

## **Resource List**

### **Local School Wellness Policy**

#### **School Wellness Policy Requirements:**

- USDA Team Nutrition web site – a clearinghouse of information on the components to consider when establishing local school wellness policy.  
*<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>*
- Food, Research, and Action Center web site - includes Power Point presentations, school wellness policy language (Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004), and other resources.  
*[http://www.frac.org/html/federal\\_food\\_programs/cnreauthor/wellness\\_briefing.htm](http://www.frac.org/html/federal_food_programs/cnreauthor/wellness_briefing.htm)*

#### **Creating a School Health Council**

- American Cancer Society, Texas Healthy Kids Network - includes information on School Health Advisory Councils. *Can download* “Promoting Healthy Youth, Schools, and Communities: A Guide to Community-School Health Councils” by *clicking on* “Schools” then “Advisory Councils.”  
*<http://www.schoolhealth.info>*
- North Carolina - Effective School Health Advisory Councils: Moving from Policy to Action.  
*[http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf)*

#### **Assessment of the School Environment**

- USDA Team Nutrition – “Changing the Scene”, a tool kit designed to address improvements in the school nutrition environment.  
*<http://www.fns.usda.gov/tn/Resources/changing.html>*
- Centers for Disease Control/Healthy Youth – “School Health Index”, a self-assessment and planning guide that enables schools to identify strengths and weaknesses of their health policies and programs, develop action plans for improving student health, and involve teachers, parents, students, and the community in improving school policies, programs, and services.  
*<http://apps.nccd.cdc.gov/shi/>*
- School Nutrition Association (formerly ASFSA) – “Keys to Excellence: Standards of Performance”, a self-assessment tool for school nutrition programs. Includes assessment of administration, communication and marketing, operations, and nutrition and nutrition education.  
*<http://www.asfsa.org/childnutrition/keys/>*

#### **Policy Development**

- California School Boards Association – “Healthy Food Policy Resource Guide”, includes sample school district policies and tools; outlines the link between nutrition, physical activity and learning; addresses the nutritional and physical activity status of children and youth; and highlights school districts that are successfully offering healthy foods and beverages. Sections can be viewed on-line and the full version is available for purchase. *An updated version will be available June 2005.*  
*<http://www.csba.org/ps/hf.htm>*

- National Association of State Boards of Education – “Fit, Healthy, and Ready to Learn”, provides direction on establishing an overall policy framework for school health programs and policy examples that can be adapted to fit local circumstances.  
*<http://www.nasbe.org/HealthySchools/fithealthy.html>*
- Center for Science in the Public Interest – “School Foods Tool Kit”, is divided into three sections: How to Improve School Foods and Beverages, Model Materials and Policies, and Case Studies.  
*<http://www.cspinet.org/schoolfood/>*
- Center for Food and Justice, Urban and Environmental Policy Institute, October 2002) This “Healthy School Food Policies: A Checklist” document includes policy options, ideas, and examples.  
*<http://departments.oxy.edu/uepi/schoolfoodschecklist.htm>*
- California Department of Education – “Health Framework for California Public Schools”.  
*<http://www.cde.ca.gov/re/pn/fd/documents/health-framework-2003.pdf>*
- California Department of Education – “Building Infrastructure for Coordinated School Health: California’s Blue Print”.  
*<http://www.cde.ca.gov/ls/he/cs/documents/blueprintfinal.pdf>*
- U.S. Department of Health and Human Services – “Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity”  
*<http://www.surgeongeneral.gov/topics/obesity/>*

**Policy Examples:**

- California School Board Association (CSBA)  
*[http://www.csba.org/ps/wellness\\_5030.pdf](http://www.csba.org/ps/wellness_5030.pdf)*
- National Alliance for Nutrition and Activity (NANA)  
*<http://www.schoolwellnesspolicies.org/>*
- School Nutrition Association (SNA)  
*<http://www.asfsa.org/Index.aspx?id=1075>*
- Policies developed by California school districts
  - Benicia Unified School District  
*<http://www.benicia.k12.ca.us/nutrition/CNPAAC BP and AR Complete Policy.htm>*
  - Kernville Union School District  
*<http://wwwstatic.kernvilleusd.org/gems/kernvilleCFS/BP3550.pdf>*
  - San Francisco Unified School District:  
*<http://portal.sfusd.edu/template/default.cfm?page=ops.nutrition.policy1>*

**Nutrition Standards:**

- California Project LEAN – “Nutrition Standard Calculator”, an on-line calculator which determines if an individual food item meets the food standards for fat, saturated fat, and sugar according to Senate Bill 19 guidelines.  
*<http://www.californiaprojectlean.org/calculator/>*
- U.S. Department of Agriculture – “2005 Dietary Guidelines for Americans.”  
*<http://www.health.gov/dietaryguidelines/>*

**Nutrition Education:**

- Centers for Disease Control – “Guidelines for School Health Programs to Promote Lifelong Healthy Eating”, June 1996.  
*<http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>*

**Physical Education:**

- Centers for Disease Control – “Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People”, March 1997.  
*<http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>*
- California Department of Education - California Physical Education Standards.  
*<http://www.cde.ca.gov/be/pn/im/documents/infomemcibpdddec04item01.doc>*
- California Department of Education - Physical Education Framework for California Public Schools.  
*<http://www.cde.ca.gov/re/pn/fd/documents/pefrwk.pdf>*

**Evaluation of Implementation:**

- Centers for Disease Control – “Physical Activity Evaluation Handbook”, outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies, and additional evaluation resources.  
*<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/>*
- Action for Healthy Kids – “Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity”, defines a set of standard criteria for creating and evaluating school-based approaches for improving nutrition and physical activity.  
*<http://www.actionforhealthykids.org/AFHK/specialreports/index.php>*

**Legislation:**

- Senate Bill 19 (Senator Escutia, 2001-2002 Session)  
*<http://www.leginfo.ca.gov/>*
- Senate Bill 677 (Senator Ortiz, 2003-2004 Session)  
*<http://www.leginfo.ca.gov/>*

**Note:** Consider the impact of other health, nutrition and physical education-related bills currently introduced in the California Legislature.

**Other resources:**

- California Department of Education – “Healthy Children, Ready to Learn: A White Paper on Health, Nutrition, and Physical Education”.  
<http://www.cde.ca.gov/eo/in/se/yr05healthychildrenwp.asp>
- California Department of Education - Superintendent’s Task Force on Childhood Obesity, Type 2 Diabetes, and Cardiovascular Disease.  
<http://www.cde.ca.gov/ls/he/cd/>
- California Department of Education - California Superintendent’s Challenge.  
<http://www.cde.ca.gov/eo/in/ch/>
- USDA Team Nutrition - Healthier US School Challenge. *Schools can be certified as either Silver or Gold Team Nutrition Schools.*  
<http://www.fns.usda.gov/tn/HealthierUS/index.htm>
- Action for Healthy Kids - “The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools” is a report that documents the link between nutrition, activity, and achievement.  
<http://www.actionforhealthykids.org/AFHK/specialreports/index.php>
- California Project LEAN – “Bright Ideas” web site includes strategies and contact information of school districts that have successfully implemented promising practices related to healthy eating and physical activity to provide students access to nutritious food and/or regular physical activity.  
<http://www.californiaprojectlean.org/brightideas/>