

# Healthy Weight Resources & Information

KDHE, Bureau of Health Promotion, Kansas Preventive Health and Health Services Block Grant, School Nurse Advisory Council (2020)

(Please note, if you click on the web-link and the document or website does not open, you may need to copy and paste the web-link into your web browser to open).

Key: SN/WC (School Nurse/Wellness Council);  
T (Teachers/School Staff); P (Parents); S (Students)

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Information about Healthy Lifestyles and Concerns with Obesity</b>					
AAP	Healthy Children – General Information related to <b>child health</b> and well-being for <b>infants, children, adolescents and young adults</b> . Information available in English and Spanish. <a href="https://www.healthychildren.org/english/our-mission/pages/default.aspx">https://www.healthychildren.org/english/our-mission/pages/default.aspx</a> Obesity - <a href="https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx">https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx</a> Nutrition - <a href="https://www.healthychildren.org/english/healthy-living/pages/default.aspx">https://www.healthychildren.org/english/healthy-living/pages/default.aspx</a>		X		X	
AAP	Achieving a Healthy Weight for Your Child - Helps <b>children</b> with weight concerns by giving their parents clear-cut <b>information on nutrition and fitness</b> . <a href="https://shop.aap.org/achieving-a-healthy-weight-for-your-child-paperback/">https://shop.aap.org/achieving-a-healthy-weight-for-your-child-paperback/</a>				X	
AAP	Bright Futures in Practice: Nutrition – The nutrition guide emphasizes prevention and early recognition of nutrition concerns and provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence. <a href="https://www.brightfutures.org/nutrition/pdf/index.html">https://www.brightfutures.org/nutrition/pdf/index.html</a>		X			
AAP	Bright Futures in Practice: Physical Activity - Developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities. <a href="https://www.brightfutures.org/physicalactivity/about.htm">https://www.brightfutures.org/physicalactivity/about.htm</a>		X			
AAP	“Change Talk: Childhood Obesity” – an interactive, training simulation to help pediatricians and other health professionals learn motivational interviewing techniques to counsel families on childhood obesity. Designed to help health professionals utilize MI techniques to navigate challenging family and patient conversations regarding childhood obesity. Change Talk is a virtual practice environment in which health care providers assume the role of a pediatrician and engage in a simulated conversation and the user learns to apply MI techniques to help the virtual humans identify motivation for change, supporting them to implement modifications to their diet, screen time habits, exercise routines, and more! Available as a mobile app for Apple and Android devices. <a href="http://www.aap.org/obesity">www.aap.org/obesity</a> or <a href="https://go.kognito.com/changetalk">https://go.kognito.com/changetalk</a>		X			

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Information about Healthy Lifestyles and Concerns with Obesity (continued)</b>					
AFHG	EmpowerME a website designed to inspire kids to <i>eat healthier and move more</i> . <a href="https://www.youtube.com/user/empowerme2b">https://www.youtube.com/user/empowerme2b</a>					X
AFHG	Provides resources in the areas of physical education, employee wellness, physical activity, health education, nutrition services, smart snacks, and policy and environment. <a href="https://www.healthiergeneration.org/resources">https://www.healthiergeneration.org/resources</a>		X	X		
AFHG	Provides a 6-step process through which schools can create and implement a plan to make healthy changes. <a href="https://www.healthiergeneration.org/take-action/schools">https://www.healthiergeneration.org/take-action/schools</a>		X	X		
AFHK	School Wellness Programs, Policies and Practice <a href="http://www.actionforhealthykids.org/component/content/article/11-general/1498-school-wellness-programs-policies-and-practices-other-webinar-series">http://www.actionforhealthykids.org/component/content/article/11-general/1498-school-wellness-programs-policies-and-practices-other-webinar-series</a>		X	X	X	
AND	How To Talk to Kids About Weight and Obesity <a href="https://www.eatright.org/health/weight-loss/overweight-and-obesity/how-to-talk-to-kids-about-weight-and-obesity">https://www.eatright.org/health/weight-loss/overweight-and-obesity/how-to-talk-to-kids-about-weight-and-obesity</a>		X		X	
ASCD	Provides information on the WSCC model, its components, ideas for implementation and information on how to incorporate the health and wellness into school improvement plans. <a href="http://www.ascd.org/programs/learning-and-health.aspx">http://www.ascd.org/programs/learning-and-health.aspx</a>		X	X		
ASCD	Guides schools through an assessment to identify and develop a plan to address the needs related to the whole child tenants and the components of the WSCC model. <a href="https://sitool.ascd.org/Default.aspx?ReturnUrl=%2f">https://sitool.ascd.org/Default.aspx?ReturnUrl=%2f</a>		X	X		
CDC	Childhood Overweight and Obesity <a href="https://www.cdc.gov/obesity/childhood/">https://www.cdc.gov/obesity/childhood/</a>		X	X	X	
CDC	Childhood Obesity Causes and Consequences <a href="https://www.cdc.gov/obesity/childhood/causes.html">https://www.cdc.gov/obesity/childhood/causes.html</a>		X	X	X	
CDC	Flyer “Unfit to Serve: Obesity Is Impacting National Security” <a href="https://www.cdc.gov/physicalactivity/downloads/unfit-to-serve.pdf">https://www.cdc.gov/physicalactivity/downloads/unfit-to-serve.pdf</a>		X	X	X	
CDC	Ideas to Help Children Maintain A Healthy Weight – <a href="https://www.cdc.gov/healthyweight/children/index.html">https://www.cdc.gov/healthyweight/children/index.html</a>		X	X	X	
CDC	Provides information about various factors related to health, the school health index and professional development. <a href="https://www.cdc.gov/healthyschools/shi/">https://www.cdc.gov/healthyschools/shi/</a>		X	X		
CDC	Provides real life examples of how schools have improved the lives of students through healthy eating and physical education and activity. <a href="https://www.cdc.gov/healthyschools/stateprograms.htm">https://www.cdc.gov/healthyschools/stateprograms.htm</a>		X	X		

