

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Wellness Policies for Schools and Child Care

This list contains online resources for developing, implementing, evaluating, and promoting wellness policies in schools and child care. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to healthy school environments, see the CSDE’s other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

**Quick Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*This document is available at  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesWP.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesWP.pdf).*

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### Assessment

*Gathering Data for Connecticut Towns: A Primer, Volume 1. Birth to 8 years* (Connecticut Voices for Children, March 2003): [www.ctkidslink.org/pub\\_detail\\_54.html](http://www.ctkidslink.org/pub_detail_54.html)

*A community “how to” guide on collecting data about the well-being of children for purposes of planning, assessing and communicating.*

*Keys to Excellence in School Food and Nutrition Programs* (School Nutrition Association):

<https://schoolnutrition.org/Keys/>

*Defines national standards for quality programs and provides a framework for continuous program review, evaluation, and improvement.*

*School Health Index for Physical Activity and Healthy Eating – A Self-Assessment and Planning Guide* (Centers for Disease Control and Prevention, 2014): [www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm)

*School Healthy Eating Assessment Tool* (British Columbia Dairy Foundation and British Columbia Ministry of Healthy Living & Sport and Knowledge): <http://healthyeatingatschool.ca/uploads/school-healthy-eating-assessment-tool.pdf>

WellSAT 2.0 (Wellness School Assessment Tool) (UCONN Rudd Center for Food Policy & Obesity):

<http://wellsat.org/>

*Online tool to assess the quality of school district wellness policies and provide personalized guidance and resources for making improvements, based on the assessment.*

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## Child Care Nutrition and Physical Activity Policies

*Action Guide for Child Care Nutrition and Physical Activity Policies* (CSDE, 2010):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/ccag/ccag.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/ccag/ccag.pdf)

*Helps local and community child care, early education, and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children. Includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school age, based on current science, public health research and national recommendations and standards.*

*Afterschool Care Program NSLP Snack Service Best Practices: A Guide to Improving the NSLP Snack Service in Afterschool Care Programs* (National Food Service Management Institute, 2006): <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=123>

*Benchmarks for Nutrition Programs in Child Care Settings: Position of the American Dietetic Association* (Journal of the American Dietetic Association, 11(4):607-615, April 2011): [www.eatright.org/About/Content.aspx?id=8366](http://www.eatright.org/About/Content.aspx?id=8366)

*Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy* (The Nemours Foundation, 2008):

[www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf](http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf)

*Provides information on healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates, and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies.*

*Best Practices for Nutrition, Physical Activity & Screen Media in Child Care Settings* (Issue Brief #2, 2009, University of Washington Center for Public Health Nutrition):

[http://depts.washington.edu/uwcphn/work/child/doc/brf2\\_ccbestpract.pdf](http://depts.washington.edu/uwcphn/work/child/doc/brf2_ccbestpract.pdf)

*Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy* (Version 2) (The Nemours Foundation,

2010): [www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf](http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf)

*Bright Futures in Practice: Physical Activity* (National Center for Education in Maternal and Child Health, 2001):

[www.brightfutures.org/physicalactivity/about.htm](http://www.brightfutures.org/physicalactivity/about.htm)

*Developmental guidelines on physical activity for the periods of infancy through adolescence.*

*Building Mealtime Environments and Relationships (BMER): An Inventory for Feeding Young Children in Group Settings* (University of Idaho, 2005): [www.cals.uidaho.edu/feeding/bmer/](http://www.cals.uidaho.edu/feeding/bmer/)

*Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care, 3rd Edition* (American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2011): <http://cfoc.nrckids.org/>

*Changing Lives, Saving Lives, A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, Second Edition* (Center for Collaborative Solutions, 2015):

[www.ccscenter.org/afterschool/Step-By-Step%20Guide](http://www.ccscenter.org/afterschool/Step-By-Step%20Guide)

*Identifies six practices to help afterschool programs create an environment to help students develop healthy lifestyle habits.*

Child Care Nutrition and Physical Activity Policies (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562)

*Includes links to the CSDE's Action Guide for Child Care Nutrition and Physical Activity Policies, self-assessment tools, action planning form, sample policies, and resources.*

Connecticut Licensing Statutes and Regulations for Child Care (Connecticut Office of Early Childhood):

[www.ct.gov/oec/cwp/view.asp?a=4542&q=545996](http://www.ct.gov/oec/cwp/view.asp?a=4542&q=545996)

*Early Childhood Obesity Prevention Policies* (Institute of Medicine of the National Academy of Sciences, 2011):

[www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies](http://www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies)

*Recommends actions that healthcare professionals, caregivers, and policymakers can take to prevent obesity in children five and younger,*

*Family Checklist for Nutrition in Early Care and Education* (National Resource Center for Health and Safety in Child Care and Early Education, 2011): <http://nrckids.org/default/assets/File/nutritionchecklist.pdf>

*Family Checklist for Physical Activity in Early Care and Education* (National Resource Center for Health and Safety in Child Care and Early Education, 2011): <http://nrckids.org/default/assets/File/physicalchecklist.pdf>

## Child Care Nutrition and Physical Activity Policies

- Feeding Policy: Divisions of Responsibility* (Ellyn Satter Associates, 2006):  
[www.ellynsatterinstitute.org/dor/divisionsofresponsibility.php](http://www.ellynsatterinstitute.org/dor/divisionsofresponsibility.php)
- Feeding Young Children in Group Settings: Best Practices for Serving Foods to Groups of Children* (University of Idaho):  
[www.cals.uidaho.edu/feeding/pdfs/1\\_2%20Best%20Practices.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_2%20Best%20Practices.pdf)
- Feeding Young Children in Group Settings: Evaluation of Feeding Environments for Young Children* (University of Idaho):  
[www.cals.uidaho.edu/feeding/pdfs/1\\_3%20Feeding%20Environment%20Evaluation.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_3%20Feeding%20Environment%20Evaluation.pdf)
- Feeding Young Children in Group Settings: Food Safety Worksheet* (University of Idaho):  
[www.cals.uidaho.edu/feeding/pdfs/1\\_5%20Food%20Safety%20Worksheet.pdf](http://www.cals.uidaho.edu/feeding/pdfs/1_5%20Food%20Safety%20Worksheet.pdf)
- Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition (Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill): <https://gonapsacc.org/resources/nap-sacc-materials/program-materials>
- Head Start Policy and Regulations (U.S. Department of Health and Human Services):  
<https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii>
- Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs* (Center for Collaborative Solutions, Updated September 2008):  
[www.ccscenter.org/afterschool/documents/ExempPracGuide.pdf](http://www.ccscenter.org/afterschool/documents/ExempPracGuide.pdf)  
*Designed to help afterschool programs address childhood obesity in a systematic and effective way.*
- Leap of Taste: Best Practices for Healthy Eating: West Virginia Child Care Nutrition Standards* (West Virginia Department of Education (No Date)): <https://healthymeals.fns.usda.gov/state-sharing-center/west-virginia/leap-taste-wv-child-care-nutrition-standards>
- Let's Move! Child Care (The Nemours Foundation): [www.healthykidshealthyfuture.org/welcome.html](http://www.healthykidshealthyfuture.org/welcome.html)  
*Tools for child and day care centers to prevent childhood obesity, including a five-element checklist for providers and parents that addresses physical activity, screen time, food, beverages and infant feeding.*
- Model Child Care Health Policies, Fifth Edition* (Pennsylvania Chapter American Academy of Pediatrics, 2014):  
[www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies](http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies)
- Model Childcare Licensing Statute for Obesity Prevention* (ChangeLab Solutions, 2013):  
[www.changelabsolutions.org/publications/child-care-statute](http://www.changelabsolutions.org/publications/child-care-statute)
- NAP SACC Best Practice Recommendations for Child Care Facilities* (Center for Health Promotion and Disease Prevention, The University of North Carolina, May 2007):  
[www.une.edu/sites/default/files/NAP\\_SACC\\_Best\\_Practice\\_Recommendations.pdf](http://www.une.edu/sites/default/files/NAP_SACC_Best_Practice_Recommendations.pdf)
- National Resource Center for Health and Safety in Child Care and Early Education: <http://nrckids.org/>
- Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC)* (University of North Carolina at Chapel Hill, Center for Health Promotion and Disease Prevention Division of Public Health, North Carolina Department of Health and Human Services): [www.centertrt.org/?p=intervention&id=1091](http://www.centertrt.org/?p=intervention&id=1091)  
*A research-tested intervention designed to enhance nutrition and physical activity practices in early care and education programs by improving the nutritional quality of food served; amount and quality of physical activity; provider-child interactions around food and physical activity; educational opportunities for children, parents, and providers; and program policies related to nutrition and physical activity.*
- Nutrition and Physical Activity in Child Care (University of Connecticut Cooperative Extension):  
<http://articles.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>  
*Information about feeding practices, healthy food choices, and ways to encourage physical activity in a child care setting.*
- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* (USDA, December 2012): [www.fns.usda.gov/tn/nutrition-wellness-tips-young-children](http://www.fns.usda.gov/tn/nutrition-wellness-tips-young-children)  
*Includes tip sheets for planning meals and activities for children ages 2-5 that address fruits, vegetables, dry beans and peas, meat and meat alternates, whole grains, milk and other dairy, sodium, fat and oils, added sugars, water, food safety, providing opportunities for active play, encouraging active play, written policies and practices that promote active play, and the importance of limiting screen time.*

