make healthy lifestyle choices. The site focuses on topics such as stress and physical fitness — using kid-friendly lingo, games, quizzes, and other interactive features.</p> <p>BAM! Body and Mind also serves as an aid to teachers, providing them with interactive, educational, and fun activities that are linked to national education standards for science and health set by the National Research Council, the American Association for the Advancement of Science, and the Joint Committee for National School Health Education Standards. The committee was composed of representatives from the Association for the Advancement of Health Education, the American Public Health Association, the American School Health Association, the Society of State Directors of Health, Physical Education and Recreation, and the American Cancer Society.</p>	<p>www.bam.gov/teachers/about/index.htm</p>

<p>Bright Futures for Families, Family Voices, Maternal & Child Health Bureau, Am Academy of Pediatrics</p>	<p>The Bright Futures for Families initiative was established to provide families with family-friendly child health and development information and materials based on the Bright Futures Guidelines used by health professionals across the country. Bright Futures for Families provides a variety of materials and resources developed for families, schools, and communities that complement Bright Futures publications and materials used by health care professionals.</p> <p>These family-friendly materials:</p> <ul style="list-style-type: none"> • Provide valuable information about child development and what to expect, from infancy through adolescence. • Help families form partnerships with their providers. • Empower families to advocate for the health care needs of their children. • Encourage families to help their children assume responsibility for their own health care. 	<p>www.brightfuturesforfamilies.org/home.htm</p>
<p>Building Blocks for a Healthy Future, US Dept of Health & Human Services</p>	<p>Building Blocks for a Healthy Future is an early childhood substance abuse prevention program developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) that educates parents and caregivers about the basics of prevention in order to promote a healthy lifestyle. Designed for parents and caregivers of children ages 3 to 6, it helps open up the lines of communication with young children and makes it easier to keep those lines of communication open as they grow older.</p> <p>The materials and the web site was designed for parents and caregivers to use with their children and is based on six action steps that relate directly to what substance abuse prevention professionals term family-related “protective factors”. These are situations and conditions that decrease a child’s chances for engaging in drug-related and other risky behaviors. The site also includes information about “risk factors” that increase children’s risk for using alcohol, tobacco, and illegal drugs. With content focusing on children aged 3 to 6, the site includes topics such as how to better communicate with children, activities for promoting “family time”, and what to say when discussing difficult issues.</p>	<p>www.bbblocks.samhsa.gov/educators/teachingtools/</p>
<p>CA After School Resource Center, CA Department of Education</p>	<p>Administered by the CA Dept of Education, the site provides CA after school programs with a comprehensive web site, circulating library of reviewed program administration and instructional materials, information about trainings, and supportive services to providers in order to promote literacy and mathematics skill, as well as healthy alternatives for youth in kindergarten through grade twelve. A quarterly newsletter, In the Loop, provides a review of books and materials as well as sections on physical activity and nutrition</p>	<p>www.californiaafterschool.org</p>

<p>California Project LEAN (Leaders Encouraging Activity and Nutrition)</p> <p>CPL, California Department of Health Services, Public Health Institute</p>	<p>California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) focuses on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL’s mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes.</p> <p>CPL works with state and local physical activity and nutrition leaders to conduct programs in communities throughout California. Through an infrastructure of ten regions, CPL implements local interventions that utilize the Spectrum of Prevention model which describes six levels of prevention activities from strengthening individual knowledge and skills to influencing policy.</p>	<p>www.californiaprojectlean.org</p>
<p>CANFit California Adolescent Nutrition and Fitness</p>	<p>CANFit supports local community based projects to improve the nutrition and physical activity of CA’s low income African-American, American Indian, Latino, Asian-American, and Pacific Islander 10-14 year olds. Community leadership stimulates change at multiple levels from individual behavior to public policy. Youth involvement in planning, implementation, and evaluation of projects is essential.</p> <ul style="list-style-type: none"> • Provides training, consultation and coaching to youth serving organizations • Develops, evaluates, and disseminates culturally-appropriate nutrition and physical activity educational materials and social marketing programs • Advocated for policy changes that enhance nutrition and physical activity in after school and community settings at the state, local and national levels • Offers academic scholarships for students pursuing studies in nutrition, physical education, or culinary arts. 	<p>www.canfit.org</p>
<p>CATCH, CATCH Kids Club</p>	<p>The CATCH Program (Coordinated Approach To Child Health) brings schools, families, and communities together to teach children how to be healthy for a lifetime. CATCH is effective because healthy behaviors are reinforced through a coordinated approach—in the Classroom, in the Cafeteria, in Physical Education, at Home, and After School. CATCH is research-based and proven to work. And, most importantly, CATCH makes nutrition learning and physical activity FUN! The CATCH Kids Club (CKC) is designed for elementary school-aged children (grades K-5) in an after-school/summer setting.</p>	<p>www.catchinfo.org</p>
<p>Cooking with Kids, New Mexico, non profit</p>	<p>Cooking with Kids engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore many varieties of foods using all of their senses, to have fun, and to exercise choice.</p> <p>The website has educational materials developed with over 4,000 Kindergarten through sixth grade students. Cooking with Kids curriculum supports interdisciplinary learning in math, science, social studies, language arts, music and art. All student materials are bilingual in Spanish and English.</p> <p>The complete Cooking with Kids curriculum is available for sale for \$150 and there are free downloadable materials.</p>	<p>www.cookingwithkids.net/</p>

