



Heart Healthy Resources for Children and Youth: A Nutrition and Physical Activity Guide

*V*irginia
Heart Disease &
Stroke Alliance

Improving Health across the Commonwealth

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INTRODUCTION AND ACKNOWLEDGEMENTS

“Heart Healthy Resources for Children and Youth: A Nutrition and Physical Activity Guide” was developed by the Education Committee of the Virginia Heart Disease and Stroke Alliance (VHDSA)*. The guide is designed to provide easy access to resources that promote opportunities for physical activity and good nutrition for children and youth; most resources are available online. The Guide will be beneficial to a wide range of audiences, including school personnel, PTAs, community organizations, families and physicians. Initially developed in 2006, the 2012 Guide is the second revision. It will be updated on an annual basis, or as needed based on the availability of new resources. The Guide is available online on the VHDSA website: <http://www.vhdsa.org>.

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**** About the Virginia Heart Disease and Stroke Alliance***

The VHDSA was founded in 2001 when the Virginia Department of Health's Heart Disease and Stroke Prevention Project received funding from the Centers for Disease Control and Prevention. The Alliance has members representing healthcare, faith-based groups, non-profits, government, private businesses and academic institutions. Membership also includes concerned citizens, such as heart disease and stroke survivors.

The mission of VHDSA is to provide a forum for communication and collaboration among heart disease and stroke prevention and control stakeholders, with the intent to reduce the burden of heart disease and stroke in Virginia.

This document and its contents can be downloaded at <http://www.vhdsa.org>

NUTRITION AND PHYSICAL ACTIVITY:

A. GENERAL RESOURCES

The following list provides examples of community partnerships and organizations that offer programs and educational materials addressing nutrition and physical activity for youth.

Resource	Description	Website/Other Contact Information
Action for Healthy Kids (AHK)	AKH is the nation’s leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment by helping schools become healthier places so kids can learn to eat right, are active every day and ready to learn. Game On! The Ultimate Wellness Challenge is an all-inclusive, fun and FREE event for 5th-8th grade students, parents, teachers, administrators, and others. The event integrates nutrition, physical activity and learning through a series of activity stations that will stimulate minds and bodies.	http://www.actionforhealthykids.org/about-us http://www.actionforhealthykids.org/special_GameOn.php
Alliance for a Healthier Generation	The Alliance works to address one of the nation’s leading public health threats— childhood obesity. The goal of the Alliance is to reduce the prevalence of childhood obesity by 2015, and to empower kids nationwide to make healthy lifestyle choices.. This project also includes a Healthy Schools Program.	http://www.healthiergeneration.org http://www.healthiergeneration.org/engine/renderpage.asp?pid=s011
American Heart Association	The AHA’s mission is to build healthier lives, free of cardiovascular disease. Their site contains numerous resources on heart disease, stroke, risk factors and other aspects of cardiovascular disease.	http://www.heart.org
The Body Positive	The Body Positive's mission is to implement educational programs that transform individual and societal beliefs about weight, body image, and identity. The result is a growing national movement of healthy, confident individuals contributing to positive change in the world.	http://www.thebodypositive.org/
Bright Futures	Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.	http://www.brightfutures.org/
Centers for Disease Control and Prevention (CDC)	CDC collaborates with partners to create the expertise, information and tools that people and communities need to protect their health—through health promotion; prevention of disease, injury and disability; and preparedness for health threats.	http://www.cdc.gov
Dietary Guidelines for Americans 2010	These guidelines from the federal government promote evidence-based nutritional guidance to improve health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.	http://www.cnpp.usda.gov/dietaryguidelines.htm

Resource	Description	Website/Other Contact Information
California Project LEAN:	California Project LEAN (Leaders Encouraging Activity and Nutrition) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. Its mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases.	www.CaliforniaProjectLean.org
Health Bites	This website offers tools to help families be healthy, including videos, games and more resources that promote good nutrition, exercise and other healthy lifestyle choices.	http://www.vahealth.org/DCN/HealthBites/welcome.htm
Healthy Virginians Initiative:	The Healthy Virginians program works to promote healthy lifestyles in workplaces, schools and among families who receive health care through Medicaid. With public and private partners from around the state and beyond, Healthy Virginians wants to make people the healthiest they can be.	www.healthyvirginians.virginia.gov
Local School Wellness Policy:	Local wellness policies are an important tool for parents, local education agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.	http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
Lunch Well. Choose Well:	This simple nutrition program focuses on helping people make the best food choices no matter where their lunch comes from—home, a restaurant, drive-through, cafeteria or convenience store.	www.anthem.com/lunchwell
North Carolina Health Schools	NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. In healthy schools, children are more alert, more focused on learning, miss less school, and learn lifelong healthy behaviors to prevent the leading causes of death.	http://www.nchealthyschools.org
North Carolina: Physical Education is . . . ACTIVE	This web site keeps teacher, coaches, athletic trainers, parents and students informed about physical education, health education, athletics and sports medicine in North Carolina and the nation.	http://www.ncpe4me.com
United States Department of Agriculture: Center for Nutrition Policy and Promotion (CNPP)	CNPP works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. CNPP is an agency of USDA's Food, Nutrition, and Consumer Services . Links include My Plate, Choose My Plate, Choose My Plate for Kids, and the Dietary Guidelines for Americans.	http://www.cnpp.usda.gov
Team Nutrition website	Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.	www.teamnutrition.usda.gov
How to Understand and Use the Nutrition Facts Food Label	This website contains helpful information that makes it easier for people to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.	http://www.cfsan.fda.gov/~dms/foodlab.html

