



# Resources

## *on Children's Nutrition and Wellness*

*Disclaimer:* National PTA and Parents' Action for Children have listed the following websites as resources on children's nutrition and wellness. The listing of a site does not imply that either organization endorses any particular information available on that site.

### **National PTA**

National PTA is the largest volunteer child advocacy organization in the United States. A not-for-profit association of parents, educators, students, and other citizens active in their schools and communities, PTA is a leader in reminding our nation of its obligations to children. Information and resources related to their health and wellness activities can be found at National PTA's website. [www.pta.org](http://www.pta.org)

### **Parents' Action for Children**

Parents' Action for Children is a national nonprofit dedicated to advancing the interests of families and children. Parents' Action develops parent education materials, connects parents with one another, and mobilizes parents to be advocates on issues such as early education, health care, and high-quality and affordable child care. A dedicated Web channel provides parents with information about children's nutrition and wellness. [www.parentsaction.org](http://www.parentsaction.org)

### **Nutrition Information**

#### **Action for Healthy Kids (AFHK)**

A public-private partnership of more than 40 national organizations and government agencies representing education, health, fitness and nutrition, AFHK addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools. Materials on the relationship between physical activity and achievement, a database of successful efforts to improve wellness in schools, and materials on nutrition policy and obesity can be found on their website. [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

### **American Academy of Pediatrics**

The American Academy of Pediatrics is an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults. Visit their website for recommendations on breastfeeding, nutrition policy and publications on children's nutrition. [www.aap.org](http://www.aap.org)

### **American Association of Clinical Endocrinologists (AACE) / President's Council on Physical Fitness and Sports Power of Prevention Program**

AACE is dedicated to the optimal care of patients with endocrine problems such as diabetes, thyroid disorders, growth hormone deficiency, osteoporosis, cholesterol disorders, hypertension and obesity. The Power of Prevention program coordinates physicians to give presentations on nutrition and wellness to 6th graders. [www.powerofprevention.com](http://www.powerofprevention.com)

### **American Diabetes Association**

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Diet recommendations for children with diabetes can be found on their website. [www.diabetes.org](http://www.diabetes.org)

### **American Dietetic Association**

The American Dietetic Association is the nation's largest organization of food and nutrition professionals, and promotes optimal nutrition, health, and well-being. There is information on their website about nutrition education resources, standards and guidance. [www.eatright.org](http://www.eatright.org)

### **American School Health Association**

The mission of the American School Health Association is to protect and promote the health and well-being of children and youth through coordinated school health programs as a foundation for school success. Their website provides resources on health curriculum, health councils and more. [www.ashaweb.org](http://www.ashaweb.org)

### **California Food Policy Advocates**

California Food Policy Advocates is dedicated to improving the health and well-being of low-income Californians by increasing their access to nutritious and affordable food. Information on federal nutrition programs and general nutrition advocacy can be found on their website. [www.cfpa.net](http://www.cfpa.net)

### **California Project LEAN (Leaders Encouraging Activity and Nutrition)**

The mission of California Project LEAN is to increase healthy eating and physical activity in order to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes. Visit their website for resources on school food policies and their relationship to student success, as well as practical tips on healthy fundraising, how to change vending machine contracts, etc. [www.dhs.ca.gov/lean](http://www.dhs.ca.gov/lean)

***Centers for Disease Control and Prevention (CDC)***

The CDC is the principal agency in the U.S. government for protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves. Their website has school nutrition success stories, a searchable database of all active state legislation on nutrition and physical activity, guidelines for nutrition and physical activity curriculum, activities for families, and more.  
[www.cdc.gov](http://www.cdc.gov)

***Center for Science in the Public Interest (CSPI)***

CSPI is a nonprofit advocacy organization for nutrition and health, food safety, alcohol policy and sound science. Its monthly newsletter, Nutrition Action Health Letter, is the largest-circulation newsletter in North America. Visit their website to find a tool kit on how to change the school nutrition environment as well as publications on junk food marketing to children and nutrition ratings of thousands of restaurant and grocery store items.  
[www.cspinet.org](http://www.cspinet.org)

***Children's Alliance***

Children's Alliance is Washington's statewide child advocacy organization. It champions public policies and practices that deliver the essentials that kids need to thrive—confidence, stability, health, and safety. Their website provides resources for improving school nutrition, including a tool kit and ideas for after-school programs.  
[www.childrensalliance.org](http://www.childrensalliance.org)