<p>Developing Exemplary Practices in Nutrition & Physical Activity in Afterschool Programs, Center for Collaborative Solutions</p>	<p>CCS Afterschool Services Division focuses on building high quality, sustainable afterschool programs and partnerships. Their approach is based on a bold vision, a strategic orientation, and a solid foundation of knowledge, research, and practical experience. Training, mentorship, and coaching in all aspects of program development is provided, as well as design and implementation support for local, regional, and statewide afterschool initiatives. A diversified approach helps programs move from promising to exemplary levels in all areas -- organizational, educational and youth development, greatly strengthening program quality, creating strong foundations for sustainable funding and improving the lives of young people, families and their communities.</p>	<p>www.ccscenter.org</p>
<p>Do More, Watch Less, CA Dept of Public Health</p>	<p>Do More - Watch Less! is a toolkit for afterschool programs and youth serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the internet, and playing video games. Developed by the California Obesity Prevention Initiative, California Department of Public Health. The toolkit can be copied from the website or a free copy can be requested.</p>	<p>www.cdph.ca.gov/programs/schoolhealth Click on "Do More, Watch Less"</p>
<p>Eat Smart, Move More, North Carolina Public Health</p>	<p>Interactive/informational web site. One feature allows consumers to use interactive BMI calculator. There is a tutorial that explains the different information a Nutrition Facts Label provides. An article on "The 7 C's of Successful Change: Caring, Choice, Creativity, Courage, Comfort, Confidence and Celebration" may help to realistically plan for changes. The section on Simple Tips has ideas on how to: Prepare More Meals at Home, Tame the Tube, and Right Size Portions.</p>	<p>www.myeatsmartmovemore.com</p>
<p>Educational Materials, NJ Food Stamp Nutrition Ed</p>	<p>Includes materials such as:</p> <ul style="list-style-type: none"> • What's Cookin' in the Classroom curriculum • Five-A-Day Through Theater and Role Play • Food Wise Learn at Home material • Adult Nutrition Lessons 	<p>www.njfsnep.org/edu%5Fmaterials/</p>
<p>Extension Services, Univ of Nebraska, Lincoln</p>	<p>The Extension Service with the University of Nebraska-Lincoln has a wide variety of resources. They have developed a number of entertaining power point presentations that use MyPyramid to teach nutrition lessons for various age groups. Two presentations on food safety are aimed at preteens and older adolescents. "Cold Pizza for Breakfast – MyPyramid Food Safety Tips for Teens and Tweens Who Cook" and an interactive presentation "Let's Play – Food: Keep or Toss" present facts on food safety in a funny way that a younger audience will appreciate. "Lets Play 'Food' Ball" is an animated power point presentation geared towards 6-11 year olds. Resources on youth gardening is available on the 'Lawn & Garden' site.</p>	<p>http://lancaster.unl.edu/office/conference.shtml</p>
<p>Family and Consumer Sciences Series Index, Ohio State University, Extension</p>	<p>Fact sheet on a wide variety of topics including "Cultural Diversity: Eating in America, African-American" and "Mexican-American". All or part of the Fact Sheets contained on Ohio online may be copied without permission for educational, non-profit purposes. Credit must be given to "Ohio State University Extension."</p>	<p>http://ohioline.osu.edu/hyg-fact/5000/</p>

