





# School Wellness Toolkit Resources

## Alaska Agencies and Organizations

### Alaska Action for Healthy Kids

Mary Grisco  
P.O. Box 230567  
Anchorage, AK 99523  
Phone 907-580-3180 Fax 907-580-2454  
Mary.Grisco@elemendorf.af.mil  
www.actionforhealthykids.org

### Alaska Association for Physical Education, Health, Recreation, and Dance (AKAHPERD)

P.O. Box 241323  
Anchorage, AK 99524-1323  
Phone: 907-351-3195 Fax 907-222-6200  
info@akahperd.com  
www.akahperd.com

### Alaska Dietetic Association

akdard@hotmail.com  
www.eatrightalaska.org

### Alaska ICE Initiative for Community Engagement

Sally Rue, Director  
1111 West 9th Street  
Juneau, AK 99801  
Phone 907-586-1486 Fax 907-586-1450  
alaskaice@asb.org  
www.alaskaice.org

### Alaska Parent Teacher Association

Mailing Address: P.O. Box 201496 Anchorage, Alaska 99520-1496  
Physical Address: 555 West Northern Lights, Suite 204 Anchorage, Alaska 99503  
Phone: 907-279-9345 or 907-278-0085  
Fax 907-222-2401  
Toll Free (Outside Anchorage): 1-888-822-1699  
akpta@alaska.net  
www.alaska.net/~akpta/

### Alaska Health Education Library Project (AHELP)

Dept. of Health and Social Services  
Section of Chronic Disease Prevention and Health Promotion  
PO Box 110616  
Juneau, AK 99811-0616  
Phone 907-465-3140 Fax 907-465-2770  
Paula\_Recchia@health.state.ak.us  
www.ahelp.org

### Alaska School Activities Association

Gary Matthews, Executive Director  
4048 Laurel St., Suite 203  
Anchorage, AK 99508  
Phone 907-563-3723 Fax 907-561-0720  
www.asaa.org

### Alaska School Nutrition Association

Dean Hamburg  
Kenai Peninsula Borough School District  
139 E. Park Avenue  
Soldotna, AK 99669  
Phone 907-262-9367 Fax: 907-262-0978  
dhamburg@kpbsd.k12.ak.us  
www.aksna.org

### Alaska School Nurses Association

Shirley Harduar, RN, BSN, Director  
harduar\_shirley@asdk12.org

### Alaska Recreation and Parks Association

Zieak McFarland, President  
Phone 907-772-2618  
parknrec@ci.petersburg.ak.us  
http://www.alaskarpa.org/

### Alaskan Way to 5 A Day

Janelle Gomez, Community Nutritionist  
Office of Children's Services  
907-269-8446 Fax 907-269-3497  
Janelle\_Gomez@health.state.ak.us



**Alaskans Promoting Physical Activity (APPA)**

Russ Stevens, Physical Activity Specialist  
Dept. of Health and Social Services  
Section of Chronic Disease Prevention and Health Promotion  
PO Box 110616  
Juneau, AK 99811-0616  
Phone: 907-465-8541 Fax 907-465-2770  
Russ\_Stevens@health.state.ak.us  
www.takeheart.alaska.gov

**American Cancer Society**

1057 W. Fireweed Lane, Suite 204  
Anchorage, AK 99503  
Phone 907-277-8696 Fax 907-263-2073  
www.cancer.org

**American Diabetes Association, Alaska Area**

801 West Fireweed Lane, Suite 103  
Anchorage, AK 99503  
Phone 907-272-1424 Fax 907-272-1428  
estankovich@diabetes.org  
www.diabetes.org

**American Heart Association Alaska**

1057 W. Fireweed Lane, Suite 100  
Anchorage, AK 99503  
Phone 907-263-2014 Fax 907-263-2045  
www.americanheart.org

**Anchorage School District**

Sharon Vaissiere, Health & Physical Education Coordinator  
vaissiere\_sharon@asdk12.org  
Phone: 907- 742-4400

**Asthma and Allergy Foundation of America, Alaska Chapter**

PO Box 201927  
Anchorage, AK 99520-1927  
Phone 907-696-4810 Fax 907-696-4810  
aafaAlaska@gci.net  
www.aafaalaska.com