***Food and Drug Administration (FDA)***

The FDA is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. The FDA's website includes information on how to understand food labels.  
[www.fda.gov](http://www.fda.gov)

***Food Research and Action Center (FRAC)***

FRAC is a leading national organization working to improve public policies to eradicate hunger and undernutrition in the United States. Their website has information on federally funded school meal programs including School Breakfast, National School Lunch, and the After School Snack Program.  
[www.frac.org](http://www.frac.org)

***Get Kids in Action***

A partnership between The University of North Carolina at Chapel Hill and The Gatorade Company, Get Kids in Action aims to increase physical activity among children in order to reduce and prevent obesity. Information targeted at parents and kids on obesity (including a BMI calculator), suggestions for activities, and healthy eating tips can be found on their website.  
[www.getkidsinaction.org](http://www.getkidsinaction.org)

***National Association of State Boards of Education (NASBE)***

NASBE works to strengthen state leadership in educational policy-making, promote excellence in the education of all students, advocate equality of access to educational opportunity, and ensure continued citizen support for public education. Visit their website for resources on school health policy, including information about the role of schools in preventing obesity, as well as nutrition and physical activity.  
[www.nasbe.org](http://www.nasbe.org)

***National Cancer Institute (NCI)/ 5 A Day Program***

The NCI is the government's principal agency for cancer research and training. The 5 A Day website promotes eating fruits and vegetables and includes classroom curricula on nutrition for all grade levels.  
[www.5ADay.gov/homepage/index\\_content.html](http://www.5ADay.gov/homepage/index_content.html)

***National Institute of Diabetes and Digestive and Kidney Diseases / Weight-control Information Network (WIN)***

The National Institute of Diabetes and Digestive and Kidney Diseases conducts and supports research on many of the most serious diseases affecting public health. WIN provides the general public, health professionals, the media, and Congress with up-to-date science-based information on weight control, obesity, physical activity, and related nutritional issues.  
<http://win.niddk.nih.gov/index.htm>

***National Institute of Mental Health (NIMH)***

The NIMH is the lead federal agency for research on mental and behavioral disorders. Information on eating disorders can be found on their website.  
[www.nimh.nih.gov/publicat/eatingdisorders.cfm](http://www.nimh.nih.gov/publicat/eatingdisorders.cfm)

***National School Boards Association (NSBA)***

The mission of NSBA is to foster excellence and equity in public education through school board leadership. Resources on their website include a sample school health policy database.  
[www.nsba.org](http://www.nsba.org)

### ***School Nutrition Association***

Formerly the American School Food Service Association, the School Nutrition Association has been advancing the availability, quality and acceptance of school nutrition programs as an integral part of education since 1946. The association strives to see that all children have access to healthful school meals and nutrition education. Their website provides information about how to start a wellness council, information for school food service personnel, recipes and more.  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

### ***Shape Up America***

Shape Up America is committed to providing credible, science-based health messages in a distinctive new way so that people will understand the importance of healthy weight and increased physical activity. A key step is to focus on the health benefits of weight reduction and increased activity, stressing those simple changes in dietary choices and exercise habits that are readily available. Resources on childhood obesity, including a parents' guide, as well as information about general nutrition and physical fitness can be found on their website.  
[www.shapeup.org](http://www.shapeup.org)

### ***The California Endowment***

The California Endowment's mission is to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status of all Californians. Their website provides resources on nutrition policy, as well as advocacy tools.  
[www.calendow.org/policy/advocacy\\_info.stm](http://www.calendow.org/policy/advocacy_info.stm)

### ***The Center for Health and Health Care in Schools***

The Center for Health and Health Care in Schools is a nonpartisan policy and program resource center located at The George Washington University School of Public Health and Health Services. It tests strategies to strengthen healthcare delivery systems for children and adolescents, and works with institutional leaders, state officials and clinical providers to maximize outcomes for children through more effective health programming in schools. Resource lists on the topics of obesity, nutrition and physical education can be found on their website.  
[www.healthinschools.org](http://www.healthinschools.org)