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Information about Healthy Lifestyles and Concerns with Obesity (continued)</b>					
CDC	School Health Guidelines to Promote Healthy Eating and Physical Activity. <a href="https://www.cdc.gov/healthyschools/professional_development/e-learning/shg.html">https://www.cdc.gov/healthyschools/professional_development/e-learning/shg.html</a>		X	X	X	
CDC	SHPPS: School Health Policies and Practices Study - <a href="https://www.cdc.gov/healthyyouth/data/shpps/index.htm">https://www.cdc.gov/healthyyouth/data/shpps/index.htm</a>		X	X		
CDC	Step It Up – Information that promotes walking and walkable communities - <a href="https://www.cdc.gov/physicalactivity/walking/call-to-action/index.htm">https://www.cdc.gov/physicalactivity/walking/call-to-action/index.htm</a>		X	X	X	X
CDC	Tips for Teachers – Information to promote <b>healthy eating and physical activity</b> in the classroom. <a href="https://www.cdc.gov/healthyschools/npao/pdf/tips-for-teachers.pdf">https://www.cdc.gov/healthyschools/npao/pdf/tips-for-teachers.pdf</a>			X		
CDC	Tips for Picky Eaters – <a href="https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating">https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating</a>		X	X	X	
CDC	BAM! Body and Mind interactive website developed by the CDC that gives <b>kids aged 9-13 healthy lifestyle</b> information. <a href="https://www.cdc.gov/bam/index.html">https://www.cdc.gov/bam/index.html</a>					X
CDC	School Health Education Resources National Health Education Standards - <a href="https://www.cdc.gov/healthyschools/sher/standards/index.htm">https://www.cdc.gov/healthyschools/sher/standards/index.htm</a>		X	X		
CFYWH	The Center for Young Women’s Health is a website developed by the Children’s Hospital in Boston and provides <b>teen girls and young women</b> with <b>health information</b> , educational programs, and links to expert medical care at Children’s Hospital. <a href="https://youngwomenshealth.org">https://youngwomenshealth.org</a>		X	X	X	X
HSC	Fit to Learn – Resources for teachers and administrators to help prioritize health and wellness in the classroom and throughout the school by making healthy habits a routine part of how kids learn. <a href="https://healthyschoolscampaign.org/programs/fit-to-learn/">https://healthyschoolscampaign.org/programs/fit-to-learn/</a>			X		
KS AAP	Obesity <a href="http://www.kansasaap.org/wordpress/chapter-focus/obesity/">http://www.kansasaap.org/wordpress/chapter-focus/obesity/</a>		X	X	X	
KSDE	Wellness Policy – Handouts and Brochures: <a href="https://www.kn-eat.org/SNP/SNP_Menu/SNP_Guidance_Wellness_Policies_M2_Brochures.htm">https://www.kn-eat.org/SNP/SNP_Menu/SNP_Guidance_Wellness_Policies_M2_Brochures.htm</a> Resources for School Wellness Committees: <a href="https://www.kn-eat.org/SNP/SNP_Menu/SNP_Guidance_Wellness_Policies_M2_Committees-Coaches.htm">https://www.kn-eat.org/SNP/SNP_Menu/SNP_Guidance_Wellness_Policies_M2_Committees-Coaches.htm</a> School Nutrition Program: <a href="https://www.kn-eat.org/SNP/SNP_Menu/SNP_Home.htm#NSLP">https://www.kn-eat.org/SNP/SNP_Menu/SNP_Home.htm#NSLP</a> Healthy Kansas Schools: <a href="https://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-F-L/Healthy-Kansas-Schools?TSPD_101_R0=0812b43512ab20006466323dba34499e033775d403a00aed1e00236c30fdc85b194b3af19e5fb6e8087da3b0e81430008c703a7c71ae4af865ba3df3df8c944c96c678b1712eefdb8007adcc3c67237ccaff95bea100117e9b60297bdad0c710">https://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-F-L/Healthy-Kansas-Schools?TSPD_101_R0=0812b43512ab20006466323dba34499e033775d403a00aed1e00236c30fdc85b194b3af19e5fb6e8087da3b0e81430008c703a7c71ae4af865ba3df3df8c944c96c678b1712eefdb8007adcc3c67237ccaff95bea100117e9b60297bdad0c710</a>		X	X		