Food & Nutrition Fun for Elementary Age Children	This publication has been prepared as a resource for parents, teachers, educators, and child care providers interested in materials that will create food and nutrition awareness in children while teaching them the ABC's of healthful eating. Also included in this list are resources that discuss where our food comes from, how to grow your own food, and foods that come from different cultures. In addition, websites that provide similar information and that have been created specifically for children are listed. Resources contained in this publication have been reviewed by the staff at the Food and Nutrition Information Center.	www.nal.usda.gov/fnic/pubs/bibs/gen/fun_elementary.pdf
Girls Health, US Dept of Health & Human Services	Girls Health was created to help girls (ages 10-16) learn about health, growing up, and issues they may face. It focuses on health topics that girls are concerned about and helps motivate them to choose healthy behaviors by using positive, supportive, and non-threatening messages. The site gives girls reliable, useful information on the health issues they will face as they become young women and tips on handling relationships with family and friends, at school and at home.	www.girlshealth.gov
Girls on the Run - GOR, non profit	A 12-week, 24 lesson curriculum developed for preteen girls in afterschool programs, recreation centers, and other settings. Focus is on self-respect and promoting a healthy lifestyle through running. Evaluation of the program found improvements in participants' self-esteem, body-size satisfaction, eating attitudes, and behaviors.	www.girlsontherun.org
Go Healthy Challenge-Kids Movement, Alliance for a Healthier Generation	<p>The Go Healthy Challenge is a movement that empowers kids to take the lead in making their lives, schools, and communities healthier. The Alliance works with an array of schools, elected officials and community-based organizations. The Go Healthy Challenge™ is...</p> <ul style="list-style-type: none"> • Energizing kids and families to take the Go Healthy Challenge and take charge of their health • Providing tools and support to kids who need to make and sustain changes to eat better and exercise more • Empowering local Go Healthy Champions who can make a real difference in the health of schools and communities 	www.healthiergeneration.org/teens.aspx?id=202
Helping the Student with Diabetes Succeed: A Guide for School Personnel, National Diabetes Education Program	The number of children diagnosed with diabetes is increasing dramatically. Statistics suggest that of the children born in the year 2000, 1 in 3 will develop diabetes if there are no changes to current practices. As well as impacting the children and their families, this increase will also affect the school employees working with those children. This booklet was produced by the National Diabetes Education Program (NDEP), a federally sponsored partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and with input from more than 200 partner organizations.	http://ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf
I'm Safe, Child Safety Solutions	The I'm Safe! Network brings together the creative energy and successes of parents, child safety experts, community health educators, law enforcement, firefighters/EMS, teachers, nurses, and pediatricians who are dedicated to teaching children not only how to act safely and responsibly, but to THINK safely and responsibly. Fees charged for most of the material but, there are free downloadable safety sheets.	www.imsafe.com/