Resource	Description	Website/Other Contact Information
United States Department of Agriculture (USDA)	The USDA's mission is to provide leadership on food, agriculture, natural resources and related issues based on sound public policy, the best available science, and efficient management. Resources on this site include Dietary Guidelines, Let's Move, and Choose My Plate.	http://www.usda.gov/wps/portal/usda/usdahome
Nutrition.gov	This site provides easy, online access to government information on food and human nutrition for consumers.	http://www.nutrition.gov

B. REPORTS AND PUBLICATIONS

Resource	Description	Website/Other Contact Information
Alliance School Beverage Guidelines—Final Progress Report	Describes the agreement among companies in the beverage industry who are committed to changing the beverage mix in schools across America by removing full-calorie soft drinks and providing nutritious, lower-calorie, smaller-portion beverages.	http://www.foodpolitics.com/wp-content/uploads/School-Beverage-Guidelines-Final-Progress-Report-Executive-Summary.pdf
The Association between School-Based Physical Activity, Including Physical Education, and Academic performance: Executive Summary	The publication provides data on ways that the health and the participation in health risk behaviors influence academic performance and success.	http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pape_executive_summary.pdf
Bridging the Gap--School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results, Volume 1	This study aims to improve the understanding of how policies and environmental factors affect diet, physical activity, tobacco use, and obesity among youth. This research can help to improve policies and practices for youth who attend elementary school.	http://www.rwjf.org/childhoodobesity/product.jsp?id=64429
Bridging the Gap--School Policies and Practices to Improve Health and Prevent Obesity: National Secondary School Survey Results, Vol. 1	This study aims to improve the understanding of how policies and environmental factors affect diet, physical activity, tobacco use, and obesity among youth. This research can help to improve policies and practices for youth who attend secondary school.	http://www.rwjf.org/childhoodobesity/product.jsp?id=64429
Building a Stronger Evidence Base for Employee Wellness Programs	The research results help to encourage, guide, and assist employers in implementing evidence-based employee wellness interventions.	http://www.nihcm.org/publications/preventionwellness;
Community Perspectives on Obesity Prevention in Children: Workshop Summaries	This report provides information about community- and policy-based obesity prevention programs that can guide others' work on obesity prevention in children.	http://www.nap.edu/catalog/12705.html

Resource	Description	Website/Other Contact Information
F as in Fat: How Obesity Threatens America's Future	This report highlights troubling racial, ethnic, regional and income disparities in the nation's effort to address the obesity epidemic.	http://healthyamericans.org/assets/files/TFAH2011FasInFat10.pdf
The Healthy School Communities Model: Aligning Health & Education in the School Setting	This report explores the notion that schools that work purposefully toward enhancing the mental, social, emotional, and physical health of both their staff and students frequently report higher academic achievement; staff satisfaction and less turnover; and a healthy school climate.	http://www.ascd.org/ASCD/pdf/siteASCD/publications/Aligning-Health-Education.pdf
Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap	This report suggests that the country needs a national school health strategic plan, with planning at the local level as a critical part of schools' overall improvement plans.	http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf
Issues in Brief: Obesity Prevention Policies for Middle and High Schools. Are We Doing Enough?	This issue brief supports childhood obesity prevention and improving the school food environment and physical education. Policies in these areas are more stringent at the elementary than at the middle and high school levels.	http://www.nccor.org/downloads/2010_June_NASBE_Policies_Issue_Brief_Pub_4.pdf
The Learning Connection: The Value of Improving Physical Activity and Nutrition in Our Schools	Evidence exists that youth who eat well and are active are better equipped to do well in school including improved test scores and attention. They come to school on time, focused and ready to learn.	http://www.actionforhealthykids.org/resources/files/learning-connection.pdf
Local Government Actions to Prevent Childhood Obesity	This publication presents a number of recommendations that explains the vital role of government actions on all levels--federal, state, and local--in childhood obesity prevention.	http://www.nap.edu/catalog/12674.html
Making It Happen: School Nutrition Success Stories	This publication shares stories from 32 schools and school districts that have made innovative changes to improve the nutritional quality of all foods and beverages offered and sold on school campuses.	http://www.fns.usda.gov/tn/resources/makingithappen.html
Nutrition Standards for Foods in School	This document provides a review of research data and makes recommendations about nutrition standards for foods and beverages offered in direct competition with school-provided meals and snacks.	http://www.cdc.gov/healthyyouth/nutrition/pdf/nutrition_factsheet_schools.pdf
Obesity among Low-Income Preschool Children	Childhood obesity continues to be a leading public health concern that disproportionately affects low-income and minority children. Children who are obese in their preschool years are more likely to be obese in adolescence and adulthood and to develop diabetes, hypertension, hyperlipidemia, asthma, and sleep apnea.	http://pasco.ifas.ufl.edu/fcs/PDF-Childhood_Obesity_Fact_Sheet.pdf
A Policy-Based School Intervention to Prevent Overweight and Obesity	This article reports on a 2-year study of the prevalence rates of childhood obesity. It recommends school-based strategies to address interventions.	http://pediatrics.aappublications.org/content/121/4/e794.full.pdf+html
School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools	This comprehensive guide provides information, tools and resources for school employee wellness programs. It can help schools, school districts and states develop and implement school employee wellness programs that promote employee health, improve productivity and reduce the costs of employee absenteeism and healthcare.	http://www.schoolempwell.org/