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Information about Healthy Lifestyles and Concerns with Obesity (continued)</b>					
NACCD	Provides real life examples of how school districts can leverage partnerships with local health departments to work toward healthier and more successful schools. <a href="https://chronicdisease.org/page/achieve/">https://chronicdisease.org/page/achieve/</a>		X	X		
NASN	School Nurses and Motivational Interviewing: Painting a Picture of What School Nurses Can Do? <a href="https://www.youtube.com/watch?v=1Zem1ROEQCE">https://www.youtube.com/watch?v=1Zem1ROEQCE</a> NASN E-Learning: MI for School Nurses <a href="https://www.pathlms.com/nasn/courses/12101">https://www.pathlms.com/nasn/courses/12101</a>		X			
Nemours	Kids' Health – <b>For Kids</b> - Watch movies, take quizzes, and read all about how your body works. <a href="https://kidshealth.org/en/kids/overweight.html">https://kidshealth.org/en/kids/overweight.html</a>				X	X
Nemours	Kids Health for Parents - Obesity puts kids at risk for medical problems that can affect their health now and in the future. These include serious conditions like type 2 diabetes, high blood pressure, and high cholesterol — all once considered adult diseases. Overweight and obese kids are also at risk for: bone and joint problems. <a href="https://kidshealth.org/en/parents/overweight-obesity.html">https://kidshealth.org/en/parents/overweight-obesity.html</a>				X	
Nemours	Kids' Health – <b>For Teens</b> – Physician reviewed information to help you stay healthy. <a href="https://kidshealth.org/en/teens">https://kidshealth.org/en/teens</a>				X	X
Nemours	Kids Health - Physician-reviewed information and advice on children's health and parenting issues. For <b>parents, kids, teens, and educators</b> , in English and in Spanish. <a href="https://kidshealth.org/">https://kidshealth.org/</a>			X	X	X
ODPHP	Office of Disease Prevention and Health Promotion – HealthyPeople 2020 – Nutrition and Weight Status - <a href="https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives">https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives</a>		X	X		
RWJF	The State of Obesity (2019) <a href="https://media.stateofobesity.org/wp-content/uploads/2019/09/16100613/2019ObesityReportFINAL.pdf">https://media.stateofobesity.org/wp-content/uploads/2019/09/16100613/2019ObesityReportFINAL.pdf</a>		X	X	X	
USDA	Tools for Schools - <b>Tools for Schools offer topic-specific policy and resource materials to assist schools in meeting the new nutrition standards.</b> <a href="https://www.fns.usda.gov/school-meals/tools-schools">https://www.fns.usda.gov/school-meals/tools-schools</a>		X	X		
	<b>BMI Percentile Measurement in Children and Teens</b>					
CDC	About Child & Teen BMI <a href="https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html">https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html</a>		X			
USDA	USDA/Team Nutrition - An initiative of the <b>USDA</b> Food and <b>Nutrition</b> Service to support the child <b>nutrition</b> programs through <b>training and technical assistance</b> for foodservice, <b>nutrition</b> education for children and their caregivers, and school and community support for healthy eating and physical activity. <a href="https://www.fns.usda.gov/tn/team-nutrition">https://www.fns.usda.gov/tn/team-nutrition</a>		X	X		