**Association of Alaska School Boards**

Sharon Young  
1111 West 9th Street  
Juneau, AK 99801  
Phone 907-586-1083 Fax 907-586-2995  
aasb@aasb.org  
www.aasb.org

**Child Nutrition Services**

Stacy Goade, State Director  
Dept. of Education & Early Development  
810 West Tenth St., Suite 200  
Juneau, AK 99801  
Phone 907-465-8708 Fax 907-465-8910  
Stacey\_Goade@eed.state.ak.us  
www.eed.state.ak.us/tls/cns/

**Eat Smart Alaska!**

Karol Fink, MS, RD  
Dept. of Health and Social Services  
Section of Chronic Disease Prevention and Health Promotion  
P.O. Box 240249  
Anchorage, AK 99524-0249  
Phone: 907-269-3457 Fax: 907-269-5446  
Karol\_Fink@health.state.ak.us  
www.takeheart.alaska.gov

**Healthy Futures**

Rebecca Reichlin, Coordinator  
Phone: 907-783-2374  
reichlin@acsalaska.net  
www.asdk12.org/HealthyFutures/

**Obesity Prevention and Control Program**

Erin Peterson, Program Manager  
Dept. of Health and Social Services  
Section of Chronic Disease Prevention and Health Promotion  
P.O. Box 240249  
Anchorage, AK 99524-0249  
Phone 907-269-8181 Fax 907-269-5446  
Erin\_Peterson@health.state.ak.us  
www.hss.state.ak.us/dph/chronic/obesity

**Safe Routes to School**

Steven Soenksen, Coordinator  
Dept. of Transportation and Public Facilities  
3132 Channel Drive, Suite 200  
Juneau, AK 99801-7898  
Phone 907-465-4069 Fax 907-465-6984  
Steve\_Soenksen@dot.state.ak.us

**School Health Education Program Support**

Todd Brocious, Education Specialist  
Dept. of Education and Early Development  
810 West Tenth St., Suite 200  
Juneau, AK 99801  
Phone 907-465-2887 Fax 907-465-2713  
Todd\_Brocious@eed.state.ak.us  
www.eed.state.ak.us/tls/schoolhealth/



### **School Health Programs and Youth Risk Behavior Survey**

Patty Owen, Health Program Manager  
Dept. of Health and Social Services  
Section of Chronic Disease Prevention and Health Promotion  
PO Box 110616  
Juneau, AK 99811-0616  
Ph. 907-465-2768 or 1-888-465-3140  
Fax 907-465-3140  
Patty\_Owen@health.state.ak.us  
www.hss.state.ak.us/dph/chronic/school

### **Special Olympics Alaska**

Nicolle Egan, Vice President/Chief Operating Officer  
3200 Mountain View Drive  
Anchorage, AK 99501  
Phone: 1-907-222-7625 ext 8 or 1-888-499-7625 ext 8  
Fax: 1-907-222-6200  
www.specialolympicsalaska.org

### **Washington State Dairy Council (Serving Alaska)**

Mollie Langum, School Program Director  
4201 198th St. SW  
Lynnwood, WA 98036  
Phone 425-744-1616 Fax 425-670-1222  
800-470-1222  
mollie@eatsmart.org  
www.eatsmart.org

### **University of Alaska Cooperative Extension Service**

University of Alaska Fairbanks  
Dr. Anthony T. Nakazawa, Director  
P.O. Box 756180  
Fairbanks, AK 99775  
Phone: 907-474-7246 Fax: 907-474-5139  
www.uaf.edu/coop-ext

## **National Agencies and Organizations**

### **General**

#### **American Association for Health Education**

1-800-213-7193  
<http://www.aahperd.org/aahe/>

#### **American Cancer Society**

1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

#### **American School Health Association**

330-678-1601  
[www.ashaweb.org/](http://www.ashaweb.org/)

#### **Arthritis Foundation**

1-800-746-1821  
[www.arthritis.org](http://www.arthritis.org)

#### **Council of Chief State School Officers 202-336-7000**

[www.ccsso.org/](http://www.ccsso.org/)

#### **Society of State Directors of Health, Physical Education and Recreation**

703-390-4599  
[www.thesociety.org/](http://www.thesociety.org/)

#### **National Assembly on School Based Health Care**

202-638-5872  
[www.nasbhc.org/](http://www.nasbhc.org/)