Resource	Description	Website/Other Contact Information
Solving the Problem of Childhood Obesity within a Generation: White House Task Force on Childhood Obesity Report to the President	This document provides goals, benchmarks, and measureable outcomes that will help tackle the childhood obesity epidemic one child, one family, and one community at a time.	http://www.letsmove.gov/sites/letsmove.gov/files/TaskForce_on_Childhood_Obesity_May2010_FullReport.pdf
The Surgeon General's Vision for a Healthy and Fit Nation 2010	The recommendations in document include strategies for creating a healthier living environment; working with child care providers, including schools; making changes in school nutrition and physical activity programs; encouraging employee wellness programs; and mobilizing the medical community to curb obesity.	http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf
Youth Physical Activities Guidelines Tool Kit	The U.S. Department of Health and Human Services (HHS) issued this document to provide science-based recommendations to help plan physical activity programs for persons 6 to 17 years of age. These guidelines reflect updated research about youth physical activity and the associated health benefits.	http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm#1

C. RESOURCES FOR FAMILIES

Resource	Description	Website/Other Contact Information
CDC	Provides exercise information, including recommendations, for the whole family.	http://www.cdc.gov/physicalactivity
The U.S. National Physical Activity Plan	The Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population.	http://www.physicalactivityplan.org/
Choose My Plate	This site details the dietary guidelines for Americans	http://www.choosemyplate.gov/
President's Council on Fitness Sports and Nutrition	The Council serves as a catalyst to promote good health through fitness, sports and nutrition for people of all ages, backgrounds and abilities through partnerships in national, state and local organizations, programs and initiatives	http://www.fitness.gov
Fruits & Veggies—More Matters	This national public health initiative was created to encourage Americans to eat more fruits and vegetables—fresh, frozen, canned, dried and 100% juice. The Fruits & Veggies—More Matters ® health initiative suggests simple ways to add MORE fruits and vegetables to every eating occasion. This initiative is offered by Produce for Better Health Foundation	http://www.fruitsandveggiesmorematters.org/
The Monday Campaigns; The Day All Health Breaks Loose	The Monday Campaigns is a national movement backed by leading public health schools that dedicates the first day of every week to health. Every Monday, individuals and organizations join together to commit to healthy behaviors that help end chronic preventable diseases.	http://www.mondaycampaigns.org/
Nourish Interactive	Nourish Interactive's mission is to offer fun, innovative solutions that empower children to make healthy choices. Resources include free interactive games and tools that promote a healthier lifestyle.	http://www.nourishinteractive.com/parents_area/family_kids_nutrition_healthy_eating_tips

Resource	Description	Website/Other Contact Information
Project Appleseed	Believes that the “curriculum of the home”—the bundle of attitudes, habits, knowledge, and skills that children acquire through their relationship with their family and that facilitates their school learning - is more predictive of academic learning than the family’s socioeconomic status. Their focus is public school improvement; their resources include fitness and nutrition.	http://www.projectappleseed.org/fitnessnutrition.html
We Can! (Ways to Enhance Children's Activity & Nutrition)	This national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on three critical behaviors: improved food choices, increased physical activity and reduced screen time.	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm
The Weight-control Information Network (WIN)	This information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is part of the National Institutes of Health (NIH). WIN provides the general public, health professionals, and the media with up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues. One resource is Healthy Eating & Physical Activity Across Your Lifespan - Parents learn tips that will help your child learn healthy eating habits and physical activity habits.	http://win.niddk.nih.gov http://win.niddk.nih.gov/publications/PDFs/helpingyourchild.pdf

NUTRITION RESOURCES:

A. EDUCATIONAL MATERIALS

Resource	Description	Website/Other Contact Information
Academy of Nutrition and Dietetics	Contains nutrition information for both consumers and professionals	www.eatright.org
Bright Futures: A National Health Promotion Initiative	Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.	http://www.brightfutures.org/
Celiac Disease Foundation	Information regarding the disease including diet and lifestyle tips	www.celiac.org/
Family Nutrition and Physical Activity Screening Tool	This short assessment allows parents to evaluate their family's home environment with regard to nutrition and physical activity and provides valuable information and tips about promoting healthy lifestyles for the family.	http://adaf.eatright-fnps.org
Food Allergy and Anaphylaxis Network	Information about food allergies for professionals and consumers	www.foodallergy.org/
National Dairy Council	Offers nutrition information for all age groups for professionals and consumers	www.nationaldairycouncil.org/Pages/Home.aspx
University Nebraska-Lincoln	PowerPoint Presentation for consumers on the "My Plate" message	http://food.unl.edu/web/fnh/choose-myplate-powerpoint
US Dry Bean Council	Information about dry beans for professionals and consumers	www.usdrybeans.com/
USDA United State Department of Agriculture	Information about My Plate Icon for Healthy Eating for all ages. Specific resources include: <ul style="list-style-type: none"> • Getting Started with My Plate • 10 Tips: Nutrition Education Series • Print materials for consumers and professionals 	http://www.choosemyplate.gov/ http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf http://www.choosemyplate.gov/tipsresources/tentips.html http://www.choosemyplate.gov/tipsresources/printmaterials.html
Virginia Cooperative Extension	Locate a local Family and Consumer Sciences Extension Agent or 4H Agent in your county by clicking on "local extension offices." Cooperative Extension offers programs and resources in food, nutrition and health. Fact sheets are also available online under "Quick Links."	www.ext.vt.edu

Resource	Description	Website/Other Contact Information
Virginia Dairy Council Southeast United Dairy Industry Association (SUDIA)	Contains nutrition and health information for all ages	www.southeastdairy.org
Virginia Farmers' Market On Line	Directory of Farmers Markets in Virginia	www.farmersmarketonline.com/fm/Virginia.htm
Wheat Foods Council	Information about increasing wheat and grain consumption for professionals and consumers	www.wheatfoods.org/