<p>Healthy Lifestyle Choices, Behavioral and Health Curriculum</p>	<p>Healthy Lifestyle Choices, Behavioral and Health Curriculum is a K-6, cross curricular, behavioral health program that can be used as part of physical education/health classes or in traditional classroom settings. The program addresses the five risk behaviors identified by the CDC as contributing to the leading causes of early death and disability in children. The topics include: nutrition, fitness, conflict resolution, safety and substance abuse prevention. In addition, the HLC program meets all important ideas, issues and concepts related to health literacy and achieving good health.</p> <p>HLC has also developed CAMP BOOST, which is a program that addresses out-of-school time. This program utilizes enrichment activities to teach the same core areas as the HLC program, but accomplishes teaching vital health skills through crafts, music & movement, dramatic arts and games. CAMP BOOST activities address varied learning style of children and are developmentally appropriate for two age groups: 5-8 and 9-12.</p>	<p>www.hlconline.org/teachers/samples/html</p> <p>Donna Betzer 504-299-1966 dbetzer@hlconline.org</p>
<p>Kidnetic.com, International Food Information Council</p>	<p>The Leader’s Guide takes content from Kidnetic.com and presents it in a curriculum-like resource that can be delivered in a variety of different settings: school classrooms, afterschool programs, community-based programs, and any other setting where youth education is involved. The Leader’s Guide is filled with lessons, activities, and resources where you can learn additional background information about the topics you are teaching. Each module is filled with content such as:</p> <ul style="list-style-type: none"> • Module Goals—Gives you direction about what kids should learn from each module • Quick Start Ideas—Learning activities that take just a few minutes and can easily be implemented in a variety of settings • Activity Action Plan—A longer, more structured learning activity plan that can be conducted in a more formal group setting, such as a classroom. <p>Content includes:</p> <ul style="list-style-type: none"> • Talking points/discussion questions that walk you through a discussion or lecture • Follow-up activity to get the group engaged in fun activities that link to the discussion • Take-home activity including a hand-out where students can involve their family members • “Bright Papers” for the instructor to send home to parents or to use for more background information about that particular topic 	<p>www.ific.org/kidnetic/leadersguide.cfm</p>
<p>KidsHealth in the Classroom, Nemours Foundation</p>	<p>KidsHealth in the Classroom offers free health curriculum materials for all grades and subject areas. Each teacher’s guide includes discussion questions, activities, and reproducible handouts and quizzes - all aligned to recently updated national health education standards.</p>	<p>http://classroom.kidshealth.org/classroom/</p>
<p>Let’s Move First Lady Michelle Obama</p>	<p>The Let’s Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let’s Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.</p>	<p>www.letsmove.gov</p>

<p>Media-Smart Youth: Eat, Think and Be Active, National Institutes of Health</p>	<p>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.</p> <p>Media-Smart Youth is not a weight loss program but rather a health promotion program. It helps young people become critical, creative thinkers. Media-Smart Youth teaches them to analyze, evaluate, and create media messages--skills that can help them make smart and positive choices about nutrition and physical activity every day.</p>	<p>www.nichd.nih.gov/msy/msy.htm</p>
<p>MyPyramid for Kids, USDA</p>	<p>The Kid's site offers:</p> <ul style="list-style-type: none"> • MyPyramid Blast off Game • Posters • Tips for Families • A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol • Coloring Page • Worksheet to help kids track how their food choices match up to the recommendations of MyPyramid. • Classroom Materials - Additional materials can be found on the Team Nutrition website 	<p>www.mypyramid.gov/kids/index.html</p>
<p>Nutrition Education for Texas, Texas Dept of Agriculture, USDA</p>	<p>Lesson plans can be used with public school students in grades pre-Kindergarten through High School. The curriculum is multidisciplinary and has lessons specific to fine arts, health, language arts, mathematics, science, social studies, and vocational education. The integrated nutrition curriculum in NETx can also have an even broader application to other states nationwide because of its web-based format.</p>	<p>http://netx.squaremeals.org</p>
<p>Power of Choice, USDA, US Dept of Health and Human Services</p>	<p>The Power of Choice was developed by HHS Food and Drug Administration and USDA's Food and Nutrition Service. It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. A CD containing 10 interactive sessions based on six posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards.</p>	<p>www.fns.usda.gov/tn/resources/POC_repros.PDF</p> <p>www.fns.usda.gov/tn/resources/power_of_choice.html</p>