## Child Care Nutrition and Physical Activity Policies

- Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity?* (Robert Wood Johnson Foundation Healthy Eating Research, October 2011): [www.rwjf.org/en/library/research/2011/10/preventing-obesity-among-preschool-children.html](http://www.rwjf.org/en/library/research/2011/10/preventing-obesity-among-preschool-children.html)
- Preventing Childhood Obesity in Early Care and Education Programs* (National Resource Center for Health and Safety in Early Education and Child Care, 2011): [http://cfoc.nrckids.org/StandardView/SpcCol/Preventing\\_Childhood\\_Obesity](http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity)
- Promoting Good Nutrition and Physical Activity in Child Care Settings* (Robert Wood Johnson Foundation Healthy Eating Research, May 2007): <http://healthyeatingresearch.org/wp-content/uploads/2013/12/HER-Child-Care-Setting-Research-Brief-2007.pdf>  
*National standards describing evidence-based best practices in nutrition, physical activity and screen time for early care and education programs (centers and family child care homes).*
- Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers* (U.S. Department of Health and Human Services, 2006): [www.researchconnections.org/childcare/resources/13558/pdf](http://www.researchconnections.org/childcare/resources/13558/pdf)
- Recommendations for Healthier Beverages* (Healthy Eating Research, Robert Wood Johnson Foundation, March 2013): A comprehensive set of age-based recommendations to define healthier beverages. [www.rwjf.org/en/library/research/2013/03/recommendations-for-healthier-beverages.html](http://www.rwjf.org/en/library/research/2013/03/recommendations-for-healthier-beverages.html)
- Setting the Stage: Policies and Best Practices for Nutrition and Physical Activity in Early Childhood Settings* (Iowa Department of Education, 2006): [www.educateiowa.gov/documents/nutrition-learning-tools/2015/10/setting-stage-policies-and-best-practices-nutrition-and](http://www.educateiowa.gov/documents/nutrition-learning-tools/2015/10/setting-stage-policies-and-best-practices-nutrition-and)  
*Includes background information to support the policies and best practices; a self-assessment questionnaire connected to the best practices; and 12 policies and best practices that contribute to a healthy eating and physical activity environment for children.*
- Serving the Nutritional Needs of Pre-Kindergarten Children in the Public School Setting. Best Practices* (National Food Service Management Institute, 2008): [www.nfsmi.org/documentlibraryfiles/PDF/20090529045619.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20090529045619.pdf)  
*Consists of seven practice categories, 17 goals, and 97 best practice statements that can be used as a self-assessment tool to evaluate and monitor the quality of nutrition services.*
- Stepping Stones to Using Caring For Our Children. National Health and Safety Performance Standards. Guidelines for Out-Of-Home Child Care Programs, 3rd Edition* (American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2013): <http://nrckids.org/index.cfm/products/stepping-stones-to-caring-for-our-children-3rd-edition-ss3/>
- Steps to Nutrition Success Checklist: Child Care Centers. A Program Self-assessment Resource* (National Food Service Management Institute, September 2003): [www.nfsmi.org/documentlibraryfiles/PDF/20080222015036.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20080222015036.pdf)
- Steps to Nutrition Success Checklist: Family Day Care Homes. A Program Self-assessment Resource* (National Food Service Management Institute, September 2003): [www.nfsmi.org/documentlibraryfiles/PDF/20080222015216.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20080222015216.pdf)
- Transforming Children's Health: How four child care programs made positive changes in their environments* (The Nemours Foundation, 2008): [www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/ccareposchg.pdf](http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/ccareposchg.pdf)
- Water and 100% Juice Tip Sheet* (National Resource Center for Health and Safety in Child Care and Early Education, 2012): <http://nrckids.org/default/assets/File/JuiceTipSheet.pdf>
- Wellness Child Care Assessment Tool (WellCCAT)* (UConn Rudd Center for Food Policy and Obesity): [www.uconnruddcenter.org/resources/upload/docs/what/communities/WellnessChildCareAssessmentToolForResearch.pdf](http://www.uconnruddcenter.org/resources/upload/docs/what/communities/WellnessChildCareAssessmentToolForResearch.pdf)
- Wellness Policy Resources for Child Care (USDA Healthy Meals Resource System): <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care>

## Child Care Nutrition and Physical Activity Policies

Whole School, Whole Community, Whole Child (ASCD):

[www.ascd.org/programs/learning-and-health/wsc-model.aspx](http://www.ascd.org/programs/learning-and-health/wsc-model.aspx)

*A model for integrating health service and programs that combines and builds on elements of the traditional coordinated school health approach.*

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### Commercialism in Schools

*It's Child's Play: Advergaming and the Online Marketing of Food to Children* (The Kaiser Foundation, 2006):

[www.kff.org/entmedia/entmedia071906pkg.cfm](http://www.kff.org/entmedia/entmedia071906pkg.cfm)

*A comprehensive analysis of the nature and scope of online food advertising to children to help inform policymakers, advocates, and industry experts*

Center for Commercial-Free Public Education: [www.ibiblio.org/commercialfree/](http://www.ibiblio.org/commercialfree/)

*A national non-profit organization that addresses the issue of commercialism in public schools and provides support to students, parents, teachers, and other concerned citizens to keep schools commercial-free and community-controlled.*

Commercialism in Education Research Unit (CERU)

(National Education Policy Center, University of Colorado): <http://nepc.colorado.edu/ceru-home>

*Publishes research and analyses on topics related to school commercialism.*

*Food Marketing to Children and Youth: Threat or Opportunity?* (National Academies' Institute of Medicine, 2006):

[www.iom.edu/Reports/2005/Food-Marketing-to-Children-and-Youth-Threat-or-Opportunity.aspx](http://www.iom.edu/Reports/2005/Food-Marketing-to-Children-and-Youth-Threat-or-Opportunity.aspx)

*Guidelines for Responsible Food Marketing to Children* (Center for Science in the Public Interest, 2006):

[www.cspinet.org/marketingguidelines.pdf](http://www.cspinet.org/marketingguidelines.pdf)

*Report of the APA Task Force on Advertising and Children* (American Psychological Association 2004):

[www.apa.org/pubs/info/reports/advertising-children.aspx](http://www.apa.org/pubs/info/reports/advertising-children.aspx)

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## Community Partnerships

### Community Partnerships

Afterschool & Health: Opportunities for Advocacy (Afterschool Alliance):

[www.afterschoolalliance.org/policyActiveHoursObesity.cfm](http://www.afterschoolalliance.org/policyActiveHoursObesity.cfm)

*Strategies to include afterschool programs in the infrastructure created for student-health-promotion initiatives.*

Community Tool Box (University of Kansas): <http://ctb.ku.edu/en/>

*Online resource building healthier communities and bringing about social change. Includes thousands of pages of tips and tools for taking action in communities, such as community assessment, planning, intervention, evaluation, and advocacy.*

Youth.Gov: <http://youth.gov/>

*U.S. government website providing information and resources to create, maintain, and strengthen effective youth programs.*

*Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs* (Center for Collaborative Solutions, Updated September 2007):

[www.csba.org/EducationIssues/EducationIssues/Wellness/~media/Files/EducationIssues/Wellness/Healthy\\_Behaviors.ashx](http://www.csba.org/EducationIssues/EducationIssues/Wellness/~media/Files/EducationIssues/Wellness/Healthy_Behaviors.ashx)