B. RESOURCES FOR LOCATING A REGISTERED DIETITIAN

Resource	Description	Website/Other Contact Information
Virginia Dietetic Association	Contains nutrition information and links to Registered Dietitians in VA	www.eatright-va.org
Virginia Department of Education	The School Nutrition Program Division is able to direct inquiries to the appropriate local school staff. Phone 804-225-2074 and ask for the school division's specialist.	www.doe.virginia.gov/support/nutrition/index.shtml
Virginia School Divisions as a Resource	The following is a list of school divisions with Registered Dietitians (RDs) or Dietetic Technician, Registered (DTRs) on staff. When calling a school division ask for a Registered Dietitian.	Alexandria City 703-824-6640 Amherst County 434-528-9562 Arlington County 703-228-6130 Augusta, Waynesboro, Staunton 540-649-2592 Charlottesville City 434-245-2422 Chesapeake City 757-547-1470 Chesterfield County 804-743-3717 Fairfax County 703-813-4800 Fauquier County 540-422-7221 Frederick County 540-662-3889 x88159 Greene County 434-985-1365 Hampton City 757-727-2358 Hanover County 804-365-4566 Harrisonburg City 540-434-3317 Newport News City 757-881-5030 Prince William County 703-791-7318 Rockingham County 540-434-7783 Virginia Beach City 757-263-1101 Williamsburg James City 757-565-1616

<p>The following is a list of Virginia colleges/universities that offer a program in dietetics/nutrition. These programs have students who are available to provide nutrition education programs at little or no cost.</p>		
Virginia Polytechnic Institute and State University-Blacksburg, VA	Department of Human Nutrition, Food and Exercise	www.hnfe.vt.edu/about_us/index.html
James Madison University-Harrisonburg, VA	Dietetics Program at JMU	www.healthsci.jmu.edu/dietetics/
Norfolk State University-Norfolk, VA	Food Science and Nutrition Program	www.nsu.edu/alliedhealth/foodscience/
Radford University-Radford, VA	Nutrition and Dietetics	www.radford.edu/nutrweb/
Virginia State University-Petersburg, VA	Department of Agriculture and Human Ecology	www.vsu.edu/pages/404.asp
<p>Dietetics Internship Programs in Virginia:</p>		
University of Virginia Health System-Charlottesville, VA	Department of Nutrition Services	www.healthsystem.virginia.edu/pub/dietetics
Virginia Commonwealth University Health System-Richmond, VA		www.vcuhealth.org/dietetic
Virginia Department of Health-Richmond, VA	Virginia/Maryland WIC Dietetic Internship Program	http://www.vahealth.org/DCN/DieteticIntern/index.htm
Virginia Department of Health's Local Health District	Lists the local health department phone numbers. Each district has at least one RD or nutritionist on staff.	www.vdh.state.va.us/lhd/

C. ADDITIONAL NUTRITION RESOURCES

Resource	Description	Website/Other Contact Information
Martin's Food Markets	Employs a Registered Dietitian Richmond, VA	www.richmond.martinsfoods.com/
Giant Foods	Employs Registered Dietitians	www.giantfood.com/living_well/healthy_living/
Wegman's	Employs Registered Dietitians	www.wegmans.com

PHYSICAL ACTIVITY RESOURCES:

A. Activities for Before/After School

Resource	Description	Website/Other Contact Information
Afterschool.gov	This site connects afterschool providers to Federal resources that support children and youth during out-of-school hours.	http://afterschool.gov/
After School Physical Activity Website	Website that lists a variety of after school activities designed for students in grades 4-8.	http://www.afterschoolpa.com/base.html
Bike for All	Supported by Bike Hub, this article discusses students biking to school as an alternative method of getting to school because of the added physical activity and exercise it would provide to students.	http://www.bikeforall.net/content/cycling_to_school.php
California's After School Physical Activity Guidelines	Contains guideline, corresponding tips, tools and resources for after school programs developed by the California Department of Education and the California After School Resource Center.	http://www.californiaafterschool.org/c/@z6N03OKpNPpVI/Pages/physical_activity.html
Carolina Panthers Fit Squad Activity Videos	This site lists a variety of physical activities for kids and also has accompanying videos featuring players from the Carolina Panthers.	http://www.fitkidsnc.com/SeeLearnDoFitSquad.aspx
CDC Walk to School Program	Sponsored by the CDC, this is a community-based program that aims at increasing opportunities for daily physical activity by encouraging children to walk to and from schools in groups accompanied by adults.	http://www.cdc.gov/nccdphp/dnpa/kidswalk/
Comprehensive School Physical Activity Programs	NASPE position statement defines comprehensive school physical activity programs.	http://www.aahperd.org/naspe/standards/PEPS.cfm
Energizers After school Physical Activities	Physical activities and movements that K-8 students will enjoy doing in an after-school environment.	http://www.beactivenc.org/getactive/youth
Fit for Life After School Program	Program contains activity leader handouts and nutrition mini-lessons headed by Ron Jones.	http://www.ronjones.org/Health&Fitness/FitforLife/index.html
Fit Kids Activities	Provides great resources for after school activities.	http://www.fitkidsnc.com/SeeLearnDo.aspx
Get Up And Go!	Blog offers activities for kids after school and a downloadable weekly workout log.	http://www.weeklyreader.com/teens/get_up_go/index.asp
The Healthy Kids, Healthy New York After-School Initiative	The toolkit provides activities, nutrition plans, and resources for students, teachers, and families to promote physical activity amongst youth in New York.	http://www.health.state.ny.us/prevention/obesity/healthy_kids_healthy_ny/healthy_kids_healthy_ny_afterschool_toolkit.pdf
Joint Use	This site displays information on ways to increase opportunities for children and adults to be more physically active by sharing indoor and outdoor spaces with a school, city, or private organization.	http://www.jointuse.org/resources/joint-use-101/
Kidnetic	This interactive website offers activities and nutrition plans for kids and families.	http://www.kidnetic.com/

