

# School Food and Physical Activity Environment

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

## **Action for Healthy Kids**

### **Resources to Improve Schools**

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

[www.actionforhealthykids.org/resources.php](http://www.actionforhealthykids.org/resources.php)

## **Alliance for a Healthier Generation**

### **Healthy Schools Program**

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

[www.healthiergeneration.org/engine/renderpage.asp?pid=s010](http://www.healthiergeneration.org/engine/renderpage.asp?pid=s010)

## **California Endowment & the Robert Wood Johnson Foundation (RWJF)**

### **Competitive Foods Policy Brief**

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

[www.calendow.org/reference/publications/pdf/disparities/Competitive%20Foods%20Brief.pdf](http://www.calendow.org/reference/publications/pdf/disparities/Competitive%20Foods%20Brief.pdf)

## **California Endowment & the Robert Wood Johnson Foundation (RWJF)**

### **Improving School Food Environments Through District-Level Policies**

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

[www.calendow.org/reference/publications/pdf/disparities/60285\\_CAElmprovingFood5.pdf](http://www.calendow.org/reference/publications/pdf/disparities/60285_CAElmprovingFood5.pdf)

## **California Project Lean (CPL)**

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

#### **Creating Healthier Places**

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

[www.californiaprojectlean.org/resourcelibrary/genResourceLibraryDetail.asp?CGUID=%7B933FD388%2D8CE8%2D4643%2DB3FF%2DE96ECB476535%7D&CIID=res%5F1025&CIV=6&CATNID=1031&CATNGUID=%7BEC63CE25%2D9FE4%2D4D03%2D8703%2DFB01D34F32C4%7D](http://www.californiaprojectlean.org/resourcelibrary/genResourceLibraryDetail.asp?CGUID=%7B933FD388%2D8CE8%2D4643%2DB3FF%2DE96ECB476535%7D&CIID=res%5F1025&CIV=6&CATNID=1031&CATNGUID=%7BEC63CE25%2D9FE4%2D4D03%2D8703%2DFB01D34F32C4%7D)

[www.californiaprojectlean.org/views/Create\\_Healthier\\_Places.asp](http://www.californiaprojectlean.org/views/Create_Healthier_Places.asp)

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

### **Making It Happen: School Nutrition Success Stories**

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

[www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm)

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

### **School Foods Toolkit: A Guide to Improving School Foods and Beverages**

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

[www.cspinet.org/schoolfoodkit/](http://www.cspinet.org/schoolfoodkit/)

## **Connecticut State Department of Education**

### **Healthy School Nutrition Environment Resource List**

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

[www.state.ct.us/sde/deps/Nutrition/HSNE\\_Resource\\_List.pdf](http://www.state.ct.us/sde/deps/Nutrition/HSNE_Resource_List.pdf)

## **Green Schools Initiative**

### **The Little Green Schoolhouse: Thinking Big About Sustainability, Children's Environmental Health and K-12 Education in the U.S.**

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

[www.greenschools.net/report/index.html](http://www.greenschools.net/report/index.html)

## **Institute of Medicine (IOM)**

### **Schools Can Play a Role in Preventing Childhood Obesity**

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

[www.iom.edu/Object.File/Master/22/615/Fact%20Sheet%20-%20Schools%20FINALBitticks.pdf](http://www.iom.edu/Object.File/Master/22/615/Fact%20Sheet%20-%20Schools%20FINALBitticks.pdf)

[www.iom.edu/?id=25046](http://www.iom.edu/?id=25046)

## **Maine Nutrition Network**

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

[www.maine-nutrition.org/MN/MNInternetKits.htm](http://www.maine-nutrition.org/MN/MNInternetKits.htm)

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

### **State-Level School Health Policies**

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

[www.nasbe.org/HealthySchools/States/State\\_Topics.asp](http://www.nasbe.org/HealthySchools/States/State_Topics.asp)

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

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

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

[www.neconinfo.org/02-11-2003\\_Strategic\\_Plan.pdf](http://www.neconinfo.org/02-11-2003_Strategic_Plan.pdf)

## **New Hampshire Department of Education**

### **Healthy School Nutrition Environment Assessment Tool**

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

[www.ed.state.nh.us/education/doe/organization/programsupport/documents/HealthySchoolNutritionEnvironmentAssessmentTool.doc](http://www.ed.state.nh.us/education/doe/organization/programsupport/documents/HealthySchoolNutritionEnvironmentAssessmentTool.doc)

## **Robert Wood Johnson Foundation (RWJF)**

### **Healthy Schools for Healthy Kids**

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

[www.rwjf.org/files/publications/other/HealthySchools.pdf](http://www.rwjf.org/files/publications/other/HealthySchools.pdf)

## **Team Nutrition**

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

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

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