*Designed to help afterschool program leaders and their partners join in the fight against the obesity epidemic facing our children and youth today in a systematic and effective way. This guide explains six exemplary practices and contains indicator rubrics that can be used by programs to assess how they are doing in each of the six practice areas and to help them focus their attention on the areas they want to improve.*

Making Health Easier (Centers for Disease Control and Prevention): [www.cdc.gov/makinghealtheasier/](http://www.cdc.gov/makinghealtheasier/)

*Shares information and resources for communities to make healthy living easier where people live, learn, work, and play*

*Promoting Healthy Youth, Schools and Communities. A Guide to Community-School Health Advisory Councils* (Iowa Department of Public Health, 2000):

[www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf](http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf)

*Assists school district in developing, strengthening, and maintaining school health councils.*

School Walk for Diabetes: <http://schoolwalk.diabetes.org>

*An educational school fundraising program that promotes healthy living, school spirit and community involvement.*

*Smart Guide: Community Involvement* (RMC Health, September 2016):

<http://rmc.org/wp-content/uploads/2016/11/10-Community-Involvement-Smart-Guide.pdf>

*Speaking Educators' Language: A Guide For Public Health Professionals Working in the Education Sector* (National Association of Chronic Disease Directors, 2013):

[http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school\\_health/nacdd\\_educationsector\\_guide\\_.pdf](http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/nacdd_educationsector_guide_.pdf)

The Community Guide (Community Preventive Services Task Force): [www.thecommunityguide.org/](http://www.thecommunityguide.org/)

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### Coordinated School Health

Connecticut's Coordinated Approach to School Health (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726&sdePNavCtr=|45534|#45556](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726&sdePNavCtr=|45534|#45556)

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

*Coordinated School Health Program: Position Statement* (National Association of School Nurses, Revised June 2013): <https://schoolnursenet.nasn.org/blogs/nasn-profile/2017/03/13/coordinated-school-health>

*Guidelines for a Coordinated Approach to School Health. Addressing the Physical Social and Emotional Health Needs of the School Community* (CSDE, 2007): [www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322666#Guidelines](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322666#Guidelines)  
*Assists local and regional boards of education with developing plans to 1) engage students in physical activities; 2) formulate strategies to coordinate health education, programs and services; and 3) establish procedures for assessing the need for related community-based services.*

*Health is Academic* (Eva Marx and Susan Frelick Wooley with Daphne Northrop, Teachers College Press, 1998): [www.tcpspress.com/health-is-academic-9780807737132](http://www.tcpspress.com/health-is-academic-9780807737132)

*Available for purchase: Comprehensive guide that defines coordinated school health programs and discusses how they contribute to the health and educational achievement of students; who participates in and supports these programs at the local school, state and national levels; and how to implement these programs.*

North Carolina Healthy Schools: [www.nchealthyschools.org/](http://www.nchealthyschools.org/)

RMC Health: Provides resources addressing best practice and research-based professional development, including searchable databases on references and resources. <http://rmc.org/>

National Center on Safe Supportive Learning Environments: <https://safesupportivelearning.ed.gov/>  
*Information on training and technical assistance, products, tools, and research.*

*Smart Guide: Nutrition Environment & Services* (RMC Health, October 2016):

<http://rmc.org/wp-content/uploads/2016/11/3-Nutrition-Environment-and-Services-Smart-Guide.pdf>

*State School Health Policy Matrix* (National Association of Chronic Disease Directors, National Association of State Boards of Education, and American Alliance for Health, Physical Education, Recreation and Dance, 2014):

[www.nasbe.org/wp-content/uploads/Final-State-School-Health-Policy-Matrix.pdf](http://www.nasbe.org/wp-content/uploads/Final-State-School-Health-Policy-Matrix.pdf)

*Outlines relevant state-level policies for competitive foods and beverages, physical education, and physical activity, and administration of medication in the school environment, including a direct link to the policy.*

*Talking About Health is Academic* (Eva Marx, Daphne Northrop, Judith Dwyer Pierce. Teachers College Press, 1999): <https://secure.edc.org/publications/prodview.asp?1144>

*Consists of six workshop modules containing narrative script, overheads and handouts for presentations to those who can influence or participate in the implementation of coordinated school health programs at national, state or local levels.*

The Whole Child (Association for Supervision and Curriculum Development): [www.wholechildeducation.org/](http://www.wholechildeducation.org/)

*Public engagement and advocacy campaign to encourage schools and communities to work together to ensure that each student has access to a challenging curriculum in a healthy and supportive climate. Includes assessment tool and resources.*

Whole School, Whole Community, Whole Child (ASCD):

[www.ascd.org/programs/learning-and-health/wscc-model.aspx](http://www.ascd.org/programs/learning-and-health/wscc-model.aspx)

*A model for integrating health service and programs that combines and builds on elements of the traditional coordinated school health approach.*

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### Data and Trends

Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention):

[www.cdc.gov/HealthyYouth/data/index.htm](http://www.cdc.gov/HealthyYouth/data/index.htm)

America's Children: Key National Indicators of Well-Being (The Federal Interagency Forum on Child and Family Statistics): [www.childstats.gov/](http://www.childstats.gov/)

*Access to statistics and reports on children and families, including population and family characteristics, economic security, health, behavior and social environment and education.*

America's Health Rankings (United Health Foundation): [www.americashealthrankings.org/](http://www.americashealthrankings.org/)

*Provides an annual analysis of national health on a state-by-state basis and ranking of the healthiest and least healthy states.*

Annie E. Casey Foundation: [www.aecf.org/](http://www.aecf.org/)

*Data and resources to foster public policies, human-service reforms, and community supports that more effectively meet the needs of vulnerable children and families.*

Behavioral Risk Factor Surveillance System (Centers for Disease Control and Prevention): [www.cdc.gov/BRFSS/](http://www.cdc.gov/BRFSS/)

*Beverage Consumption Among High School Students – United States, 2010* (Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), June 17, 2011/ 60(23);778-780):

[www.cdc.gov/mmwr/preview/mmwrhtml/mm6023a2.htm?s\\_cid=mm6023a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6023a2.htm?s_cid=mm6023a2_w)

Bridging the Gap: School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey (Robert Wood Johnson Foundation, 2012):

[www.bridgingthegapresearch.org/research/elementary\\_school\\_survey/](http://www.bridgingthegapresearch.org/research/elementary_school_survey/)

*Change in Dietary Energy Density after Implementation of the Texas Public School Nutrition Policy* (Journal of the American Dietetic Association, 110(3): 434-440, March 2010): [www.ncbi.nlm.nih.gov/pubmed/20184994](http://www.ncbi.nlm.nih.gov/pubmed/20184994)

Child Nutrition Program Reports and Studies (USDA):

<https://healthymeals.fns.usda.gov/resource-library/child-nutrition-program-resources/child-nutrition-program-reports-and-studies>

Child Nutrition Research (USDA): [www.fns.usda.gov/ops/child-nutrition-programs](http://www.fns.usda.gov/ops/child-nutrition-programs)

*Access to USDA studies and summaries relating to child nutrition programs, including school meals and Team Nutrition.*

Child Trends: [www.childtrends.org/index.cfm](http://www.childtrends.org/index.cfm)

*Data addressing many childhood issues, such as poverty, early childhood, education, and health that assists in identifying emerging issues, evaluating important programs and policies and providing data-driven, evidence-based guidance on policy and practices.*

Child Well-Being Data Reports (Connecticut Voices for Children): [www.ctvoices.org/publications?issue=2](http://www.ctvoices.org/publications?issue=2)

Connecticut Association for Human Services: [www.cahs.org/](http://www.cahs.org/)

*Works to reduce poverty and build family economic success through outreach, education, and policy work.*

Connecticut School Health Survey (CSHS):

[www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav\\_GID=1832&dphPNavCtr=#46988](http://www.ct.gov/dph/cwp/view.asp?a=3132&q=388104&dphNav_GID=1832&dphPNavCtr=#46988)

County Health Rankings (Robert Wood Johnson Foundation and Mobilizing Action Toward Community Health (MATCH), University of Wisconsin Population Health Institute): [www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)

*Ranks the overall health of nearly every county in all 50 states based on health outcomes (mortality and morbidity) and health factors (health behaviors, clinical care, social and economic, and physical environment factors).*

Data & Statistics (Centers for Disease Control and Prevention):

[www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm](http://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm)

*Access to the latest statistics, surveillance systems, state indicator reports, and maps related to nutrition and physical activity.*