Resource	Description	Website/Other Contact Information
Leadership for Healthy Communities Action Strategies Toolkit	A toolkit that outlines action strategies to increase awareness of policy-based options to reduce childhood obesity.	http://www.leadershipforhealthycommunities.org/images/stories/toolkit/lhc_action_strategies_toolkit_0900504final.pdf
Let's Move in School Tools	Resources and tools to assist school stakeholders in creating a culture of physical activity at school.	http://www.aahperd.org/letsmoveinschool/tools/index.cfm
Model Health! Promoting Nutrition and Physical Activity in Children	A collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling.	http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf
Move More North Carolina: Recommended Standards for After School Physical Activity	Outlines recommendations for providing quality physical activity in North Carolina after-school programs.	http://www.fitkidsnc.com/NCAfterSchoolStandards.pdf
Moving More Challenge	Fitness challenge program available to schools to encourage physical activity before/during/after school.	http://www.actionforhealthykids.org/gotuwc/index.php?page=during_exp
NASPE's Teacher Toolbox	Resource for students and teachers that promotes physical education, physical activity, and youth sports programs.	http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm?cid=000015
nrgBalance	Developed by the Center for Nutrition and Activity Program Center at Penn State Hershey Children's Hospital, the website helps youth and families learn how to eat well, engage in regular physical activity and incorporate healthy habits into their daily life.	http://nrgbalance.org/
North Carolina Intramural Sports Handbook	This manual provides guidelines for the organization and administration of an after school intramural program for North Carolina's middle and elementary schools.	http://www.fitkidsnc.com/ResourcesForIntramurals.pdf
Opening School Grounds to the Community After Hours Toolkit	Toolkit to help communities and school districts work together to develop joint use agreements increasing access to recreational facilities on school grounds.	http://www.phlpnet.org/healthy-planning/products/joint_use_toolkit?utm_campaign=Now%20Available%3A%20Toolkit%20for%20Opening%20School%20Grounds%20to%20the%20Community&utm_content=sce2@cdc.gov&utm_medium=Email&utm_source=VerticalResponse&utm_term=toolkit%20
Operation Fit Kids Curriculum	Aimed towards kids in grades 3-5 and 6-8, this curriculum is designed for educators looking to integrate health and fitness into classroom learning.	http://www.acefitness.org/ofk/youthFitness/
PE Central	Provides the latest information about developmentally appropriate physical education programs for children.	http://www.pecentral.org/
Physical Activity Pyramid for Your After School Program	Set up like the old food pyramid, the Physical Activity Pyramid lists activities for kids to on a weekly basis either by themselves, with friends or family with the ultimate goal to cut down on inactivity.	http://canfit.org/pdf/PAPyramid4AS.pdf
Physical Activity Used as Punishment and /or Behavior Management	NASPE position statement that describes inappropriate behaviors associated with physical activity.	http://www.aahperd.org/naspe/standards/PEPS.cfm
Playworks	Playworks is an organization that builds play/physical activity into a positive school environment during recess and throughout the entire day.	http://www.playworksusa.org/

Resource	Description	Website/Other Contact Information
President's Challenge for Kids	For all ages and abilities, the President's Challenge is an initiative to get kids more active.	http://www.presidentschallenge.org/home_kids.aspx
Promoting Physical Activity and Healthy Nutrition in After School Settings; Strategies for Program Leaders and Policy Makers	This toolkit provides examples of after-school programs around the country and how these programs were able to afford funding.	http://www.nccic.org/afterschool/fitness_nutrition.pdf
ReCharge Energize After School	Sponsored by Action for Healthy Kids and the NFL, this website helps students in grades 2-6 learn about good nutrition and physical activity habits while also helping educators apply for federal grants to aid their school's physical activity programs.	http://www.actionforhealthykids.org/special_after.php
Safe Routes to School	This website allows users to locate safe routes to their child's school.	http://www.saferoutesinfo.org/
South Carolina Complete Streets Toolbook	This toolbook investigates the impact of transportation decisions in South Carolina and explains how these decisions have affected the health of children.	http://esmmsc.org/wp-content/uploads/2011/01/Complete-Streets-Toolbook-SC-FINAL.pdf

B. Active Learning Resources

Resource	Description	Website/Other Contact Information
ABC for Fitness	Program provides instruction for teachers to incorporate short bursts of activity at the beginning of each class.	http://www.davidkatzmd.com/abcforfitness.aspx
Active Academics	Database with mini-activities designed to get students moving while in the classroom.	http://www.activeacademics.org/index.asp
Brain Breaks	The site lists ways to incorporate physical activity with academic subject matter.	http://www.emc.cmich.edu/BrainBreaks/
Energizes: Classroom Based Activities	Website offers printable activity cards filled with energizers for elementary grade students.	http://www.preventioninstitute.org/sa/enact/school/documents/afterschool.pa.programs.K-5-Energizers.pdf
Implementing Classroom-Based Physical Activity	Article lists tips on how to integrate physical activity in the classroom through small games and classroom set-up.	http://www.pelinks4u.org/articles/erwin0610.htm
Increasing Physical Activity Time and Physical Education Class	Brief article that discusses how teachers can increase activity time during class.	http://www.pelinks4u.org/articles/morgan0610.htm
Just-A-Minute (JAM) School Program	JAM is a free wellness resource for schools designed to teach kids and adults healthier lifestyle habits.	http://www.jamschoolprogram.com/
Let's Move in School Tools	Resources and tools to assist school stakeholders in creating a culture of physical activity at school.	http://www.aahperd.org/letsmoveinschool/tools/index.cfm