Ready, Set, Fit, American Association of Family Physicians	Ready Set Fit is a school based educational program that teaches third and fourth graders about the importance of fitness. The program offers in-class lessons and take-home activities aimed at encouraging kids to be active, eat smart, and feel good. Materials are available for the classroom teacher, family physicians, parents, and caregiver.	www.readysetfit.org
Recharge! Energizing After-school, Action for Healthy Kids	Action for Healthy Kids, in partnership with the National Football League, developed ReCharge! Energizing After-school, the first nationally distributed after-school program that fully integrates nutrition and physical activity through teamwork-based strategies for youth in grades 3-6. RCharge! focuses on four concepts - "Energy In" (Nutrition), "Energy Out" (physical activity), Teamwork and Goal-Setting. ReCharge! promotes national standards for health education, physical activity, family involvement, as well as the 2005 Dietary Guidelines for Americans. ReCharge! kit includes an instructor's notebook with 29 hands-on lesson plans, equipment to implement the lessons, a training DVD, poster, healthy snacks, players cards and newsletters for families.	www.ActionforhealthyKids.org/Recharge/index.php
Road of Life, Cancer Prevention for Kids	Curriculum available to teach children about eating healthy, regular exercise, and eradicating tobacco use. Free downloadable curriculum for classroom, after school, and summer camp. Aimed at 3rd-5th grades.	www.roadoflife.org
SPARK After School	SPARK is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children and adolescents by disseminating evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students. SPARK strives to achieve outstanding customer satisfaction through timely delivery and exceptional service.	www.sparkpe.org
Verb-Youth Media Campaign, Centers for Disease Control and Prevention, US Dept. of Health and Human Services	VERB surrounded tweens — at home, at school, and in the community — through television, radio, print, the Internet, and out-of-home outlets such as movie theaters, billboards, and city buses. The result was an impressive level of brand awareness among tweens. VERB was perceived as multicultural, inspirational, motivational, and a source of great ideas for activities that get tweens' bodies moving.	www.cdc.gov/youthcampaign/materials/index/htm
Walk to School, Safe Routes to School	Encourages communities to walk or bike to school as the first step to change community culture and create environments that are more inviting for both the young and old. Some of the reasons to encourage walking to school are: to enhance the health of kids and to improve air quality and the environment by reducing air pollution.	www.walktoschool.org

Resource	School Gardens/Agriculture/Food Supply	Web Site
WhatMovesU, American Heart Association	Promotes increased physical activity through a site geared towards kids and teachers. The theme used on the site is NFL teams. One section has an interview with NFL players describing what activities, besides football, they engage in to stay fit. The teacher section has lesson plans that incorporate fitness into: Language Arts, Math, PE, Science, and Social Studies.	www.whatmovesu.com
WIN the Rockies, ID, MN, WY Cooperative Extension, University of WY	<p>The WIN the Rockies project's overall goals were twofold: to enhance the well-being of individuals by improving their attitudes and behaviors related to food, physical activity, and body image; and to help build communities' capacities to foster and sustain these changes. Ultimately, the project sought to reverse the rising tide of obesity in the three states by focusing proactively on prevention and positively on health (rather than weight) at the individual and community levels.</p> <p>In addition to serving the general population, the project provided specific outreach to youth, limited-resource audiences, and heavy adults. The program was designed for educators in classroom and non-classroom settings.</p>	www.uwyo.edu/wintherockies
Agriculture in the Classroom, USDA	Agriculture in the Classroom is a grassroots program with a goal of helping students gain a greater awareness of the role of agriculture in the economy and society. The program is carried out in each state, according to state needs and interests, by individuals representing farm organizations, agribusiness, education and government. The site lists awards and science fair projects, resources for teachers and games and activities for students.	www.agclassroom.org/teacher/index.htm
Food Routes, FoodRoutes Network, non profit	<p>FRN is a national nonprofit organization that provides communications tools, technical support, networking and information resources to organizations nationwide that are working to rebuild local, community-based food systems. FRN is dedicated to reintroducing Americans to their food – the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to their tables. Our strategic communications programs include:</p> <ul style="list-style-type: none"> • The FoodRoutes Web site • National polling research • “Buy Fresh Buy Local” (our trademarked program) chapter development to support sustainable food and farming systems • Communications tools--including our Communicator's and Buy Local Tools • Implementation strategies for re-building state and local food systems • Conservancy of our food heritage while working to re-build the ever eroding loss of farms, food processors and food producers in the United States as well as Internationally. 	www.foodroutes.org/