Data Resource Center for Child and Adolescent Health (Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration, U.S. Department of Health and Human Services):

[www.childhealthdata.org/](http://www.childhealthdata.org/)

*Access national and state data from the National Survey of Children's Health and the National Survey of Children with Special Health Care Needs, with resources and technical support for using the data results*

## Data and Trends

- Diet Quality of Children Age 2-17 Years as Measured by the Healthy Eating Index 2010* (Nutrition Insight 52, USDA Center for Nutrition Policy and Promotion, July 2013): [www.cnpp.usda.gov/sites/default/files/nutrition\\_insights\\_uploads/Insight52.pdf](http://www.cnpp.usda.gov/sites/default/files/nutrition_insights_uploads/Insight52.pdf)
- Finding and Using Health Statistics (National Library of Medicine): [www.nlm.nih.gov/nichsr/usestats/index.htm](http://www.nlm.nih.gov/nichsr/usestats/index.htm)  
*Access key health and human services data and statistics, including federal, state, and local government-sponsored information.*
- Food Environment Atlas (USDA Economic Research Service): [www.ers.usda.gov/FoodAtlas/](http://www.ers.usda.gov/FoodAtlas/)  
*Provides statistics on food environment indicators, an overview of a community's ability to access healthy food and its success in doing so.*
- Food Surveys Research Group (USDA): [www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/food-surveys-research-group/](http://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/food-surveys-research-group/)
- Health, United States (Centers for Disease Control and Prevention): [www.cdc.gov/nchs/hus/index.htm](http://www.cdc.gov/nchs/hus/index.htm)  
*An annual report on trends in health statistics that includes a chartbook containing text and figures illustrating major trends in the health of Americans; and a trend tables section that contains detailed data tables.*
- Healthcare Innovations Exchange (Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services.): [www.innovations.ahrq.gov/index.aspx](http://www.innovations.ahrq.gov/index.aspx)  
*Provides evidence-based innovations and tools to improve health care quality and reduce disparities.*
- Healthy Eating Research (Robert Wood Johnson Foundation): <http://healthyeatingresearch.org/>  
*Research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among lower-income and racial and ethnic populations at highest risk for obesity.*
- Healthy People 2020 Data Search (Office of Disease Prevention and Health Promotion):  
[www.healthypeople.gov/2020/data-search/](http://www.healthypeople.gov/2020/data-search/)
- Hunger and Food Insecurity Research & Data (Food Research and Action Center): <http://frac.org/research>  
*Reports and data for the major federal nutrition programs*
- Kids Count Data Center (Annie E. Casey Foundation): <http://datacenter.kidscount.org/>  
*Access indicators of child well-being.*
- National Center for Health Statistics (Centers for Disease Control and Prevention): [www.cdc.gov/nchs/](http://www.cdc.gov/nchs/)  
*Provides important surveillance information that helps identify and address critical health problems.*
- National Health and Nutrition Examination Survey (Centers for Disease Control and Prevention):  
[www.cdc.gov/nchs/nhanes.htm](http://www.cdc.gov/nchs/nhanes.htm)  
*Assesses the health and nutritional status of adults and children in the United States.*
- Partners in Information Access for the Public Health Workforce (National Library of Medicine):  
<http://phpartners.org/>  
*A collaboration of U.S. government agencies, public health organizations and health sciences libraries that provides information resources on health promotion and disease prevention, various health data tools and statistics links, legislation, conferences, email lists, and grant information.*
- Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):  
[www.cdc.gov/brfss/data\\_tools.htm](http://www.cdc.gov/brfss/data_tools.htm)
- School Health Policies and Practices Study (SHPPS) (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthyyouth/data/shpps/index.htm](http://www.cdc.gov/healthyyouth/data/shpps/index.htm)  
*A national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels.*
- School Health Reports and Studies (USDA Healthy Meals Resource System):  
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/school-health-reports-and-studies>
- SNA Research (School Nutrition Association): <https://schoolnutrition.org/Research/>  
*Issues and trends impacting school nutrition.*
- State Health Facts (Kaiser Family Foundation): [www.statehealthfacts.org/](http://www.statehealthfacts.org/)  
*Searchable database of hundreds of health indicators covering state-level and U.S. data .*

## Data and Trends

State Indicator Reports (Centers for Disease Control and Prevention):

[www.cdc.gov/obesity/resources/reports.html#State](http://www.cdc.gov/obesity/resources/reports.html#State)

*A variety of reports on nutrition and physical activity.*

State Indicator Report on Fruits and Vegetables, 2013 (Centers for Disease Control and Prevention, 2013):

[www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf](http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf)

State School Health Policy Database (NASBE): [www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)

*A comprehensive set of laws and policies from 50 states on more than 40 school health topics.*

Surveys, Reports and Research (USDA Food and Nutrition Information Center): <http://fnic.nal.usda.gov/surveys-reports-and-research>

The Healthy Eating Index (USDA Center for Nutrition Policy and Promotion):

[www.cnpp.usda.gov/healthyeatingindex](http://www.cnpp.usda.gov/healthyeatingindex)

*A measure of diet quality that assesses conformance to the Dietary Guidelines for Americans.*

School Nutrition Dietary Assessment Study IV (USDA, 2012):

[www.fns.usda.gov/school-nutrition-dietary-assessment-study-iv](http://www.fns.usda.gov/school-nutrition-dietary-assessment-study-iv)

USA.Gov: [www.usa.gov/](http://www.usa.gov/)

*Gateway to thousands of government resources including information and statistics.*

Vital Statistics Registration Reports (Connecticut Department of Public Health):

[www.ct.gov/dph/cwp/view.asp?a=3132&q=394598](http://www.ct.gov/dph/cwp/view.asp?a=3132&q=394598)

*Statistics from the Connecticut vital records databases, including analyses of births and deaths.*

WONDER (Wide-ranging Online Data for Epidemiologic Research) (Centers for Disease Control and Prevention): <http://wonder.cdc.gov/>

*An easy-to-use, menu-driven system of CDC information resources available that provides access to a wide array of public health information.*

Youth Risk Behavior Surveillance System (Centers for Disease Control and Prevention):

[www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm)

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## Developing and Implementing Policies

### Developing and Implementing Policies

*Action Guide for Child Care Nutrition and Physical Activity Policies* (CSDE, 2010):

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/CACFP/CCAG/CCAG.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/CACFP/CCAG/CCAG.pdf)

*Guidance to help local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children.*

*Action Guide for School Nutrition and Physical Activity Policies* (CSDE, Revised 2009):

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Action\\_Guide.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Action_Guide.pdf)

*Guidance for school districts on developing, implementing and evaluating policies to promote healthy eating and physical activity.*

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

*Information, tools, and resources on how to work toward improving children's nutrition and physical fitness.*

Alliance for a Healthier Generation: [www.healthiergeneration.org/](http://www.healthiergeneration.org/)

California Project LEAN (Leaders Encouraging Activity and Nutrition) (California Department of Health Services and the Public Health Institute): [www.californiaprojectlean.org/](http://www.californiaprojectlean.org/)

*Works to advance nutrition and physical activity policy in schools, early childcare and other community settings in order to prevent obesity and its associated chronic diseases.*

Center for Health and Health Care in Schools: [www.healthinschools.org](http://www.healthinschools.org)

*Policy and program resource center focused on strengthening the well-being of children and youth through effective health programs and health care services in schools. Includes policy guidance, resources, publications, and bibliographies.*

Center for the Study of Social Policy: [www.policyforresults.org/](http://www.policyforresults.org/)

*Dedicated to helping policymakers improve outcomes and opportunities for children and families, including strategies for maximizing the federal stimulus funding and managing state budgets.*

ChangeLab Solutions: <http://changelabsolutions.org/childhood-obesity>

*Resources to help create strong childhood obesity policy interventions including legal research, model policies, fact sheets, toolkits, training, and technical assistance to explain legal issues related to public health.*

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

[www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm)

Healthier Schools (ChangeLab Solutions): [www.changelabsolutions.org/childhood-obesity/schools](http://www.changelabsolutions.org/childhood-obesity/schools)

*Resources to help schools promote healthy eating and active living.*

Healthy Schools Program (Alliance for a Healthier Generation): <https://schools.healthiergeneration.org/>

Implementation Tools and Resources (USDA Team Nutrition):

[www.fns.usda.gov/tn/implementation-tools-and-resources](http://www.fns.usda.gov/tn/implementation-tools-and-resources)