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>BMI Percentile Measurement in Children and Teens (continued)</b>					
USDHHS	Best Bones Forever is a website developed by the Office on Women’s Health designed for <b>girls ages 9-12</b> and includes games, information, healthy eating and physical activity tips, downloadable tools and other resources to help young girls establish lifelong, healthy habits that <b>build and maintain strong bones</b> . <a href="https://www.girlshealth.gov/about/best-bones/best-bones.html">https://www.girlshealth.gov/about/best-bones/best-bones.html</a>		X			X
USDHHS	Healthier US - A broad presidential agenda designed to help Americans, especially children, live longer and healthier lives. <a href="https://webarchive.library.unt.edu/eot2008/20080916003723/http://healthierus.gov/">https://webarchive.library.unt.edu/eot2008/20080916003723/http://healthierus.gov/</a>		X	X	X	
USDHHS	President’s Council on Physical Fitness and Sports - <a href="https://www.hhs.gov/fitness/index.html">https://www.hhs.gov/fitness/index.html</a>		X	X		
USDHHS/ HRSA	Growth Information for Children with Special Health Care Needs <a href="https://depts.washington.edu/growth/cshcn/text/page2c.htm">https://depts.washington.edu/growth/cshcn/text/page2c.htm</a>		X			
USDHHS/ HRSA	Maternal Child Health Bureau, Growth Charts Training Modules <a href="http://depts.washington.edu/growth/index.htm">http://depts.washington.edu/growth/index.htm</a>		X			
WHO	The Determinants of Health <a href="https://www.who.int/hia/evidence/doh/en/">https://www.who.int/hia/evidence/doh/en/</a>		X	X		
YMH	Young Men’s Health is a website developed by the Children’s Hospital in Boston provides carefully researched health information to <b>teenage boys and young men</b> . It is designed to help teen boys improve their understanding of <b>normal health and development</b> , as well as of specific diseases and conditions. <a href="https://youngmenshealthsite.org">https://youngmenshealthsite.org</a>		X			X
Youtube video	US Obesity Epidemic 1985-2010 – Short YouTube video that depicts the increased incidence of the <b>obesity</b> epidemic through shading of states on a US map <a href="https://www.youtube.com/watch?v=uH0tWM4H0h8">https://www.youtube.com/watch?v=uH0tWM4H0h8</a>		X	X	X	X
	<b>General Program Guides, Curriculums, &amp; Special Events</b>					
AHA	Alliance for a Healthier Generation. (2017). <b>Physical activity</b> . <a href="https://www.healthiergeneration.org/take-action/schools/wellness-topics/physical-activity">https://www.healthiergeneration.org/take-action/schools/wellness-topics/physical-activity</a>		X	X		
ASCD	<b>Whole School Whole Community Whole Child Model</b> – (WSCC) - Highlights <b>ten key school health components</b> to ensure students are safe, engaged, supported, challenged and healthy. <a href="http://www.ascd.org/programs/learning-and-health/wscclmodel.aspx">http://www.ascd.org/programs/learning-and-health/wscclmodel.aspx</a>		X	X		