### ***The Coordinated Approach to Child Health (CATCH) Program***

CATCH is a researched based program (based at the University of Texas School of Public Health) designed to improve nutrition and physical fitness. They provide curricula on nutrition and physical fitness as well as training if you would like to implement the program in your school.  
[www.sph.uth.tmc.edu/catch](http://www.sph.uth.tmc.edu/catch)

### ***The Produce for Better Health Foundation (PBH)***

PBH is a nonprofit consumer education foundation whose mission is to be the catalyst for creating a healthier America through increased consumption of a variety of fruits and vegetables. PBH is chair of the National 5 A Day Partnership—government agencies, nonprofit organizations, and industry working in collaboration to expand 5 A Day efforts to increase consumption of fruits and vegetables for improved public health.  
[www.5ADay.com](http://www.5ADay.com)

### ***The Robert Wood Johnson Foundation***

The Robert Wood Johnson Foundation seeks to improve the health and health care of all Americans. It prioritizes grants into four goal areas: to assure that all Americans have access to quality health care at reasonable cost; to improve the quality of care and support for people with chronic health conditions; to promote healthy communities and lifestyles; to reduce the personal, social and economic harm caused by substance abuse—tobacco, alcohol and illicit drugs. Information on obesity, nutrition and physical education policy and legislation can be found on their website.  
[www.rwjf.org](http://www.rwjf.org)

### ***U.S. Department of Agriculture (USDA) / Children's Nutrition Research Center at Baylor College of Medicine***

The Children's Nutrition Research Center is dedicated to defining the nutrient needs of children, from conception through adolescence, and the needs of pregnant women and nursing mothers. Information available on their website includes a BMI calculator, a children's energy needs calculator, and daily requirements for nutrients in children by age.  
[www.kidsnutrition.org](http://www.kidsnutrition.org)

### ***U.S. Department of Agriculture (USDA) / Dietary Guidelines for Americans***

The Dietary Guidelines for Americans provide authoritative advice for people age 2 and older about how good dietary habits can promote health and reduce risk for major chronic diseases. Information about general nutrition and physical activity is also available on their website.  
[www.usda.gov/cnpp/dietary\\_guidelines.html](http://www.usda.gov/cnpp/dietary_guidelines.html)

***U.S. Department of Agriculture (USDA) / Food Guide Pyramid***

The USDA now has an interactive website where you can design an individualized healthy eating plan based on age and activity level. The website also has resources and information to help you develop educational materials on federal food guidance.  
[www.mypyramid.gov](http://www.mypyramid.gov)

***U.S. Department of Agriculture (USDA) / Team Nutrition***

Team nutrition is an initiative of the USDA Food and Nutrition Service that supports the Child Nutrition Programs through training and technical assistance for food service personnel, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Resources available on their website include a toolkit for healthy school meals, information about topics such as the relationship of nutrition to achievement and how to accommodate students with special dietary needs, activities for families and more.  
[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

***U.S. Department of Health and Human Services / The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity***

This is a statement by the surgeon general covering the many aspects of the problem and what can be done about it. Their website includes links to general information on nutrition and physical activity.  
[www.surgeongeneral.gov/topics/obesity](http://www.surgeongeneral.gov/topics/obesity)

***Physical Activity and Physical Education***

***Action for Healthy Kids (AFHK)***

A public-private partnership of more than 40 national organizations and government agencies representing education, health, fitness and nutrition, AFHK addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools. Materials on the relationship between physical activity and achievement, a database of successful efforts to improve wellness in schools, and materials on nutrition policy and obesity can be found on their website.  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

***Center for Child Well-being***

The Center for Child Well-being is dedicated to exploring ways to dramatically improve the lives of children. The center has looked beyond improvements in physical health that characterized the 20th century to envision a world in which all children have the supports, the strengths, and the opportunities they need to flourish in every aspect of life.  
[www.childwellbeing.org](http://www.childwellbeing.org)

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***National Association for Health and Fitness***

The mission of the National Association for Health and Fitness is to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles by fostering and supporting Governor's and State Councils on physical fitness and sports in every state and U.S. Territory.  
[www.physicalfitness.org](http://www.physicalfitness.org)

***National Association for Sport and Physical Education (NASPE)***

NASPE offers guidelines for physical education facilities, equipment and instruction; information on how to include students with disabilities; guidelines for after-school programs; family fitness tips; advice on choosing the right activity for your child; and more.  
[www.aahperd.org/naspe](http://www.aahperd.org/naspe)