Law & Policy 101 (ChangeLab Solutions): [www.changelabsolutions.org/landing-page/law-policy-101](http://www.changelabsolutions.org/landing-page/law-policy-101)

*Translates complicated legal issues into information that everyone can understand and provides resources that introduce various legal issues that arise in childhood obesity prevention.*

Local School Wellness Policy (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyschools/npao/wellness.htm](http://www.cdc.gov/healthyschools/npao/wellness.htm)

Local School Wellness Policies (School Nutrition Association):

<https://schoolnutrition.org/LegislationPolicy/LocalWellnessPolicies/>

Local Wellness Policy Resources (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources>

National Guideline Clearinghouse: [www.guideline.gov/](http://www.guideline.gov/)

*A resource for evidence-based clinical practice guidelines searchable by topic.*

*Nutrition and Physical Activity Advisory Committees (NPAAC): A Guide for Schools, Parents and Communities, Part 1* (Arkansas Child Health Advisory Committee, 2004):

[www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf](http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf)

## Developing and Implementing Policies

*Nutrition and Physical Activity Advisory Committee (NPAAC)/School Wellness Committee: An Implementation Guide for Schools, Parents and Communities, Part 2* (Arkansas Child Health Advisory Committee, 2006):  
[www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/NPAAImplementationGuide.pdf](http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/NPAAImplementationGuide.pdf)

*Policy in Action: A Guide to Implementing Your Local School Wellness Policy* (California Project Lean, October 2006):  
[www.californiaprojectlean.org/docuserfiles/Policy%20in%20Action%20Guide%20FINAL.pdf](http://www.californiaprojectlean.org/docuserfiles/Policy%20in%20Action%20Guide%20FINAL.pdf)

Policymaking (National Association of State Boards of Education): [www.nasbe.org/our-work/policymaking/](http://www.nasbe.org/our-work/policymaking/)

*Position of the Academy of Nutrition and Dietetics: Comprehensive School Nutrition Services* (Joint position with Society for Nutrition Education and School Nutrition Association) (Journal of the Academy of Nutrition and Dietetics, November 2010 (Volume 110, Issue 11, Pages 1738-1749)): [www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/comprehensive-school-nutrition-services](http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/comprehensive-school-nutrition-services)

*Position of the Academy of Nutrition and Dietetics: Local Support for Nutrition Integrity In Schools* (Journal of the Academy of Nutrition and Dietetics, August 2010 (Volume 110, Issue 8, Pages 122-133)):  
[www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/local-support-for-nutrition-integrity-in-schools](http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/local-support-for-nutrition-integrity-in-schools)

*Position of the American Dietetic Association, Society for Nutrition Education and School Nutrition Association: Comprehensive School Nutrition Services* (Journal of the American Dietetic Association, 110(11): 1738-1749, November 2010):  
[www.eatright.org/About/Content.aspx?id=8372](http://www.eatright.org/About/Content.aspx?id=8372)

*Reaching School Board Members: A Guide for Creating a Clear, Concise and Compelling Nutrition Policy Campaign* (California Project Lean): [www.californiaprojectlean.org/doc.aspx?id=171](http://www.californiaprojectlean.org/doc.aspx?id=171)

Rudd Center for Food Policy & Obesity: [www.uconnruddcenter.org/](http://www.uconnruddcenter.org/)  
*Promotes solutions to childhood obesity, poor diet, and weight bias through research and policy.*

*School Health Guidelines to Promote Healthy Eating and Physical Activity* (Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), 2011; 60(5)): [www.cdc.gov/mmwr/pdf/rr/rr6005.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr6005.pdf)

School Health Index Training Manual (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthyschools/shi/training/index.htm](http://www.cdc.gov/healthyschools/shi/training/index.htm)

*A packaged set of materials for conducting trainings or presentations on the School Health Index. A Self-Assessment and Planning Guide (SHI).*

School Health Policy (Centers for Disease Control and Prevention): [www.cdc.gov/healthyyouth/about/policy.htm](http://www.cdc.gov/healthyyouth/about/policy.htm)  
*School health policy information by topic.*

School Nutrition Environment and Wellness Resources (USDA Healthy Meals Resource System):  
<http://healthymeals.nal.usda.gov/school-wellness-resources>

School Nutrition: Support Healthy Eating in Schools (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm](http://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm)

*Policies and practices to create a nutrition environment that supports students in making healthy choices.*

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide* (California School Board Association):  
[www.californiaprojectlean.org/doc.aspx?id=171](http://www.californiaprojectlean.org/doc.aspx?id=171)

*Provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits.*

Trainings on Implementing School Wellness Policies (USDA): <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources/trainings>

Wellness Policy Elements (USDA): <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources/wellness-policy>

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### Engaging Families

Empowering Parent Advocates (Rudd Center for Food Policy and Obesity):

[www.ruddrootsparents.org/default.aspx](http://www.ruddrootsparents.org/default.aspx)

*Provides parents with resources for building community, garnering support of key stakeholders, gathering information, and proposing policy changes for healthier schools.*

*How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates* (ChangeLab Solutions, Updated November 2012): <http://changelabsolutions.org/publications/enforce-wellness-policy>

*Parent Lesson Plans: Advocating for Healthier School Environments* (California Project LEAN, 2008):

[www.californiaprojectlean.org/doc.asp?id=168&parentid=20](http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20)

*Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy* (California Project LEAN, 2015):

[www.californiaprojectlean.org/doc.asp?id=168&parentid=20](http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20)

Parents for Healthy Schools (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm](http://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm)

*Resources to help schools and school groups (e.g., parent teacher associations (PTA), parent teacher organizations (PTO), school wellness committees) engage parents to create healthy school environments.*

*Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12* (Centers for Disease Control and Prevention, November 2015): [www.cdc.gov/healthyschools/parentengagement/pdf/guide.pdf](http://www.cdc.gov/healthyschools/parentengagement/pdf/guide.pdf)

*Promoting Healthy Youth: A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home* (Ohio Action for Healthy Kids, 2009): [http://ohioactionforhealthykids.org/wp-content/documents/Parent\\_Toolkit.pdf](http://ohioactionforhealthykids.org/wp-content/documents/Parent_Toolkit.pdf)

*Provides guidance to individuals and parent groups on beginning student wellness projects in schools, and contains tips to help parents raise healthy children with a focus on nutrition and physical activity at home.*

*Smart Guide: Community Involvement* (RMC Health, October 2016):

<http://rmc.org/wp-content/uploads/2016/11/9-Family-Engagement-Smart-Guide.pdf>

*Tips for Gaining Parental Support of Your Child Nutrition Program* (Mealtime Memo, August 2012, National Food Service Management Institute): [www.nfsmi.org/documentlibraryfiles/PDF/20120809033856.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20120809033856.pdf)

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## Engaging Students

### Engaging Students

*Helping Students Make Better Food Choices in School* (Action for Healthy Kids, 2006):

<http://extension.oregonstate.edu/marion/sites/default/files/documents/HelpingStudentsmakebetterfoodchoices.pdf>

*Playing the Policy Game* (California Project Lean, 2015): [www.californiaprojectlean.org/doc.asp?id=170&parentid=20](http://www.californiaprojectlean.org/doc.asp?id=170&parentid=20)

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

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## Evaluation

*A Practical Guide for Engaging Stakeholders in Developing Evaluation Questions* (Robert Wood Johnson Foundation, 2009): [www.rwjf.org/pr/product.jsp?id=49951](http://www.rwjf.org/pr/product.jsp?id=49951)

*An Education Research Primer: How to Understand, Evaluate and Use It* (Patricia A. Lauer, Rocky Mountain Center for Health Promotion and Evaluation, Jossey-Bass, 2006): [www.amazon.com/An-Education-Research-Primer-Understand/dp/0787983233](http://www.amazon.com/An-Education-Research-Primer-Understand/dp/0787983233)

*Available for purchase: Gives educators a basic understanding of educational research, its guiding criteria and its relevance to school-based decision-making.*

*Community Health Assessment and Group Evaluation (CHANGE) Tool and Action Guide* (Centers for Disease Control and Prevention, 2010): [www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/change/downloads.htm](http://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/change/downloads.htm)

*Early Assessment of Programs and Policies on Childhood Obesity* (Robert Wood Johnson Foundation): [www.rwjf.org/en/library/research/2013/10/cob-early-assessment.html](http://www.rwjf.org/en/library/research/2013/10/cob-early-assessment.html)