#### **National Association of School Nurses**

1-866-627-6767  
[www.nasn.org/](http://www.nasn.org/)

#### **National Association of State Boards of Education**

703-684-4000  
[www.nasbe.org/](http://www.nasbe.org/)

#### **National Education Association Health Information Network**

1-800-718-8387  
[www.neahin.org/](http://www.neahin.org/)

#### **National Parent Teacher Association**

1-800-307-4PTA  
[www.pta.org/](http://www.pta.org/)



**National School Boards Association**  
703-838-6722  
[www.nsba.org/site/index.asp](http://www.nsba.org/site/index.asp)

**The Center for Health and Health Care in Schools**  
202-466-3396  
[www.healthinschools.org/home.asp](http://www.healthinschools.org/home.asp)

**The Wellness Councils of America**  
402-827-3590  
<http://www.welcoa.org/>

**U.S. Centers for Disease Control and Prevention**  
Division of Adolescent and School Health  
Healthy Schools, Healthy Youth  
1-888-231-6405  
[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)

### *Nutrition and Physical Activity*

**Action for Healthy Kids**  
1-800-416-5136  
[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

**American Association for the Child's Right to Play**  
Graduate Physical Education  
516-463-5176  
[www.ipausa.org/](http://www.ipausa.org/)

**Center for Science in the Public Interest**  
Nutrition Policy  
202 332-9110  
[www.cspinet.org/nutritionpolicy/index.html](http://www.cspinet.org/nutritionpolicy/index.html)

**Center for Weight and Health**  
510-642-1599  
<http://nature.berkeley.edu/cwh/>

**Food Allergy & Anaphylaxis Network**  
1-800-929-4040  
[www.foodallergy.org/](http://www.foodallergy.org/)

**Food Nutrition Information Center**  
National Agricultural Library, Room 105  
301-504-5719  
[www.nalusda.gov/fnic](http://www.nalusda.gov/fnic)

**National 5 A Day Program**  
1-800-422-6237  
[www.5aday.gov](http://www.5aday.gov)

**National Association for Sport and Physical Education**  
1-800-213-7193  
[www.aahperd.org/naspe/template.cfm](http://www.aahperd.org/naspe/template.cfm)

**National Center Bicycling and Walking**  
301-656-4220  
[www.bikewalk.org](http://www.bikewalk.org)

**National Food Service Management Institute**  
The University of Mississippi  
1-800-321-3054  
[www.olemiss.edu/depts/nfsmi/](http://www.olemiss.edu/depts/nfsmi/)

**National Heart, Lung and Blood Institute Obesity Education Initiative**  
<http://www.nhlbi.nih.gov/about/oei/index.htm>

**National Recreation and Park Association**  
703-858-0784  
<http://www.nrpa.org/>

**P.E.4LIFE**  
202-776-0377  
[www.pe4life.org/](http://www.pe4life.org/)

**President's Council on Physical Fitness & Sports**  
202-690-9000  
[www.fitness.gov](http://www.fitness.gov)

**School Nutrition Association**  
703-739-3900  
[www.SchoolNutrition.org](http://www.SchoolNutrition.org)

**Society for Nutrition Education**  
1-800-235-6690  
[www.sne.org/](http://www.sne.org/)

**U.S. Department of Agriculture**  
Team Nutrition Program  
703-305-1624  
[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention  
Division of Nutrition and Physical Activity  
770-488-5705  
[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)



# Materials and Resources

## General

*Alaska in Action: Statewide Physical Activity and Nutrition Plan*, State of Alaska, Department of Health and Social Services, 2005, <http://www.hss.state.ak.us/dph/chronic/obesity/default.htm>

*Alaska Youth Risk Behavior Survey 2003 Report*, State of Alaska, Department of Health and Social Services, 2004 <http://www.hss.state.ak.us/dph/chronic/school/YRBS.htm>

*CDC School Health Guidelines*, Centers for Disease Control and Prevention, [www.cdc.gov/HealthyYouth/publications/Guidelines.htm](http://www.cdc.gov/HealthyYouth/publications/Guidelines.htm)

*CDC's Health Education Curriculum Analysis Tool (HECAT)*, Centers for Disease Control and Prevention, Available in 2006, [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)

*Coordinated School Health Programs*, Centers for Disease Control and Prevention, 2005, <http://www.cdc.gov/healthyyouth/CSHP/>

*Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, 2004, [www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

*Fit, Healthy and Ready to Learn: A School Health Policy Guide*, Bogden JF, Alexandria, VA: National Association of State Boards of Education, 2000, [www.nasbe.org](http://www.nasbe.org)

*Health Is Academic: A Guide to Coordinated School Health Programs*, Marx E, Wooley SF, Northrop D, editors, New York, NY: Teachers College Press, 1998, [www.teacherscollegepress.com](http://www.teacherscollegepress.com)

*Healthy Youth Funding Database*, Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/HYFund/>

*Improving School Health: A Guide to School Health Councils*, Atlanta, GA: American Cancer Society, 1999, [www.schoolhealth.info](http://www.schoolhealth.info) (Click on "Advisory Councils")

*Making the Connection: Health and Student Achievement*, Reston, VA: The Association of State and Territorial Health Officials and the Society of State Directors of Health, Physical Education, and Recreation, [www.thesociety.org/](http://www.thesociety.org/)

*Model School Wellness Policies*, National Alliance for Nutrition and Activity, Center for Science in the Public Interest, 2005, <http://www.schoolwellnesspolicies.org/>

*National Health Education Standards, Achieving Health Literacy*, American Cancer Society, 1995, American Association for Health Education, [www.aahperd.org](http://www.aahperd.org) (E-store)

*Playing the Policy Game: Preparing Teen Leaders to Take Action on Healthy Eating and Physical Activity*, Sacramento, CA: California Project LEAN, 1999, [www.californiaprojectlean.org](http://www.californiaprojectlean.org)

*Protecting our Assets: A School Employee Wellness Guide*, Directors of Health Promotion and Education, Available in 2006. [www.dhpe.org](http://www.dhpe.org)



*Schools and Health, Our Nation's Investment*, Institute of Medicine, Washington, DC: National Academy Press, 1997, [www.nap.edu/books/0309054354/html/index.html](http://www.nap.edu/books/0309054354/html/index.html)

*School Health Index, A Self –Assessment and Planning Guide*, Centers for Disease Control and Prevention, 2005, <http://apps.nccd.cdc.gov/shi/default.aspx>

*School Nutrition Association Local Wellness Policy Instruction*, The Child Nutrition Foundation, Inc. 2005, Alexandria, VA, [www.schoolnutrition.org](http://www.schoolnutrition.org)

*The Learning Connection*, Action for Healthy Kids, 2004, [www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

*We Can! (Ways to Enhance Children's Activity and Nutrition)*, National Institutes of Health, 2005, <http://wecan.nhlbi.nih.gov>

*Wellness Policy Toolkit*, Action for Healthy Kids, [www.actionforhealthykids.org/resources\\_wp.php](http://www.actionforhealthykids.org/resources_wp.php)

*What's Working Database*, Action for Healthy Kids, 2003, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

## **Nutrition**

*A Tool Kit for Healthy School Meals, Recipes and Training Materials*, U.S. Department of Agriculture/Team Nutrition, 1997, National Food Service Management Institute, <http://www.nal.usda.gov/fnic/schoolmeals/Training/train.html>

*Accommodating Children with Special Dietary Needs in the School Nutrition Program: Guidance for School Food Service Staff*, U.S. Department of Agriculture/Food and Nutrition Service, 2001, [www.fns.usda.gov/cnd/guidance](http://www.fns.usda.gov/cnd/guidance)

*Barriers to Good Nutrition Environment in Middle Grades*, Insight no. 17, 2001, [www.nfsmi.org/Information/Newsletters/insight17.pdf](http://www.nfsmi.org/Information/Newsletters/insight17.pdf)

*CARE: Special Nutrition for Kids*, Alabama Department of Education/revised by U.S. Department of Agriculture, National Food Service Management Institute, 1999, [www.nal.usda.gov/fnic/service/foods1.htm](http://www.nal.usda.gov/fnic/service/foods1.htm)

*Changing the Scene– Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000, [www.fns.usda.gov/tn/Resources/changing.html](http://www.fns.usda.gov/tn/Resources/changing.html)

*Consensus Panel Recommendations for Competitive Food Standards*, Davis, CA: California Center for Public Health Advocacy, 1999, [http://www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_stan\\_pdfs/standards.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_stan_pdfs/standards.pdf)