***National Association of State Boards of Education (NASBE)***

NASBE works to strengthen state leadership in educational policy-making, promote excellence in the education of all students, advocate equality of access to educational opportunity, and ensure continued citizen support for public education. Visit their website for resources on school health policy, including information about the role of schools in preventing obesity, as well as nutrition and physical activity.  
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***PE4Life***

PE4life inspires active, healthy living by advancing the development of quality, daily physical education programs for all children. The site has physical education advocacy resources and information on research on physical education and activity. [www.pe4life.com](http://www.pe4life.com)

***President's Council on Physical Fitness and Sports***

The President's Council on Physical Fitness and Sports is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness, and sports in America. A physical activity fact sheet and links to other resources related to physical activity can be found on their website. [www.fitness.gov](http://www.fitness.gov)

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***U.S. Department of Health and Human Services / Healthy People 2010: Health Objectives for the Nation***

This is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats. Physical activity and overweight and obesity are among the top 10 high priority public health issues in the United States. [www.health.gov/healthypeople](http://www.health.gov/healthypeople)

## **Childhood Obesity**

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### ***American Heart Association (AHA) / Clinton Foundation Alliance: Creating a Healthier Generation Childhood Obesity Prevention Initiative***

AHA is dedicated to reducing disability and death from cardiovascular disease and stroke. They have partnered with the Clinton Foundation, and have created materials including a statistical sourcebook on childhood obesity, as well as other resources for families and teachers. [www.americanheart.org](http://www.americanheart.org)

### ***American Obesity Association***

The American Obesity Association is an organization focused on changing public policy and perceptions about obesity. It is a resource for policy makers, media, professionals and patients on the obesity epidemic. Visit their website for tips on how families and schools can create a healthy eating environment. [www.obesity.org](http://www.obesity.org)

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### ***Kaiser Family Foundation***

The Henry J. Kaiser Family Foundation is a nonprofit, private operating foundation focusing on the major health care issues facing the nation. The Foundation is an independent voice and source of facts and analysis for policy makers, the media, the health care community, and the general public. The foundation conducted a major study on media and its impact on youth today, including the contribution media has made to the obesity epidemic. [www.kff.org](http://www.kff.org)

### ***Institute of Medicine (IOM) of the National Academies***

The IOM's mission is to serve as adviser to the nation to improve health. The IOM provides unbiased, evidence-based, and authoritative information and advice concerning health and science policy to policymakers, professionals, leaders in every sector of society, and the public at large. The IOM conducts national studies on many topics, including food and nutrition. One ongoing study is looking at the effect of marketing on the diet of children and youth. [www.iom.edu](http://www.iom.edu)

### ***National Association of State Boards of Education (NASBE)***

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### ***National Heart, Lung, and Blood Institute (NHLBI)***

NHLBI provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood; blood resources; and sleep disorders. Its website provides information for the public about obesity. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

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### **Toolkits to Change the School Environment**

#### ***Changing the Scene: Improving the School Nutrition Environment***

U.S. Department of Agriculture  
[www.fns.usda.gov](http://www.fns.usda.gov)

#### ***Toolkit for Intervention of Overweight Children and Adolescents: Tools for Parents, Teachers, Students, and Community Leaders***

American Public Health Association  
[www.apha.org/ppp/obesity\\_toolkit](http://www.apha.org/ppp/obesity_toolkit)

#### ***School Foods Tool Kit: A Guide to Improving School Foods & Beverages (Includes in-depth survey of school vending machines and suggestions for healthier fare)***

Center for Science in the Public Interest  
[www.cspinet.org/schoolfoods](http://www.cspinet.org/schoolfoods)

#### ***School Health Index: A Self-Assessment and Planning Guide (Available in both elementary and middle/high school versions)***

Centers for Disease Control and Prevention  
[www.cdc.gov/nccdphp/dash/SHI](http://www.cdc.gov/nccdphp/dash/SHI)

#### ***It's Time for Your School's Physical Education Checklist: How Are You Doing?***

National Association for Sport & Physical Education  
[www.aahperd.org/NASPE](http://www.aahperd.org/NASPE)

#### ***Improving the School Nutrition Environment: A Guide for Change***

Children's Alliance  
[www.childrensalliance.org](http://www.childrensalliance.org)