*Project to identify and assess local-level programs and policies that appear promising to improve the eating habits and physical activity levels of children.*

Evaluating Community Programs and Initiatives (The Community Toolbox, University of Kansas): <http://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Evaluation (Harvard Family Research Project): [www.hfrp.org/evaluation](http://www.hfrp.org/evaluation)

Evaluation Resources (Centers for Disease Control and Prevention): [www.cdc.gov/eval/resources/index.htm](http://www.cdc.gov/eval/resources/index.htm)

Framework for Program Evaluation (Centers for Disease Control and Prevention): [www.cdc.gov/eval/framework/index.htm](http://www.cdc.gov/eval/framework/index.htm)

*Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide* (Centers for Disease Control and Prevention, October 2011): [www.cdc.gov/eval/guide/index.htm](http://www.cdc.gov/eval/guide/index.htm)

*Logic Model Development Guide* (W.K. Kellogg Foundation): [www.wkkf.org/resource-directory/resource/2006/02/wk-kellogg-foundation-logic-model-development-guide](http://www.wkkf.org/resource-directory/resource/2006/02/wk-kellogg-foundation-logic-model-development-guide)

*Practical assistance on completing outcome-oriented evaluation of projects. Provides orientation on using the underlying principles of “logic modeling” to enhance program planning, implementation, and dissemination activities.*

*Nutrition Education: Principles of Sound Impact Evaluation* (USDA, 2005): [www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation](http://www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation)

*Physical Activity Evaluation Handbook* (Centers for Disease Control and Prevention, 2002): [www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf)

Program Development and Evaluation: Logic Models (University of Wisconsin Cooperative Extension): <http://fyi.uwex.edu/programdevelopment/logic-models/>

*Quick Tips: Survey Procedures* (University of Wisconsin Cooperative Extension, 2002): <https://fyi.uwex.edu/programdevelopment/files/2016/04/Tipsheet7.pdf>

School Wellness Policies (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438)

*State School Nutrition and Physical Activity Policy Environments and Youth Obesity* (American Journal of Preventative Medicine, 38(1), 2010): [www.ajpmonline.org/article/S0749-3797\(09\)00641-2/abstract](http://www.ajpmonline.org/article/S0749-3797(09)00641-2/abstract)

Surveys for Child Nutrition Programs (National Food Service Management Institute): [www.nfsmi.org/DocumentSearch.aspx](http://www.nfsmi.org/DocumentSearch.aspx) (search for “survey”)

*Several surveys to assess student, parent, and school staff satisfaction with school food service programs.*

The Evaluation Exchange (Harvard Family Research Project): [www.hfrp.org/evaluation/the-evaluation-exchange](http://www.hfrp.org/evaluation/the-evaluation-exchange)

*The 2002 User-Friendly Handbook for Program Evaluation* (National Science Foundation, 2002): [www.nsf.gov/pubs/2002/nsf02057/start.htm](http://www.nsf.gov/pubs/2002/nsf02057/start.htm)

*Includes general evaluation information as well as strategies that address culturally sensitive evaluation.*

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### Grants and Funding

Carol M. White Physical Education Program (PEP) (U.S. Department of Education):

[www.ed.gov/programs/whitephysed/index.html](http://www.ed.gov/programs/whitephysed/index.html)

*Provides grants to initiate, expand, and improve physical education programs for students in Grades K-12 to help them make progress toward meeting state standards for physical education.*

National Institute of Food and Agriculture (USDA): [www.csrees.usda.gov/fo/funding.cfm](http://www.csrees.usda.gov/fo/funding.cfm)

Community Food Projects Competitive Grants Program (USDA): <http://nifa.usda.gov/funding-opportunity/community-food-projects-cfp-competitive-grants-program>

Fuel Up to Play 60: [www.fueluptoplay60.com/funding/general-information](http://www.fueluptoplay60.com/funding/general-information)

Funding Opportunities (National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention): [www.cdc.gov/niosh/oep/funding.html](http://www.cdc.gov/niosh/oep/funding.html)

Getting Grants and Financial Resources (The Community Toolbox, University of Kansas):

<http://ctb.ku.edu/en/table-of-contents/finances/grants-and-financial-resources>

Grant Alerts (The Center for Health and Health Care in Schools): [www.healthinschools.org/News-Room/Grant-Alerts.aspx](http://www.healthinschools.org/News-Room/Grant-Alerts.aspx)

Grant Information (U.S. Department of Education Grant Database):

[www.ed.gov/about/offices/list/ocfo/grants/grants.html](http://www.ed.gov/about/offices/list/ocfo/grants/grants.html)

Grants (Centers for Disease Control and Prevention): [www.cdc.gov/grants/index.html](http://www.cdc.gov/grants/index.html)

Grants (Robert Wood Johnson Foundation): [www.rwjf.org/grants/](http://www.rwjf.org/grants/)

Grants and Awards (National Education Association): [www.nea.org/grants](http://www.nea.org/grants)

Grants and Funding (Partners in Information Access for the Public Health Workforce, National Library of Medicine): <http://phpartners.org/grants.html>

Grants/Funding Opportunities (USDA): <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources/grantsfunding>

Grants.Gov (U.S. Department of Health and Human Services): [www.grants.gov/](http://www.grants.gov/)

*Provides information on finding and applying for federal government grants.*

National Education Association: [www.nea.org/grants](http://www.nea.org/grants)

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## Legislation

Advocacy (National School Boards Association): [www.nsba.org/Advocacy](http://www.nsba.org/Advocacy)

*Resources and advocacy information on a range of legal issues for public schools*

Bill Information Services Overview (National Conference of State Legislatures):

[www.ncsl.org/aboutus/ncslservice/bill-information-services-overview.aspx](http://www.ncsl.org/aboutus/ncslservice/bill-information-services-overview.aspx)

*Searchable databases of pending and enacted state legislation covering a variety of issues.*

Connecticut General Statutes Section 10-215: Lunches, breakfasts and other feeding programs for public school children and employees: [www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215](http://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215)

Connecticut General Statutes Section 10-215a. Nonpublic school and nonprofit agency participation in feeding programs: [www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215a](http://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215a)

Connecticut General Statutes Section 10-215b: Duties of State Board of Education re feeding programs:

[www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215b](http://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215b)

Connecticut General Statutes Section 10-215e: Nutrition standards for food that is not part of lunch or breakfast program: [www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](http://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

Connecticut General Statutes Section 10-215f: Certification that food meets nutrition standards:

[www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215f](http://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f)

Connecticut General Statutes Section 10-221o: Lunch periods, Recess:

[www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221o](http://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221o)

Connecticut General Statutes Section 10-221p: Boards to make available for purchase nutritious and low-fat food:

[www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221p](http://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221p)

Connecticut General Statutes Section 10-221q: Sale of beverages:

[www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](http://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)

Govtrack: [www.govtrack.us/](http://www.govtrack.us/)

Learn about and track legislation being debated in the United States Congress.

Laws and Regulations for Child Nutrition Programs (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336622](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336622)

Legislation Database (Rudd Center for Food Policy and Obesity): [www.uconnruddcenter.org/legislation-database](http://www.uconnruddcenter.org/legislation-database)

*Tracks state and federal policies related to obesity and diet-related diseases in issue areas including access to healthy food, breastfeeding, farms and gardens, school nutrition and physical activity, food assistance programs, marketing/advertising to children, menu and package labeling, and food and beverage taxes.*

Requirements for School Foods and Beverages (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416)

State School Health Policy Database (NASBE): [www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)

*A comprehensive set of laws and policies from 50 states on more than 40 school health topics.*

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## Marketing and Promotion

### Marketing and Promotion

For information on cafeteria signage, see the “Signage and Posters” section of the CSDE’s [Menu Planning and Food Production](#) resource list.