*Competencies, Knowledge, and Skills Required of Effective School Nutrition Managers*, Conklin M, editor, National Food Service Management Institute, 1995, [www.nfsmi.org/Information/resourceguide.pdf](http://www.nfsmi.org/Information/resourceguide.pdf)

*Competitive Foods and Foods of Minimal Nutritional Value*, Wisconsin Department of Public Instruction, 2001, [www.dpi.state.wi.us/dpi/dfm/fns/pdf/competve.pdf](http://www.dpi.state.wi.us/dpi/dfm/fns/pdf/competve.pdf)



*Culinary Techniques: Cooking with Flair—Fruits, Salads, Vegetables* (computer-based learning tool), National Food Service Management Institute, 2000, [www.nfsmi.org/interactive/cultech1.html](http://www.nfsmi.org/interactive/cultech1.html)

*Dietary Guidelines for Americans*, U.S. Department of Agriculture, 2005, [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/)

*Eating Disorders: Facts About Eating Disorders and the Search for Solutions*, National Institute of Mental Health, 2001, <http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>

*Healthy Vending Guidelines*, San Antonio Bexar County Community Health Collaborative, 2002 [www.healthcollaborative.net/assets/pdf/vendingcriteria.pdf](http://www.healthcollaborative.net/assets/pdf/vendingcriteria.pdf)

*Healthy Food Policy Resource Guide*, California Project Lean, <http://www.californiaprojectlean.org/>

*Keys to Excellence in School Food and Nutrition Programs*, American School Food Service Association, 2003, [www.asfsa.org/keys/](http://www.asfsa.org/keys/)

*Making It Happen, Success Stories, School Nutrition Success Stories*, U.S. Dept. of Agriculture, 2005, <http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>

*Managing Nutrition Services for Children with Special Needs*, National Food Service Management Institute, Insight no. 1, 1994, [www.nfsmi.org/Information/Newsletters/insight1.pdf](http://www.nfsmi.org/Information/Newsletters/insight1.pdf)

*My Pyramid for Kids*, U.S. Dept. of Agriculture, <http://teamnutrition.usda.gov/kids-pyramid.html>

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*Report on Indicators and Evidence of Achievement for Nutrition Integrity Standards*, Sneed J, 1994, [www.olemiss.edu/depts/nfsmi/Information/Research.html](http://www.olemiss.edu/depts/nfsmi/Information/Research.html)

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*School Foods Tool Kit, A Guide for Improving School Foods and Beverages*, Center for Science in the Public Interest, 2003, <http://www.cspinet.org/schoolfoodkit/>

*Strategies for Success II: Enhancing Academic Performance and Health Through Nutrition Education*, California Department of Education/Nutrition Education and Training Program, 2001, <http://www.cde.ca.gov/ls/nu/he/documents/strategy2.pdf>

*Team Nutrition Resource Library*, U.S. Dept. of Agriculture, Food and Nutrition Services, <http://teamnutrition.usda.gov/library.html>

*The School Environment: Helping Students Learn to Eat Healthy*, U.S. Department of Agriculture/Team Nutrition, 2000, [www.fns.usda.gov/tn/Resources/sebrochure2.pdf](http://www.fns.usda.gov/tn/Resources/sebrochure2.pdf)



## Physical Activity

*A Report to the President: Promoting Better Health for Young People Through Physical Activity and Sports*, U.S. Department of Health and Human Services and U.S. Department of Education, 2000, <http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm>

*A Teacher's Guide to Including Students with Disabilities in Regular Physical Education*, Block ME, Baltimore, MD: Paul H. Brookes Publishing Company, 2000, [www.brookespublishing.com/](http://www.brookespublishing.com/)

*Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines*, Samman P, Champaign, IL: Human Kinetics Publishers, 1998, [www.humankinetics.com](http://www.humankinetics.com)

*Adapted Physical Education National Standards*, National Consortium for Physical Education and Recreation for Individuals with Disabilities, Champaign, Illinois: Human Kinetics Publishers, 1995, [www.humankinetics.com](http://www.humankinetics.com)

*Appropriate Practices for Elementary School, Middle School (2001) and High School (2004) Physical Education*, National Association for Sport and Physical Education, 2000