<p>Center for Ecoliteracy</p>	<p>The Center for Ecoliteracy is dedicated to education for sustainable living. The Center is a pioneer in providing tools, ideas, and support for combining hands-on experience in the natural world with curriculum innovation in K–12 education. It administers a grant program and donor-advised funds, publishes extensively online and in print, and offers resources, seminars, and technical assistance in support of systemic change.</p>	<p>http://ecoliteracy.org/about/index.html</p>
<p>Discovering the Food System, Cornell University</p>	<p>This guided experiential learning program is designed primarily for youth ages 12 to 18. Discovering the Food System is a guided discovery of the food system. This experiential process of discovery is grounded in the places we live, eat, work, learn, and play. Discovering the Food System, use our own “backyards” -- the school cafeteria, local food stores, nearby canneries, restaurants, and farms -- as the laboratory for learning about the food system. In this way the food system will move from the abstract to the real. Through experiential learning activities, participants meet real people that represent different parts or aspects of the food system - farmers, grocers, restaurateurs, processors, and marketers, as well as community citizens.</p>	<p>http://foodsys.cce.cornell.edu/</p>
<p>Edible Schoolyard, MLK Jr Middle School, Berkley, CA</p>	<p>The site offers one schools program as a model for other organizations engaged in creating organic gardening and cooking projects for children. There are resources available to new school gardens and to those interested in the national movement toward sustainable food systems – in Resources and Links.</p>	<p>www.edibleschoolyard.org/howto.html</p>
<p>Got Dirt? Garden Toolkit</p>	<p>A program designed to assist with the implementation of school, community, and child care gardens. Never gardened? The Got Dirt? Garden toolkit is designed to provide simple, step-by-step plans for starting a garden. Even better tips from garden experts and garden success stories are also included. You can also request a copy of the toolkit via the web.</p>	<p>www.dhs.wisconsin.gov/health/physicalactivity/gotdirt.htm</p>
<p>The Links Between the Neighborhood Food Environment and Childhood Nutrition, the Robert Wood Johnson Foundation</p>	<p>Research increasingly shows that those at greatest risk for dietary-related diseases—low-income children and families—face a significant but little understood impediment to getting healthy foods: their neighborhood food environment. The “neighborhood food environment” refers to the availability of healthy foods within a community and how easily residents can access those foods. There is a growing understanding that barriers to accessing healthy foods play a role in poor dietary decisions. It’s hard to make healthy choices if healthy foods aren’t available or require more effort or expense to obtain. This research focuses on how the neighborhood food environment influences the food choices of low-income children, ages 3 to 12, and their families.</p>	<p>www.rwjf.org/programareas/resources/product.jsp?id=23551&pid=1138&catud=14</p>

School Garden, University of CA, Cooperative Extension	In 1995, the California Department of Education determined that every school should have a school garden. Starting and maintaining a garden may seem like an overwhelming task, however, some simple guidelines and suggestions can make a gardening project manageable and rewarding. Site offers learning activities, tips on getting started, and links to other resources.	http://cesandiego.ucdavis.edu/Schlgrdn/HomePage.html
School Garden Wizard, US Botanic Garden	Gardening and plant-based learning open a door to discovery of the living world. It stimulates even as it focuses and calms. Within the school environment, a garden offers an unparalleled platform to help kids achieve learning goals in ways that are recommended by the National Science Standards and most state and local educational bodies. School Garden Wizard has been created for America's K-12 school community.	www.schoolgardenwizard.org/
School Gardens, University of TX	In some schools, gardens are being integrated into the educational curriculum to teach children not only about plants, nature, and the outdoors but other subjects as well. Gardens can teach children about history, economics, poetry, and math but are still primarily used for science studies. Site has step-by-step directions to build garden, curricula, and links to other resources.	http://aggie-horticulture.tamu.edu/kindergarten/child/school/scgard1.htm

Resource	Special Populations - Hispanic	Web Site
Captain 5 A Day, Univ of CT, USDA-Food and Nutrition Service	<p>Captain 5 A Day is a superhero who is featured in an audio program (CD/tape) for children to encourage them to eat fruits and vegetables and to be physically active.</p> <p>Classroom activities packaged in an adventure box demonstrate that learning about new foods can be lots of fun. A parent workbook and video (in both English and Spanish) are included in the program. The program includes a section for Educators, Tips for Parents and games and activities for Kids.</p>	<p>http://www.captain5aday.org/padres/ Spanish</p> <p>http://www.captain5aday.org/edu_overview.html English</p>
Coma en el Trabajo al Estilo de 5 al Día	Brochure with ideas on incorporating fruits and vegetables into an active workday. (May have cost.)	www.dhs.ca.gov/ps/cdic/CPNS/worksite/download/Brochures/Worksite_brochure_sp.pdf
Fruit and Vegetable Fact Sheets, AZ Nutr Network, USDA	Spanish fact sheets on 25 fruits and vegetables from the Arizona Nutrition Network's social marketing campaign for low-income families.	www.eatwellbewell.org/pdf/es/fnv_factsheet_color.pdf
GROWING FRUITS & VEGETABLES 'CULTIVANDO FRUTAS Y VEGETALES'	Two activity books available in Spanish that teach children how to grow fruits and vegetables and encourages them to eat a variety of produce. Includes pictures to color, simple stories and activities. (Cost to order books.)	www.yummydesigns.com/books.htm#blab