- Best Practices for Marketing the School Nutrition Program* (Institute of Child Nutrition, 2013):  
<http://professionalstandards.nal.usda.gov/content/best-practices-marketing-school-nutrition-program>
- Communications and Marketing (Professional Standards for School Nutrition Professionals Training Database (USDA): <http://professionalstandards.nal.usda.gov/communications-and-marketing> .
- Energize Your Day with School Breakfast (USDA): [www.fns.usda.gov/sbp/toolkit](http://www.fns.usda.gov/sbp/toolkit)
- Food Marketing to Children and Youth: Threat or Opportunity?* (National Academies’ Institute of Medicine, 2006):  
<http://books.nap.edu/catalog/11514.html>
- Gateway to Health Communication & Social Marketing Practice (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthcommunication/index.html](http://www.cdc.gov/healthcommunication/index.html)
- Key Area 2: Communications and Marketing* (from *Keys to Excellence*) (School Nutrition Association):  
<https://schoolnutrition.org/Keys/>
- Local School Wellness Policy Outreach Toolkit* (USDA): [www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit](http://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit)  
*Helps local educational agencies engage the school community in their wellness policy development and implementation and provides ready-to-go communication tools that can be customized with school-specific information.*
- Marketing and Promotion (USDA Healthy Meals Resource System): <https://healthymeals.fns.usda.gov/menu-planning/fruits-and-vegetables/marketing-and-promotion>
- Marketing Your School Nutrition Program (Institute of Child Nutrition, 2012):  
<http://professionalstandards.nal.usda.gov/content/marketing-your-school-nutrition-program>
- National School Breakfast Week (School Nutrition Association):  
<https://schoolnutrition.org/Meetings/Events/NSBW/2018/>
- National School Lunch Week (School Nutrition Association):  
<https://schoolnutrition.org/Meetings/Events/NSLW/2017/>
- National School Public Relations Association: [www.nspr.org/](http://www.nspr.org/)
- Public Relations Society of America: [www.prsa.org/](http://www.prsa.org/)
- School Breakfast Program Marketing (USDA): [www.fns.usda.gov/sbp/marketing](http://www.fns.usda.gov/sbp/marketing)
- Social Media Tools, Guidelines & Best Practices (Centers for Disease Control and Prevention):  
[www.cdc.gov/SocialMedia/Tools/guidelines/](http://www.cdc.gov/SocialMedia/Tools/guidelines/)
- The Health Communicator’s Social Media Toolkit* (Centers for Disease Control and Prevention, 2011):  
[www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit\\_BM.pdf?source=govdelivery](http://www.cdc.gov/socialmedia/Tools/guidelines/pdf/SocialMediaToolkit_BM.pdf?source=govdelivery)

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## Meal Schedules

### Meal Schedules

*Eating at School: A Summary of NFSMI Research on Time Required By Students to Eat Lunch* (National Food Service Management Institute, 2001): [www.nfsmi.org/documentLibraryFiles/PDF/20080221023914.pdf](http://www.nfsmi.org/documentLibraryFiles/PDF/20080221023914.pdf)

*Measuring and Evaluating the Adequacy of the School Lunch Period* (Insight, National Food Service Management Institute, 1999): [www.nfsmi.org/documentLibraryFiles/PDF/20080313014916.pdf](http://www.nfsmi.org/documentLibraryFiles/PDF/20080313014916.pdf)

Promoting Family Meals (Purdue University Center for Families):  
[www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/](http://www.purdue.edu/hhs/hdfs/cff/initiatives/promotingfamilymeals/)

*Recess Before Lunch: A Guide to Success* (Montana Office of Public Instruction, 2003):  
<http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>

*Relationship of Meal and Recess Schedules to Plate Waste in Schools* (Insight, National Food Service Management Institute, 2004): [www.nfsmi.org/documentLibraryFiles/PDF/20080313041149.pdf](http://www.nfsmi.org/documentLibraryFiles/PDF/20080313041149.pdf)

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### Modeling Healthy Behaviors

*10 Tips :Be a Healthy Role Model for Children* (USDA, June 2011):  
[www.choosemyplate.gov/ten-tips-be-a-healthy-role-model](http://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model)

*Adults Influence What Children Eat* (Mealtime Memo for Child Care, National Food Service Management Institute, 2002): [www.nfsmi.org/documentlibraryfiles/PDF/20080612083942.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20080612083942.pdf)

*Be a Healthy Eating Role Model* (Dairy Council of California, Revised 2014):  
[www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/Be\\_a\\_Healthy\\_Eating\\_Role\\_Model.pdf](http://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/Be_a_Healthy_Eating_Role_Model.pdf)

Empowering Youth with Nutrition and Physical Activity: Role Models (USDA):  
<http://healthymeals.nal.usda.gov/hsmrs/EY/rolemode/rolemode/index01.htm>

*Helping Your Child: Tips for Parents* (Weight-control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases, 2007): [www.niddk.nih.gov/health-information/weight-management/helping-your-child-tips-for-parents](http://www.niddk.nih.gov/health-information/weight-management/helping-your-child-tips-for-parents)

Healthy Eating Starts With Parent Role Models (Dairy Council of California): [www.healthyeating.org/Healthy-Kids/Eat-Play-Love/Article-Viewer/Article/271/Healthy-Eating-Starts-with-Parent-Role-Models.aspx](http://www.healthyeating.org/Healthy-Kids/Eat-Play-Love/Article-Viewer/Article/271/Healthy-Eating-Starts-with-Parent-Role-Models.aspx)

*MODEL Health! Promoting Nutrition and Physical Activity in Children* (Maryland State Department of Education, 2007):  
<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>  
*A collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom for use with children ages 3 to 5.*

*Role Modeling Action Guide: Promoting Healthy Eating and Physical Activity* (Milwaukee County Nutrition and Physical Activity Coalition, 2009): <http://city.milwaukee.gov/health/MCNPAC-Role-Modeling-Action-Guide#.VjtZO6Mo5mM>

Staff Role Modeling (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthyschools/npao/staff\\_role\\_modeling.htm](http://www.cdc.gov/healthyschools/npao/staff_role_modeling.htm)

*Teaching Good Food Habits, Nibbles for Health 15* (from *Nibbles for Health: Nutrition Newsletters for Parents of Young Children*) (USDA, 2003): [www.fns.usda.gov/tn/resources/nibbles.html](http://www.fns.usda.gov/tn/resources/nibbles.html)

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## Sample Policies

### Sample Policies

*District Policy Establishing a Healthy Vending Program* (National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), 2009): <http://changelabsolutions.org/publications/district-policy-healthy-vending>

*District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds* (ChangeLab Solutions), 2009): <http://changelabsolutions.org/publications/district-policy-school-food-ads>

*District Policy Establishing a Healthy Vending Program: Model School Wellness Policy Language* (ChangeLab Solutions): [www.changelabsolutions.org/publications/district-policy-healthy-vending](http://www.changelabsolutions.org/publications/district-policy-healthy-vending)

*Environmental Nutrition and Activity Community Tool (ENACT)* (Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services): <https://innovations.ahrq.gov/qualitytools/enact-environmental-nutrition-and-activity-community-tool>

*A set of assessment and planning tools for organizations, coalitions, and communities to help improve nutrition and physical activity in their communities.*

*Food and Beverage Marketing: Model School Wellness Policy Language* (ChangeLab Solutions): [www.changelabsolutions.org/publications/district-policy-school-food-ads](http://www.changelabsolutions.org/publications/district-policy-school-food-ads)

*Model Healthy Beverage Vending Agreement* (ChangeLab Solutions): [www.changelabsolutions.org/publications/healthy-beverage-vending-agreement](http://www.changelabsolutions.org/publications/healthy-beverage-vending-agreement)

*Model Local School Wellness Policy* (Alliance for a Healthier Generation): [www.healthiergeneration.org/\\_asset/wtqdwu/14-6372\\_modelwellnesspolicy.doc](http://www.healthiergeneration.org/_asset/wtqdwu/14-6372_modelwellnesspolicy.doc)  
*Reviewed by the USDA for compliance with the statutory requirements for local school wellness policies.*

*Putting Local School Wellness Policies into Action* (Centers for Disease Control and Prevention, 2014): [www.cdc.gov/healthyschools/npao/pdf/schoolwellnessinaction.pdf](http://www.cdc.gov/healthyschools/npao/pdf/schoolwellnessinaction.pdf)  
*A compilation of 11 stories that provide examples of steps and strategies used to implement wellness policies, including activities in key areas such as improving school meals and increasing physical activity levels among students.*

*Sample Wellness and Nutrition Policies* (School Nutrition Association): [www.schoolnutrition.org/Content.aspx?id=2166](http://www.schoolnutrition.org/Content.aspx?id=2166)

*State School Health Policy Database* (National Association for State Boards of Education): [www.nasbe.org/healthy\\_schools/hs/index.php](http://www.nasbe.org/healthy_schools/hs/index.php)  
*A comprehensive database of laws and policies from 50 states on more than 40 school health topics.*