Resource	Description	Website/Other Contact Information
Moving More Challenge	Fitness challenge program available to schools to encourage physical activity before/during/after school.	http://www.actionforhealthykids.org/gotuwc/index.php?page=during_exp
NASPE's Teacher Toolbox	Resource for students and teachers that promotes physical education, physical activity, and youth sports programs.	http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm?cid=000015
North Carolina Energizers	This site allows you to download "booklets" of energizer activities for elementary and middle school classrooms.	http://www.ncpe4me.com/energizers.html
PE Central	Provides the latest information about developmentally appropriate physical education programs for children.	http://www.pecentral.org/
Physical Education is Critical to Complete Education	Describes how physical education is essential to educating the whole student and provides examples of the lasting effect for elementary, middle and high school students.	http://www.aahperd.org/naspe/standards/upload/Physical-Education-is-Critical-to-a-Complete-Education-2001.pdf
Ready, Set, Fit	Health and activity program for classroom teachers in grades 3 and 4.	http://www.aafp.org/online/en/home/clinical/publichealth/aim/aimschoolprgm/teacher.html

C. Recess Resources

Resource	Description	Website/Other Contact Information
Assessing Recess: Growing Concerns About Shrinking Play Time in School	This survey, funded by the Robert Wood Johnson Foundation, shows that recess time in schools is diminishing.	http://www.rwjf.org/pr/product.jsp?id=36732
Developing a School Recess Plan	Chicago Public Schools guide for creating a recess plan.	http://www.cps.edu/News/Press_releases/Documents/DevelopingSchoolRecessPlan.pdf
Games Kids Play	This website lists a variety of games that kids can play during recess.	http://www.gameskidsplay.net/
Importance of Recess	The National Association of Early Childhood Specialists in State Departments of Education	http://naecs.crc.uiuc.edu/position/recessplay.html
KaBOOM! Play Matters Report	Report about twelve successful initiatives around the country to improve opportunities for play.	http://kaboom.org/help_save_play/playful_city_usa/best_practices_play
Let Kids Play	American Academy of Pediatrics guide promoting play	http://www.aap.org/pressroom/playFINAL.pdf
Maximizing Recess Physical Activity	This article provides strategies for increasing the physical activity of youth during recess.	http://www.pelinks4u.org/articles/Beighle0610.htm
Miami Dade County Public Schools Recess Manual	Recess guide used in Miami-Dade Public Schools.	http://ehandbooks.dadeschools.net/policies/138.pdf
Playworks	Playworks is an organization that builds play and physical activity into a positive school environment not only during recess, but also throughout the entire day.	http://www.playworksusa.org/

Resource	Description	Website/Other Contact Information
Playworks Education Energized: The 2009-2010 Playbook	This book offers hundreds of games for students during recess.	http://www.playworks.org/files/Playbook_final_09-10.pdf
Promoting Recess	International Play Association guide promoting recess	http://www.ipausa.org/promotingrecess.html
Recess for Elementary School Students	NASPE position statement makes the case for recess.	http://www.aahperd.org/naspe/standards/upload/Recess-for-Elementary-School-Students-2006.pdf
Recess Rules	Booklet on Recess from the Robert Wood Johnson Foundation	http://www.rwjf.org/files/research/sports4kidsrecessreport.pdf
School Recess and Group Classroom Behavior	Study published in <i>Official Journal of the American Academy of Pediatrics</i> that documents the positive relationship between recess and improved classroom behavior.	http://pediatrics.aappublications.org/cgi/reprint/123/2/431
Sixty Alternatives to Withholding Recess	Over sixty zero or low cost alternatives to withholding recess for teachers to utilize in the classroom.	http://www.peacefulplaygrounds.com/recess-alt.htm
UNC School of Education- Importance of Recess	Written from the perspective of an elementary physical education teacher, this article that not only explains the importance of recess, but also provides ideas on how to promote physical education.	http://www.learnnc.org/lp/pages/688
Yoga Recess in School	This site offers a unique and cost-conscious solution for combating obesity and chronic illness by encouraging mind body fitness programming and health education for students of all ages.	http://www.yoga-recess.org/contactus.php

D. Playground Safety

Resource	Description	Website/Other Contact Information
American Academy of Pediatrics and the National Association of School Nurses	This comprehensive resource covers topics such as outdoor safety for physical activity, activity opportunities beyond physical education (PE), use of protective equipment, and air quality.	http://www.nationalguidelines.org/
National Program for Playground Safety	NPPS is the leader in research, training and development of S.A.F.E. play areas and has developed a comprehensive clearinghouse of outdoor play areas and safety information and resources. The National Action Plan is based on four goals that provide the foundation for playground safety: supervision, age appropriate design, fall surfacing, and equipment maintenance.	www.playgroundsafety.org
U.S. Consumer Product Safety Commission	Download the Handbook for Public Playground Safety, Public Playground Safety Checklist and other Playground Safety publications at this site.	www.cpsc.gov
Virginia Department of Health's Playground Safety Resources	VDH's Division of Injury & Violence Prevention provides information on S.A.F.E. playgrounds as well as playground safety training for schools and communities.	www.vahealth.org/civp/topics/playground.asp
Virginia Department of Health's Safe Schools and Safe Students in Virginia Guidelines	VDH's Division of Injury & Violence Prevention in collaboration with the VA Department of Education and the VA Department of Criminal Justice Services provides information of safe physical education (PE) practices.	http://www.vahealth.org/Injury/educator/safeschoolsguide.htm