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Program Guides, Curriculum, &amp; Special Events (continued)</b>					
CDC	WSCC - 10 components (Health Education; Nutrition Environment and Services; Employee Wellness; Social and Emotional School Climate; Physical Environment; Health Services; Counseling, Psychological, and Social Services; Community Involvement; Family Engagement; Physical Education and Physical Activity). <a href="https://www.cdc.gov/healthyschools/wscs/components.htm">https://www.cdc.gov/healthyschools/wscs/components.htm</a>		X	X		
CDC	Comprehensive School Physical Activity Program: A <i>Guide for Schools</i> <a href="https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf">https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf</a>		X	X		
CDC	<b>Parents for Healthy School</b> – An online training to promote health and academic success. <a href="https://www.cdc.gov/healthyschools/professional_development/e-learning/P4HS/index.html">https://www.cdc.gov/healthyschools/professional_development/e-learning/P4HS/index.html</a>		X	X	X	
FP	<b>FoodPlay</b> is a nutrition media company tours the nation's schools using the power of live theater and interactive resources to turn kids on to <i>healthy eating and exercise habits</i> for <i>Pre-Kg through 5<sup>th</sup> graders</i> . <a href="http://foodplay.com/">http://foodplay.com/</a>		X	X		
HSPH	<b>Eat Well and Keep Moving</b> - A multi-faceted <i>curriculum</i> designed to use existing school resources to reinforce important messages about <i>nutrition and physical activity</i> to <i>elementary school students</i> through a variety of learning environments – from the classroom, cafeteria, and gymnasium to the school hallways, the home, and even community centers. <a href="http://www.eatwellandkeepmoving.org/">http://www.eatwellandkeepmoving.org/</a>			X		X
KDHE	<b>Get Active Kansas</b> – Goal is to help Kansans realize the tremendous benefits of physical activity and to take action to achieve a greater level of physical activity. <a href="http://www.getactivekansas.org">http://www.getactivekansas.org</a>		X	X	X	X
KDHE	<b>Physical Activity and Nutrition Program</b> – Mission is to increase the number of Kansas residents who have the knowledge, motivation, and opportunity to make lifestyle choices that promote healthy eating and increased physical activity through state level leadership and coordination that reaches into communities across the state. <a href="https://www.kdheks.gov/bhp/pan/index.htm">https://www.kdheks.gov/bhp/pan/index.htm</a>		X	X	X	X
KSDE	<b>Body Venture</b> – A 45-foot by 50-foot <i>exhibit</i> representing the human body, with classroom activities for use prior to, and following, the students’ trip through the exhibit, targeting <i>elementary aged students</i> . <a href="https://www.bodyventure.org/BVMenu/Home_BV.html">https://www.bodyventure.org/BVMenu/Home_BV.html</a>		X	X		X
KSDE	<b>Team Nutrition</b> – Eat Smart! Play Hard! Learn Better! - An integrated, behavior based, comprehensive plan for promoting the <i>nutritional health</i> of the nation’s children. <a href="https://www.kansasteamnutrition.org/TN_Menu/TN_Home.htm">https://www.kansasteamnutrition.org/TN_Menu/TN_Home.htm</a>		X	X		X

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>General Program Guides, Curriculums, &amp; Special Events (continued)</b>					
MH	5-2-1-0 goes to school: wellness policy for schools: - <a href="https://www.phipps.conservatory.org/assets/documents/Wellness_Policy_Guide.pdf">https://www.phipps.conservatory.org/assets/documents/Wellness_Policy_Guide.pdf</a>		X	X		
MO/DHHS	School Nurse <i>Interventions to Promote Healthy Weight</i> (2015) <a href="https://health.mo.gov/living/families/schoolhealth/pdf/SchoolNurseInterventionstoPromoteHealthyWeight.pdf">https://health.mo.gov/living/families/schoolhealth/pdf/SchoolNurseInterventionstoPromoteHealthyWeight.pdf</a>		X			
NHLBI	Hearts N’ Parks Community Mobilization Guide - <a href="http://file.lacounty.gov/SDSInter/dpr/033069_HeartsNParksCommunityMobilizationGuide.pdf">http://file.lacounty.gov/SDSInter/dpr/033069_HeartsNParksCommunityMobilizationGuide.pdf</a>		X	X	X	
USDA	Bulletin Boards in a SNAP <a href="https://snaped.fns.usda.gov/library/materials/bulletin-boards-snap">https://snaped.fns.usda.gov/library/materials/bulletin-boards-snap</a>		X	X		
USDA	Weight Management For Youth – Understand how to address weight issues in children and teens with healthy guidelines, links to interactive and skill-building tools, and more. <a href="https://www.nutrition.gov/topics/healthy-living-and-weight/weight-management-youth">https://www.nutrition.gov/topics/healthy-living-and-weight/weight-management-youth</a>		X	X		
	<b>Classroom Energizers</b>					
GN	Go Noodle – Movement and Mindfulness for Children. GoNoodle helps teachers and parents get kids moving with <i>short interactive activities</i> . Desk-side movement helps kids achieve more by keeping them engaged and motivated throughout the day. Targets children <i>grades K – 5<sup>th</sup> grade</i> . <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>		X	X		X
SKN	Kidnetic is a website developed by the International Food and Information Council supported by companies and organizations representing the broad-based food, beverage, and agricultural industries. The website is designed for <i>kids aged 9-12</i> and their families and also includes a Leader’s Guide which is a lesson-based curriculum guide for health professionals and educators to use when working with patients and students. <a href="https://www.superkidsnutrition.com/nc_nutrition-kidnetic/">https://www.superkidsnutrition.com/nc_nutrition-kidnetic/</a>			X	X	X
	<b>Targeted Programs</b>					
AEDA	Eating Disorder Referral and Information Center is an organization dedicated to the <i>prevention and treatment of eating disorders</i> . The website provides research articles and other professional information on eating disorders as well as links to treatment resources nationwide. <a href="https://www.edreferral.com/">https://www.edreferral.com/</a>		X	X	X	X