Resource	Corporate Materials	Website Source
Dole 5-a-day, Dole Inc.	Site offers sections for teachers, parents, and kids, with fun ways to teach students about the importance of fruits and vegetables. One section has games, lesson plans, and other stimulating activities that can be incorporated into the curriculum.	www.dolesuperkids.com/HTML/Teachers.html
Educators Journey into Nutrition Education, Dairy Council	Fun, hands-on and interactive activities from Dairy Council's most popular programs to help teach nutrition from pre-k through upper elementary grades. Includes lesson plans and downloadable materials.	www.nutritionexplorations.org/educators/lessons-main.asp
Milk Matters, National Institute of Child Health and Human Development	<p>Milk Matters is a public health education campaign to promote calcium consumption among tweens and teens, especially during the ages of 11 to 15, a time of critical bone growth. Although the consequences of low calcium consumption may not be visible in childhood, the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) recognizes lack of calcium intake as a serious and growing threat to the health of young people later in life.</p> <p>The NICHD started the Milk Matters campaign in 1997 to help increase calcium consumption among children and teens. At a time when they require more nutrients for their rapidly growing and developing bodies, tweens and teens who don't get enough calcium are putting themselves at an increased risk for osteoporosis when they are older. Site includes sections for health professionals, teachers, and kids.</p>	www.nichd.nih.gov/milk/about/index.cfm
School Wellness, National Cattleman's Beef Association	<p>A resource for schools that provides a variety of tools to help teachers, school wellness leaders, health professionals, and families address the nutrition and health challenges facing the youth of today. Links to:</p> <ul style="list-style-type: none"> • In the Class Room • Around the School Kitchen and Dining Room • For School Wellness Committees 	www.school-wellness.org/
Teach Free, National Cattleman's Beef Association	Provides preschool through 12th grade educators with educational material that supplement the curriculum. Resources can be downloaded for use in the classroom. Another resource is Choose Math/Nutrition Kit (Grades 4-5) through seven activities, children learn the importance of eating nutrient-rich foods and techniques for visualizing appropriate portion sizes. The 8th lesson addresses physical activity and weight control.	www.teachfree.com/downloadableresourcesandactivitymaster.aspx

Resource	Family Meals	Web Site
Cooking with Kids, New Mexico, non profit	<p>Cooking with Kids engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore many varieties of foods using all of their senses, to have fun, and to exercise choice.</p> <p>The website has educational materials developed with over 4,000 Kindergarten through sixth grade students. Cooking with Kids curriculum supports interdisciplinary learning in math, science, social studies, language arts, music and art. All student materials are bilingual in Spanish and English.</p> <p>The complete Cooking with Kids curriculum is available for sale for \$150, and there are free downloadable materials.</p>	www.cookingwithkids.net/
Family Meal Times, National Cattleman's Beef Association	Tools that help busy families enjoy more mealtimes together – “how-to” tips, advice, tasty recipes, shopping lists, and conversation starters, plus many other resources.	www.family-mealtimes.org/
Family Nutrition Night, LA Dept of Education	Family Nutrition Nights is an intergenerational educational program composed of nutrition-related mathematics, science, and health activities that involve the parent and child in “hands-on” learning using integrated modules of study. Each family-based learning activity provides a non-threatening environment for both parent and child to develop a better understanding of math and science content, as well as an appreciation for healthful eating and physical activity habits. Teachers can easily identify the subject area and grade level for each activity using the Table of Contents or the Lessons-at-a-Glance chart.	www.doe.state.la.us/lde/nutrition/2398.html
Good Nutrition for Busy Families, North Dakota State University of Agriculture and Applied Science	Information on preparing meals at home. Includes tips for quick meals and recipes.	www.ag.ndsu.edu/food/factsheet/goodnutrition-busyfamilies.pdf
Kids a Cookin' & Movin', KS State Extention	Contains curriculum, resources, and video clips to teach kids to prepare nutritious food items.	www.kidsacookin.org/Move.aspx?page=Start
Make Meal Time Family Time, Community Partnerships of Southern Arizona	Encourages families with children, including teenagers, to make meal time family time at home or out for a meal. Materials are in English and Spanish.	www.makemealtimefamilytime.com
Promoting Family Meals Link, Purdue University Center for Families	Web site contains numerous links to other sites promoting family meal time; data supporting benefits of family meals; conversation starters and meal planning and recipe ideas.	www.cfs.purdue.edu/cff/promotingfamilymeals/links.html