E. For Students with Disabilities

Resource	Description	Website/Other Contact Information
Adapted Physical Activity Council (APAC) of the American Association for Physical Activity and Recreation (AAPAR)	The APAC advocates and encourages programs, policies, standards, and research that positively affect opportunities for people with disabilities to engage in physical activity and recreation.	www.aahperd.org/aapar/people/councils/APAC.cfm
Adapted Physical Education National Standards (APENS)	The goal of APENS is to promote the fifteen Adapted Physical Education Standards and the national Certified Adapted Physical Educator (CAPE) program and exam.	www.apens.org
Creating Equal Opportunities for Children and Youth with Disabilities to Participate in Physical education and Extracurricular Athletics	This document from the U.S. Department of Education discusses IDEA’s physical education requirements for students with disabilities. It includes information on improving opportunities for children and youth to access PE and athletics and cites to additional information sources.	http://www2.ed.gov/policy/speced/guid/idea/equal-pe.pdf
Eligibility Criteria for Adapted Physical Education Services (2010)	New position statement from the National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR) helps teachers, school administrators, local education agencies and parents determine when it’s appropriate to deliver special education services to a child in physical education and to appreciate the continuum of placements and services to consider when providing this instruction.	www.aahperd.org/naspe/about/announcements/eligibility_criteria.cfm
Health, Mental Health and Safety Guidelines for Schools	Discusses policies and practices that enable students with disabilities and other special health care needs to participate fully and safely in physical education and other school physical activity programs.	http://www.nationalguidelines.org/guideline.cfm?guideNum=3-03
Model Local School Wellness Policies on Nutrition and Physical Activity	This document provides model nutrition and physical activity policies that meet the federal requirements for wellness policies.	http://www.schoolwellnesspolicies.org/resources/NANAWellnessPolicies.pdf
National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPREID)	The NCPERID promotes research, professional preparation, service delivery, and advocacy of Physical Education and Recreation for individuals with disabilities.	www.ncperid.org
Activity Ideas for Students with Severe, Profound, or Multiple Disabilities	This article suggests some realistic ideas for teaching students with severe disabilities.	http://www.palaestra.com/featurestory.html
Adaptations for Physical Activities	Quality adapted physical education involves the physical educator differentiating instruction to meet needs, interests, and abilities of each student. This resource provides ways that some sports and activities can be modified and/or changed to meet the needs of each student.	http://www.pecentral.org/adapted/adaptedactivities.html

Resource	Description	Website/Other Contact Information
Adapted Physical Education Resource Manual (2009)	Comprehensive manual with information on disability advocacy organizations, disability sport organizations, equipment companies, educational websites and lists, family support organizations, media resources, and specialists in the field.	www.aahperd.org/aapar/publications/loader.cfm?csModule=security/getfile?pageid=15185
American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)	AAHPERD books on disability topics and adapted physical education are available on the Human Kinetics website	www.humankinetics.com
Bright Futures	Resources to promote healthy behaviors, develop partnerships between health professionals, families, and communities, and improve child health outcomes.	www.brightfutures.org
Disabled Sports USA	DS/USA Youth Sports Mentoring Program is a nationwide initiative conducted in partnership with local chapters to increase youth sports involvement and to foster social interaction between people of all abilities through mentoring.	www.dsusa.org
National Center for Physical Activity and Disability	NCPAD encourages children, youth and adults with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent secondary conditions.	www.ncpad.org
National Sports Center for the Disabled	The NSCD works to impact the lives of people with physical or mental challenges through quality adaptive recreation programs in over 20 sports.	www.nscd.org
Practicum in Adapted Physical Activity	Whether students' practica are in adapted physical activity, adapted physical education, therapeutic recreation, general special education, or any program that includes people with disabilities, this workbook will help them prepare for their experience and evaluate it through journal writing, self-assessment, and critical reflective thinking.	http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736045612
The President's Challenge: Students with Disabilities – Fitness For All	With a little consideration and flexibility, any student can participate in any of the challenges. This includes kids goes with physical, cognitive, or developmental disabilities. A little flexibility, along with adaptive or customized equipment, can make almost any activity possible.	http://www.presidentschallenge.org/participate/ed-disabilities.shtml
Special Olympics	Special Olympics provides year-round programs of sports training and athletic competition for children and adults with intellectual disabilities.	www.specialolympics.org
A Teacher's Guide to Including Students with Disabilities in General Physical Education	This is a comprehensive guide to making physical education inclusion work for students of all ages. It includes new information reflecting all the latest updates to IDEA, other disability-related legislation, and national physical education standards	www.brookespublishing.com/store/books/block-68356/index.htm
Working with Paraeducators in the Physical Education Program	Paraeducators are a natural source of support for the physical educator and can provide strong, multidimensional support for students' success in the physical education classroom settings, i.e. gymnasium, locker room, outdoor environment.	http://www.pecentral.org/adapted/paraeducators.html