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	Targeted Programs (continued)					
AFHK	Action for Healthy Kids – A program to mobilize <b><i>school professionals, families and communities</i></b> to take actions that lead to <b><i>healthy eating, physical activity</i></b> and healthier schools where kids thrive. <a href="http://www.actionforhealthykids.org/index.php">http://www.actionforhealthykids.org/index.php</a>		X	X	X	X
CDC	E-Learning Series: Training Tools for Healthy Schools and includes <b><i>online module trainings</i></b> for Comprehensive School Physical Activity Program: A Guide for Schools; Health Education Curriculum Analysis Tool; Parents for Healthy Schools; School Health Guidelines to Promote Healthy Eating and Physical Activity; School Health Index: A Self-Assessment and Planning Guide. <a href="https://www.cdc.gov/healthyschools/tths/e-learning.htm">https://www.cdc.gov/healthyschools/tths/e-learning.htm</a>		X	X	X	
GOTR	<b>Girls on the Run – <i>Girls in grades 3<sup>rd</sup> – 8<sup>th</sup></i></b> , can participate in a healthy and confident, experience-based curriculum which creatively <b><i>integrates running</i></b> . <a href="https://www.girlsontherun.org/">https://www.girlsontherun.org/</a>		X			X
HLI	<b>12345 Fit-Tastic – A program to <i>promote healthy lifestyles and healthy weight for all.</i></b> <a href="https://fittastic.org/">https://fittastic.org/</a>		X	X	X	X
HSPH	<b>Planet Health</b> is an interdisciplinary curriculum focused on <b><i>improving the health and well-being of 6<sup>th</sup> - 8<sup>th</sup> grade students</i></b> while building and reinforcing skills in language, arts, math, science, social studies and physical education. <a href="https://www.hsph.harvard.edu/prc/projects/planet/">https://www.hsph.harvard.edu/prc/projects/planet/</a>		X			X
KCUMB	<b>Score 1 for Health –<i>preventive health program</i></b> that provides free, in-school health screenings for <b><i>elementary-aged children</i></b> in the greatest need, including urban core and low-income families from under-resourced neighborhoods <a href="http://www.kcumb.edu/programs/clinical-experience/score-1-for-health">http://www.kcumb.edu/programs/clinical-experience/score-1-for-health</a>				X	X
KUMC	<b>Healthy Hawks</b> - A comprehensive <b><i>treatment program</i></b> to help children, adolescents and their families overcome issues related to weight. <a href="http://wichita.kumc.edu/faculty-and-staff/healthy-hawks.html">http://wichita.kumc.edu/faculty-and-staff/healthy-hawks.html</a>				X	X
KUMC	<b>IAmHealthy</b> - A <b><i>school-based research program</i></b> funded by a grant through the National Institute of Health helps families learn about healthy lifestyles! The program <b><i>teaches healthy lifestyle skills</i></b> that can help kids in <b><i>grades 2-4</i></b> and are above the 85th percentile for BMI get to a healthy weight. <a href="https://www.iamhealthyschools.org/">https://www.iamhealthyschools.org/</a>		X		X	X
OAC	<b>Kid’s Corner – <i>Fitness Apps</i></b> to Get Your Child Moving <a href="https://4617c1smqldcqsat27z78x17-wpengine.netdna-ssl.com/wp-content/uploads/07_Kids_Corner_Fitness_Apps.pdf">https://4617c1smqldcqsat27z78x17-wpengine.netdna-ssl.com/wp-content/uploads/07_Kids_Corner_Fitness_Apps.pdf</a>				X	X



Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
Agency key follows table	<b>Targeted Programs (continued)</b>					
SOS	<b>Operation Frontline®</b> - This website <b>provides nutrition education programs</b> that connect families with food by teaching them how to prepare healthy, tasty meals on a limited budget. <a href="https://www.nokidhungry.org/what-we-do/afterschool-meals">https://www.nokidhungry.org/what-we-do/afterschool-meals</a>				X	X
USDA	<b>Core Nutrition Messages</b> - Resources including <i>educational tools, activities and interventions</i> to help low-income audiences put into practice the <i>recommendations of the Dietary Guidelines</i> for Americans into practice. <a href="https://www.fns.usda.gov/core-nutrition/core-nutrition-messages">https://www.fns.usda.gov/core-nutrition/core-nutrition-messages</a>		X		X	X
USDA	<b>Fuel Up to Play 60</b> – Is an <i>in-school nutrition and physical activity program</i> launched by National Dairy Council and National Football League, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. <a href="https://www.fueluptoplay60.com/">https://www.fueluptoplay60.com/</a>		X	X		X
USDA	<b>MyPlate</b> – Illustrates the five food groups that are the building blocks for a <i>healthy diet</i> using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl. <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>		X	X	X	X
Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	S
<b>Professional Organization Information</b>						
AAHPERD	American Alliance for Health, Physical Education, Recreation and Dance develops and promotes standards for physical and health education and for dance. <a href="https://www.pgpedia.com/a/american-alliance-health-physical-education-recreation-and-dance">https://www.pgpedia.com/a/american-alliance-health-physical-education-recreation-and-dance</a>			X		
AAP	National Guidelines for the Protection of Student and Staff Confidentiality: Health, Mental Health and Safety Guidelines for Schools: <a href="https://www.aap.org/en-us/about-the-aap/Councils/Council-on-School-Health/Pages/COSH.aspx">https://www.aap.org/en-us/about-the-aap/Councils/Council-on-School-Health/Pages/COSH.aspx</a> <ul style="list-style-type: none"> <li>• Role of the School Nurse in Providing School Health Services. Pediatrics, 137(6). (2016). <a href="https://pediatrics.aappublications.org/content/137/6/e20160852">https://pediatrics.aappublications.org/content/137/6/e20160852</a></li> <li>• The Crucial Role of Recess in School <a href="https://pediatrics.aappublications.org/content/131/1/183.full">https://pediatrics.aappublications.org/content/131/1/183.full</a></li> </ul> Snacks, Sweetened Beverages, Added Sugars, and Schools <a href="https://pediatrics.aappublications.org/content/135/3/575">https://pediatrics.aappublications.org/content/135/3/575</a>		X	X		
KSNO	Healthy Weight - Overweight/obesity management in schools resources and toolkit – Developed by the School Nurse Advisory Council (SNAC) – <a href="http://www.ksno.org">www.ksno.org</a>		X			

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	
Agency key follows table	<b>Professional Organization Information (continued)</b>					
MDC	Midwest Dairy Council - An affiliate of the National Dairy Council, dedicated to <b>nutrition research and education</b> . <a href="https://www.midwestdairy.com/">https://www.midwestdairy.com/</a>		X	X	X	X
NAANAD	National Association of Anorexia Nervosa & Associated Disorders is the oldest <b>eating disorder organization</b> in the nation. In addition to running a <b>crisis hotline</b> , the organization distributes listings of therapists, hospitals, and informational materials and sponsors groups, conferences, and research. <a href="https://anad.org/">https://anad.org/</a>		X	X	X	X
NASN	Childhood Obesity: NASN Resources and Other Resources. <a href="https://www.nasn.org/nasn-resources/practice-topics/childhood-obesity">https://www.nasn.org/nasn-resources/practice-topics/childhood-obesity</a>		X			
NCSFS	National Center for Safe Routes to School – Provides multiple strategies to assist schools and parents with creating safe routes to school. - <a href="http://www.saferoutesinfo.org/">http://www.saferoutesinfo.org/</a>		X	X		
NDC	National Dairy Council - The <b>nutrition research, education and communications</b> arm of Dairy Management Inc™. <a href="https://www.nationaldairyCouncil.org/">https://www.nationaldairyCouncil.org/</a>		X	X	X	X
RWJF	Robert Wood Johnson Foundation - not for profit organization for <b>obesity prevention</b> . <a href="https://www.rwjf.org/en/our-focus-areas/topics/childhood-obesity.html">https://www.rwjf.org/en/our-focus-areas/topics/childhood-obesity.html</a>		X			
SNA	School Nutrition Association – works to ensure all children have access to healthful school meals and nutrition education - <a href="https://schoolnutrition.org/">https://schoolnutrition.org/</a>		X	X		
USDA	<b>Weight Management for Youth</b> – A collection of resources to provide parents and caregivers, and health care providers, with tools and information to help <b>children and teens maintain a healthy weight and prevent obesity</b> . <a href="https://www.nutrition.gov/topics/healthy-living-and-weight/weight-management-youth">https://www.nutrition.gov/topics/healthy-living-and-weight/weight-management-youth</a>		X		X	X
USDHHS	<b>WeCan</b> - Ways to Enhance Children's Activity & Nutrition is a national program designed for families and communities to help children <b>maintain a healthy weight</b> . The program focuses on <i>three</i> important behaviors: <i>improved</i> food choices, <i>increased</i> physical activity and <i>reduced</i> screen time. It has numerous resources for <b>parents, children and community members</b> . <a href="https://www.nhlbi.nih.gov/files/docs/public/heart/toolkit_body.pdf">https://www.nhlbi.nih.gov/files/docs/public/heart/toolkit_body.pdf</a>				X	X
WMD	<b>Fit MD</b> - Raising Fit Kids: Healthy Nutrition, Exercise and Weight – resources for Parents. <a href="https://www.webmd.com/parenting/raising-fit-kids/default.htm">https://www.webmd.com/parenting/raising-fit-kids/default.htm</a>				X	X

