

School Food and Physical Activity Environment Web Sites

The following Web sites contain information on improving the school food and physical activity environment. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

Action for Healthy Kids

Resources to Improve Schools

Action for Healthy Kids is a nonprofit group that works through schools to improve the health of overweight, undernourished, and sedentary youths. Its Web site lists resources that address many areas of the school food and physical activity environment, including a la carte foods, physical education, and advertising and marketing in schools.

www.actionforhealthykids.org/resources.php

Alliance for a Healthier Generation

For Schools

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation that fights child obesity. The Alliance's Healthy Schools Program helps schools improve school foods and physical activity and also support staff wellness.

www.healthiergeneration.org/schools.aspx

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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The California Endowment and the Robert Wood Johnson Foundation

Improving School Food Environments Through District-Level Policies

Commissioned by The California Endowment and the Robert Wood Johnson Foundation, this report profiles six California school districts that have implemented district-wide policies for competitive foods (foods sold outside of the school meals program).

www.calendow.org/reference/publications/pdf/disparities/60285_CAEImprovingFood5.pdf

The California Endowment and the Robert Wood Johnson Foundation

Competitive Foods Policy Brief

Commissioned by The California Endowment and the Robert Wood Johnson Foundation, this report surveys the competitive foods landscape at 40 California schools and makes recommendations for improving the school food environment.

www.calendow.org/reference/publications/pdf/disparities/Competitive%20Foods%20Brief.pdf

California Project Lean & the California School Boards Association

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide

California Project Lean, a joint program of the California Department of Health Services, the Public Health Institute, and the California School Boards Association, offer a step-by-step guide to creating a healthy school nutrition and physical activity environment, including sample policies and case studies. The California Project Lean Web site also offers a wealth of resources for improving the school environment.

www.csba.org/PS/student_wellness.pdf

“Creating Healthier Places”: www.californiaprojectlean.org/views/Create_Healthier_Places.asp

Centers for Disease Control and Prevention (CDC)

Making It Happen: School Nutrition Success Stories

This report features 32 success stories from schools and districts that have improved school nutrition standards and the school food environment and have been able to make money from these changes.

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

Center for Science in the Public Interest (CSPI)

School Foods Tool Kit: A Guide to Improving School Foods and Beverages

CSPI is a consumer advocacy organization that advances health and nutrition policy issues. CSPI has created a tool kit for improving school foods and beverages, including model materials, policies, and case studies.

www.cspinet.org/schoolfoodkit/

Connecticut State Department of Education

Healthy School Nutrition Environment Resource List

Connecticut's Department of Education has compiled a comprehensive list of Web sites and online resources related to the school nutrition and physical activity environment.

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hsne_resource_list.pdf

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Green Schools Initiative

The Little Green Schoolhouse

The Green Schools Initiative was founded by parent environmentalists to improve the environmental health and ecological sustainability of schools in the United States. This report broadly addresses environmental sustainability in schools and includes recommendations for improving school lunches and the school food environment.

www.greenschools.net/report/index.html

Institute of Medicine (IOM)

Schools Can Play a Role in Preventing Childhood Obesity

This fact sheet addresses the role that the school food and physical activity environment plays in preventing child obesity; it is drawn from the IOM's 2005 report, *Preventing Child Obesity: Health in the Balance*. The full report can also be read online.

www.iom.edu/Object.File/Master/22/615/Fact%20Sheet%20-%20Schools%20FINALBitticks.pdf
Preventing Child Obesity: Health in the Balance: www.iom.edu/?id=25046

New Hampshire Department of Education

Healthy School Nutrition Environment

This assessment tool, which is based on the USDA's Changing the Scene program and the CDC's Comprehensive School Health Assessment, can be used to assess and develop action plans for six key elements of a healthy school nutrition environment.

www.ed.state.nh.us/education/doe/organization/programsupport/documents/HealthySchoolNutritionEnvironmentAssessmentTool.doc

Maine Nutrition Network

Internet Kits

The Maine Nutrition Network, a public-private partnership, has created 10 tool kits that tie cafeteria promotions to nutrition education themes (including 5 A Day, MyPyramid, and Healthy Bones), with the goal of promoting a healthy school environment.

www.maine-nutrition.org/Projects/MNInternetKits.htm

National Association of State Boards of Education (NASBE)

State Level School Health Policies

This Web site lists state-level school health policies in several areas such as physical education and physical activity, nutrition education, school food services, and the school food environment.

www.nasbe.org/HealthySchools/States/State_Topics.asp

New England Coalition for Health Promotion and Disease Prevention (NECON)

Strategic Plan for the Prevention and Control of Overweight and Obesity in New England

NECON is a nonprofit, nonpartisan coalition of the New England state health departments, the region's schools of public health, and federal health agencies. The NECON strategic plan outlines what schools can do to create an environment that promotes healthy eating and physical activity.

www.neconinfo.org/02-11-2003_Strategic_Plan.pdf

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The Robert Wood Johnson Foundation

Healthy Schools for Healthy Kids

This report highlights ways for schools to increase children's physical activity and to improve their diets, identifying promising policies and programs in schools and districts around the country.

www.rwjf.org/files/publications/other/HealthySchools.pdf

Team Nutrition

Changing the Scene—Improving the School Nutrition Environment

The USDA's Team Nutrition works through schools to promote the nutritional health of children in the United States. Changing the Scene is a tool kit for improving the school nutrition environment, covering topics such as meal quality, cafeteria environment, healthy food choices, and nutrition education.

<http://teamnutrition.usda.gov/Resources/changing.html>

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).