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### School Health Teams

*Effective School Health Advisory Councils: Moving from Policy to Action* (North Carolina State Board of Education and Department of Public Instruction, 2003): [www.schoolwellnesspolicies.org/resources/NC\\_SHAC\\_FINAL.pdf](http://www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf)

*Nutrition and Physical Activity Advisory Committees (NPAAC): A Guide for Schools, Parents and Communities, Part 1* (Arkansas Child Health Advisory Committee, 2004):

[www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf](http://www.healthy.arkansas.gov/programsServices/lifestageHealth/Documents/ChildreninSchools/CHAC/npaacToolkit.pdf)

*Provides information and guidance on developing a local School Nutrition and Physical Activity Advisory Committee. Included is a membership grid, sample invitation letter and sample agenda and resource links on obesity, nutrition, physical activity, and children's health.*

*Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils* (Iowa Department of Public Health, 2000):

[www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf](http://www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf)

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

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## School Improvement Plan for No Child Left Behind

### School Improvement Plan for No Child Left Behind

*Connecticut Accountability for Learning Initiative (CALI) School Improvement Planning* (CSDE):  
[www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=322300](http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=322300)

*School and District Improvement Guide* (CSDE, August 2007): [www.sde.ct.gov/sde/cwp/view.asp?a=2700&q=322196](http://www.sde.ct.gov/sde/cwp/view.asp?a=2700&q=322196)  
(Scroll down to “Resources in Support of CALI”)

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## School Wellness Policy Requirements

### School Wellness Policy Requirements

*Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010:*  
[www.fns.usda.gov/school-meals/fr-072916c](http://www.fns.usda.gov/school-meals/fr-072916c)

Healthy, Hunger-Free Kids Act of 2010: [www.fns.usda.gov/cnd/governance/legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm)

Local Wellness Policy (USDA): <http://teamnutrition.usda.gov/Healthy/wellnesspolicy.html>

School Wellness Policies CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438)

*Summary of Final Rule* (USDA, July 2016): [www.fns.usda.gov/sites/default/files/tn/LWPsummary\\_finalrule.pdf](http://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf)

*The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265, Section 204):*  
[www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf)

*USDA Policy Memo SP24-2017: Local School Wellness Policy: Guidance and Q&As* (USDA):  
[www.fns.usda.gov/school-meals/local-school-wellness-policy-guidance-and-qas](http://www.fns.usda.gov/school-meals/local-school-wellness-policy-guidance-and-qas)

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### Staff Wellness

*Activity Bursts Everywhere (ABE) for Fitness* (Turn the Tide Foundation): <http://abeforfitness.com/>

*A video library of 3- to 8-minute activity bursts organized by setting (e.g., office, home), the body region involved and whether the exercise is performed seated or standing.*

Guide to Worksite Wellness Programs (Wellness Proposals):

<http://wellnessproposals.com/guide-to-worksite-wellness-programs/>

Healthy People (U.S. Department of Health and Human Services): [www.healthypeople.gov/2020/default.aspx](http://www.healthypeople.gov/2020/default.aspx)

*Science-based, 10-year national objectives for improving the health of all Americans.*

Health Promotion for Staff (Alliance for a Healthier Generation):

[www.healthiergeneration.org/take\\_action/schools/employee\\_wellness/](http://www.healthiergeneration.org/take_action/schools/employee_wellness/)

*Making Worksite Wellness Work at Your School* (Iowa Department of Public Health and Iowa Department of

Education, 2011): [http://healthymeals.nal.usda.gov/hsmrs/Iowa/School\\_Worksite\\_Wellness.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/School_Worksite_Wellness.pdf)

Meeting Well (American Cancer Society): [www.cancer.org/healthy/more-ways-acshelps-you-stay-well/meeting-well.html](http://www.cancer.org/healthy/more-ways-acshelps-you-stay-well/meeting-well.html)

*Module 7: Health Promotion for Staff* (from *School Health Index for Physical Activity and Healthy Eating – A Self-Assessment and Planning Guide*) (Centers for Disease Control and Prevention, 2014):

[www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm)

*School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools* (Directors of Health Promotion and Education, 2007): [www.eatsmartmovemorenc.com/Worksites/School\\_Worksite/Texts/School-Employee-Wellness.pdf](http://www.eatsmartmovemorenc.com/Worksites/School_Worksite/Texts/School-Employee-Wellness.pdf)

*Information, practical tools, and resources to help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity, and reduce the costs of employee absenteeism and healthcare.*

*School Staff Wellness* (National Association of State Boards of Education):

[www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf](http://www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf)

*Smart Guide: Employee Wellness* (RMC Health, October 2016):

<http://rmc.org/wp-content/uploads/2016/11/8-Employee-Wellness-Smart-Guide.pdf>

*Staff Fitness Break Cards* (Alliance for a Healthier Generation): [www.healthiergeneration.org/\\_asset/ddn8pb/14-6321\\_StaffFitnessBreaks.pdf](http://www.healthiergeneration.org/_asset/ddn8pb/14-6321_StaffFitnessBreaks.pdf)

*Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace* (Centers for Disease Control and Prevention, 2013): [www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness\\_broch14\\_508\\_tag508\\_tag508.pdf](http://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness_broch14_508_tag508_tag508.pdf)

The Well Workplace Checklist (Wellness Council of America): <https://checklist.welcoa.org/>

*An interactive assessment to help determine how your organization is doing with respect to developing a results-oriented worksite wellness program.*

Wellness Council of America: [www.welcoa.org/](http://www.welcoa.org/)

Workplace Health Promotion (Centers for Disease Control and Prevention):

[www.cdc.gov/workplacehealthpromotion/index.html](http://www.cdc.gov/workplacehealthpromotion/index.html)

Worksite Health ScoreCard (Centers for Disease Control and Prevention, Revised 2014):

[www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html](http://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html)

*Designed to help employers assess the extent to which they have implemented evidence-based health promotion interventions in their worksites.*

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### Success Stories

*Adolescent Obesity: Towards Evidence-Based Policy and Environment Solutions, A Special Supplement on Childhood Obesity* (Journal of Adolescent Health, 45(3), Supplement, September 2009):

[www.rwjf.org/childhoodobesity/product.jsp?id=48309&c](http://www.rwjf.org/childhoodobesity/product.jsp?id=48309&c)

*Research documenting trends toward healthier foods and more physical activity in schools. The authors acknowledge that a wide range of factors influence obesity's development, but policy and environment solutions may be the key to reversing the childhood obesity trend.*

*Arizona Healthy School Environment Model Policy Implementation Pilot Study* (Arizona State Department of Education, February 2005): <http://files.eric.ed.gov/fulltext/ED485901.pdf>

*Helping Students Make Better Food Choices in School* (Action for Healthy Kids, January 2006):

<http://extension.oregonstate.edu/marion/sites/default/files/documents/HelpingStudentsmakebetterfoodchoices.pdf>

*This report outlines the results of a project in 12 Illinois schools to test various approaches to improving student food choices. It includes several key findings regarding how to best support schools as they move from developing their local wellness policies to actually implementing and monitoring those policies.*

*Making It Happen! School Nutrition Success Stories* (USDA, 2005):

[www.nfsmi.org/Foundations/lesson4/F4\\_05MakItHappen.pdf](http://www.nfsmi.org/Foundations/lesson4/F4_05MakItHappen.pdf)

*Highlights 32 schools and school districts that implemented innovative approaches to improving the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages and schools can make money from healthful options.*

*Schools and School Districts that Have Improved School Foods and Beverages and Not Lost Money* (Center for Science in the Public Interest):

[https://cspinet.org/sites/default/files/attachment/school\\_vending\\_machine\\_case\\_studies.pdf](https://cspinet.org/sites/default/files/attachment/school_vending_machine_case_studies.pdf)

Success Stories (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyschools/stories/success\\_stories.htm](http://www.cdc.gov/healthyschools/stories/success_stories.htm)

Success Stories/Best Practices (USDA Healthy Meals Resource System): <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources/success>

*What's Cooking in Connecticut Schools? Ideas for Healthy Kids and Healthy Schools* (Connecticut Food Policy Council, 2004): [www.cityofnewhaven.com/Government/pdfs/CTFPC2004WhatsCooking.pdf](http://www.cityofnewhaven.com/Government/pdfs/CTFPC2004WhatsCooking.pdf)

*Highlights actions schools are taking in Connecticut to improve food and nutrition environments.*

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