Agency	Resource Description and Link	Targeted Audience	SN/WC	T	P	
Agency key follows table	<b>Program Evaluation Tools</b>					
CDC	School Health Index: A Self-Assessment and Planning Guide – An <b>online self-assessment and planning tool</b> that schools can use to improve their health and safety policies and programs. <a href="https://www.cdc.gov/healthyschools/professional_development/e-learning/shi.html">https://www.cdc.gov/healthyschools/professional_development/e-learning/shi.html</a>		X			
CDC	Healthy Schools – School Health Index – an online <b>self-assessment and planning guide</b> for schools to improve their health and safety policies and programs. <a href="https://www.cdc.gov/healthyschools/shi/index.htm">https://www.cdc.gov/healthyschools/shi/index.htm</a>		X			
CDC	Health Education Curriculum Analysis Tool (HECAT) – A guide to assist <b>health education teachers</b> understand how they can improve health instruction and curriculum. <a href="https://www.cdc.gov/healthyschools/professional_development/e-learning/hecat.html">https://www.cdc.gov/healthyschools/professional_development/e-learning/hecat.html</a>		X	X		

### Key to Agencies:

AAP – American Academy of Pediatrics  
AAHPERD – American Alliance for Health, Physical Education, Recreation and Dance  
AEDA - American Eating Disorders Association  
AFHG – Alliance For Healthier Generation  
AFHK - Action For Healthy Kids  
AHA - American Heart Association  
AND - Academy of Nutrition and Dietetics  
ASCD – Association for Supervision and Curriculum Development  
CDC –Centers for Disease Control and Prevention  
CFYWH – Center for Young Women’s Health – Boston Children’s Hospital  
DHHS – HRSA – Department of Health and Human Services – Health Resources and Services Administration  
FP – FoodPlay  
GN - GoNoodle  
GOTR – Girls on the Run  
HLI – Healthy Lifestyle Initiatives  
HSC – Healthy Schools Campaign  
HSPH - Harvard School of Public Health  
KCUMB - Kansas City University of Medicine and Biosciences  
KS AAP – Kansas Chapter of American Academy of Pediatrics  
KSDE – Kansas State Department of Education  
KSNO - Kansas School Nurses Organization  
KUMC-University of Kansas Medical Center  
MDC – Midwest Dairy Council  
MH – MaineHealth  
MO/DHHS - Missouri Department of Health and Human Services  
NAANAD – National Association of Anorexia Nervosa and Associated Disorders  
NACCD – National Association of Chronic Disease Directors  
NASBE – National Association of State Boards of Education  
NASN - National Association of School Nurses

NCSFS – National Center for Safe Routes to School  
NDC – National Dairy Council  
Nemours – A children’s health system in Delaware, Florida, New Jersey, Maryland and Pennsylvania  
NHLBI – National Heart Lung and Blood Institute  
OAC – Obesity Action Coalition  
ODPHP – Office of Disease Prevention and Health Promotion  
OHK - Oral Health Kansas  
OWH – Office of Women’s Health  
RWJF - Robert Wood Johnson Foundation  
SKN – SuperKids Nutrition Inc™  
SNA – School Nutrition Association  
SOS - Share Our Strength  
USDA - U.S. Department of Agriculture  
USDHHS – U.S. Department of Health and Human Services  
USDHHS/HRSA- U.S. Department of Health and Human Services, Health Resources and Services Administration  
WMD - WebMD  
WHO-World Health Organization  
YMH – Young Men’s Health – Boston Children’s Hospital  
YouTube video