F. Community Organizations That Provide Opportunities for Physical Activity

Resource	Description	Website/Other Contact Information
Fitness centers	This site lists fitness clubs in Virginia by city.	http://www.healthclubdirectory.com/health_clubs/State/United States/VA/Virginia/
Little League Baseball	Little League Baseball, Incorporated is a non-profit organization whose mission is to "promote, develop, supervise, and voluntarily assist in all lawful ways, the interest of those who will participate in Little League Baseball and Softball." This site lists programs and baseball resources.	http://www.littleleague.org/ District League Finder: http://eteamz.active.com/llb/finder/index.cfm?region=3&district=all&state=46 .
Parks and Recreation Departments	Local parks and recreation departments offer a variety of physical activity programs and services. Follow this link to locate parks and recreation departments by city or county.	http://portal.virginia.gov/residents/communities/your_community/
Road Runners Club of America (RRCA)	RRCA is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. Site provides a listing of all member clubs in Virginia.	http://www.rrca.org/forms/Clubs/search?Company_MainAddress_state=59&action=Search
Special Olympics Virginia	This organization provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities	www.specialolympicsva.org
United States Tennis Association (USTA)	USTA is the national governing body for tennis and the recognized leader in promoting and developing the sport's growth on every level in the US, from local communities to the US Open.	http://www.usta.com To locate tennis teams in Virginia: http://tennislink.usta.com/TeamTennis/Main/ProgramSearch.aspx
USA Field Hockey	This site provides playing opportunities within hockey to athletes of all ages. USA field hockey clubs in Virginia are listed at this site.	www.usafieldhockey.com https://webpoint.usfieldhockey.com/search/List-Field-Hockey-Clubs.asp?CompanyState=VA
USA Football	USA Football is the official youth football development partner of the NFL, its 32 teams and the NFL Players Association and manages U.S. national teams for international competition. The organization leads the development of the game through educational programs and innovative resources.	www.usafootball.com
USA Track and Field:	This site lists all USATF-registered member organizations and competitive clubs in the Virginia Association, many of whom offer training programs for youth. Contact emails and telephone numbers are listed by club and location.	http://www.usatf.org/clubs/search/info.asp?associationNumber=12 http://virginia.usatf.org
US Lacrosse	US Lacrosse is the national governing body of men's and women's lacrosse, primarily serving the youth game and offers programs and services to inspire participation. There are regional chapters throughout the US; Virginia is part of the Middle Atlantic Region.	http://www.uslacrosse.org/ Charlottesville: http://www.cville-lax.com Hampton Roads: http://www.hrlax.com Southwest Virginia: http://www.swvlacrosse.uslaxteams.com Richmond region: http://www.richmondlaxchapter.com

Resource	Description	Website/Other Contact Information
Virginia Amateur Athletic Union Boys and Girls Basketball	This site covers information and boys and girls basketball, including a search tool to find Virginia teams.	http://www.vaaaubb.net
Virginia Department of Conservation and Recreation:	This site provides a listing of all Virginia State Parks, including amenities and reservation information.	http://www.dcr.virginia.gov/state_parks/state_park.shtml
Virginia Swimming	Virginia Swimming provides opportunities for swimmers of all abilities to achieve to the highest level of their capability through effective, innovative and inspired events and programs.	www.virginiawimming.com
Virginia Youth Soccer Association	This non-profit corporation is devoted to promoting youth soccer in the Commonwealth of VA, with over 80 member recreational clubs, and 15 member travel clubs.	www.vysa.com
YMCA's	YMCAs are located in many Virginia communities, and offer a variety of fitness activities and youth sports. This link provides a listing of Virginia locations	http://www.ymca.net/find-your-y/?address=virginia&x=0&y=0#

CHILDHOOD OBESITY:

COALITIONS AND ORGANIZATIONS IN VIRGINIA

Resource	Description	Website/Other Contact Information
The Faces of Hope	Goal is to educate, equip, and empower children toward a healthier lifestyle. Program promotes and educates families to combine smart eating with safe, sensible, and fun-filled activities resulting in a healthy lifestyle.	http://www.thefacesofhope.org
COACH: Chesterfield Coalition for Active Children	Mission is to create a healthy future by engaging children, youth and families in making healthy choices throughout their lives.	http://chesterfieldcoach.org
Consortium for Infant and Child Health (CINCH)	Mission is to engage the community to improve children's health in Hampton Roads. CINCH has been committed to reducing and preventing childhood obesity through education and policy change promotion since 2002.	http://www.cinchcoalition.org
Community Action on Obesity (Charlottesville)	Mission is to prevent and reduce obesity and improve health behaviors in the Charlottesville-Albemarle area by promoting education, facilitating policy development, and supporting increased access to healthy food and physical activity.	http://www.communityactiononobesity.org
Northern VA Healthy Kids Coalition	NVHKC is a <u>grassroots coalition of local organizations</u> including Inova Health System, area school districts and others joined in a common goal: to promote better health for children of all ages.	http://www.inova.org/inova-in-the-community/nvhkc/index.jsp
Virginia Foundation for Healthy Youth	Established by the Virginia General Assembly to lead statewide efforts to reduce and prevent youth tobacco use and childhood obesity. The Virginia Youth Obesity Prevention division will work to promote good nutrition and physical activity among the youth of Virginia.	http://healthyouthva.org/about.asp

DIABETES RESOURCES:

NATIONAL AND REGIONAL ORGANIZATIONS

Resource	Description	Website/Other Contact Information
American Diabetes Association	Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.	www.diabetes.org
Juvenile Diabetes Research Foundation	The mission is to find a cure for diabetes and its complications through the support of research.	www.jdrf.org
National Diabetes Education Program (NDEP)	Federally-funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention. NDEP's partners work together to improve the treatment and outcomes for people with diabetes; promote early diagnosis; and prevent or delay the onset of type 2 diabetes.	http://ndep.nih.gov
Virginia Diabetes Council	Mission is to bring partners together to identify and promote best practices for diabetes prevention, control and treatment in Virginia	www.virginiadiabetes.org