Resource	Obesity Information	Web Site
<p>Designing for Active Living Among Children, the Robert Wood Johnson Foundation</p>	<p>The childhood obesity epidemic is widely recognized as a threat to children’s health and quality of life, and also to the nation’s health care system and economy. Changing the environments—homes, schools and neighborhoods—in which children live, learn and play is now seen as an essential strategy for reversing the obesity epidemic.</p> <p>This summary from Active Living Research provides a synopsis of the current state of research into the environmental factors and policies related to young people’s physical activity and sedentary behavior patterns and how these in turn may be linked to obesity. This research identifies potential strategies for addressing physical inactivity among youth and the childhood obesity epidemic.</p> <p>The Network for a Healthy California — Children’s Power Play! Campaign is a public health initiative led by the California Department of Public Health and administered by the Public Health Institute. Its purpose is to motivate and empower California’s 9 to 11 year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. These objectives are designed to improve children’s short-term health and reduce their long-term risk of chronic diseases, especially cancer, heart disease, and obesity. Children’s Power Play! is currently funded by the USDA Food Stamp Program to target children from food stamp eligible families.</p>	<p>www.rwjf.org/programareas/resources/product.jsp?id=23455&pid=1138</p>
<p>F AS IN FAT 2010, TRUST FOR AMERICA’S HEALTH</p>	<p>The report highlights troubling racial, ethnic, regional and income disparities in the nation’s obesity epidemic. For instance, adult obesity rates for Blacks and Latinos were higher than for Whites in at least 40 states and the District of Columbia: 10 out of the 11 states with the highest rates of obesity were in the South - with Mississippi weighing in with highest rates for all adults (33.8 percent) for the sixth year in a row: and 35.3 percent of adults earning less than \$15,000 per year were obese compared with 24.5 percent of adults earning \$50,000 or more per year. The report also includes obesity rates among youths ages 10-17, and the results of a new poll on childhood obesity conducted by Greenberg Quinlan Rosner Research and American Viewpoint.</p>	<p>www.healthymamericans.org/reports/obesity2010</p>
<p>Nutrition and the Health of Young People, Centers for Disease Control and Prevention Fact Sheet</p>	<p>Basic information about the prevalence of obesity in youth, eating behaviors in young people and the relationship between diet and academic performance.</p>	<p>www.cdc.gov/healthyyouth/nutrition/facts.htm</p>
<p>Preventing Childhood Obesity: Health in the Balance, Institute of Medicine Report</p>	<p>A broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, and dietary factors responsible for its increased prevalence. The committee’s recommendations are included.</p>	<p>www.iom.edu/?id=22596&redirect=0</p>
<p>Solving the Problem of Childhood Obesity Within a Generation</p>	<p>The Let’s Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let’s Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy.</p>	<p>www.letsmove.gov</p>

Resource		Web Site
<p>The Surgeon General's Vision for a Healthy and Fit Nation 2010</p>	<p>Highlights the trends, health consequences, and causes related to the obesity epidemic. Given the multiple social changes behind the epidemic, this brief also proposes health-promoting actions that can be taken by multiple sectors of society.</p>	<p>www.surgeongeneral.gov</p>

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