*Asthma and Physical Activity in the School*, National Asthma Education and Prevention Program, Bethesda, MD: National Institutes of Health, National Heart, Lung, and Blood Institute, 1993, [http://www.nhlbi.nih.gov/health/public/lung/asthma/phy\\_asth.htm](http://www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.htm)

*CDC's Physical Education Curriculum Analysis Tool (PECAT)*, Centers for Disease Control and Prevention, [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)

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*Elementary School Recess: Selected Readings, Games, and Activities for Teachers and Parents*, Clements R, Boston, MA: American Press, 2000, [www.ipausa.org/elemrecessbook.htm](http://www.ipausa.org/elemrecessbook.htm)

*Facilities Planning for Health, Fitness, Physical Activity, Recreation, and Sports: Concepts and Application*, Sawyer TH, Reston, VA: American Association for Active Lifestyles and Fitness, 2002, [www.aahperd.org/](http://www.aahperd.org/)

*Guidelines for After School Physical Activity and Intramural Sport Programs* (position paper), NASPE, 2002, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)

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*Kids Walk to School: A Guide to Promote Walking to School*, Centers for Disease Control and Prevention, 2000, [www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)



*Moving into the Future: National Standards for Physical Education*, 2nd edition, National Association for Sport and Physical Education 2004

*National Standards for Beginning Physical Education Teachers*, 2nd edition, National Association for Sport and Physical Education 2003

*Opportunity to Learn: Standards for Elementary, Middle School, and High School Physical Education*, National Association for Sport and Physical Education, [www.aahperd.org/](http://www.aahperd.org/)

*Physical Activity and Health: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 1996, [www.cdc.gov/nccdphp/sgr/sgr.htm](http://www.cdc.gov/nccdphp/sgr/sgr.htm)

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*Physical Education Program Improvement and Self-study Guide for Middle School, High School*, National Association for Sport and Physical Education, 1998

*Principles of Safety in Physical Education and Sport*, Dougherty N, editor, National Association for Sport and Physical Education, 2002

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*Recess in Elementary Schools*, National Association for Sport and Physical Education, 2001, [www.aahperd.org/NASPE/pdf\\_files/pos\\_papers/current\\_res.pdf](http://www.aahperd.org/NASPE/pdf_files/pos_papers/current_res.pdf)

*Safe Routes to School*, National Center Bicycling and Walking, [http://www.bikewalk.org/safe\\_routes\\_to\\_school/SR2S\\_resources.htm](http://www.bikewalk.org/safe_routes_to_school/SR2S_resources.htm)

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# School Wellness Toolkit Glossary

## **A la Carte**

Individual food for sale on the school campus or in the school food service area sold separately from reimbursable school meals.

## **Administrative regulations**

The guidance issued with a policy that details the procedure for carrying out the policy.

## **Aerobic Activity**

Activities that are strenuously performed and cause notable temporary increases in respiration and heart rate.

## **At-risk-for-overweight**

Term used for children age 2-20 whose height and weight measurements yield a value on the BMI-for-age charts between the 85th percentile and the 95th percentile.

## **Body Mass Index (BMI)**

Body Mass Index or BMI is a tool for indicating weight status in adults. For adults over 20 years old, BMI correlates with body fat. Calculated as:  $BMI = \text{Weight in Kilograms} / (\text{Height in Meters})^2$   
 $BMI = (\text{Weight in Pounds} / [(\text{Height in Inches})^2 \times 703])$ .

## **Body Mass Index (BMI) for age**

For children aged 2 to 20, BMI-for-age is plotted on gender specific growth charts. In children and teens, body mass index for age is used to assess underweight, overweight, and risk for overweight.

## **Calcium**

A mineral that is essential for the formation of and maintenance of healthy teeth and bones. Many foods contain calcium, but dairy products are the most significant source.

## **Calorie**

Calories are the basic unit of energy within food. The body converts calories into energy, uses the amount of energy it can, and stores the rest as fat.

## **Carbohydrates**

A macronutrient classification that includes simple sugars and complex carbohydrates (starches and fibers).

## **Cardiovascular disease (CVD)**

A general term for all diseases of the heart and blood vessels such as atherosclerosis, coronary heart disease, and heart attack.

## **Child Nutrition and WIC Reauthorization Act 2004**

Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 requires that every local education agency (district) receiving federal funds for foodservice programs must adopt a wellness policy by the beginning of the 2006-2007 school year.

## **Childhood overweight**

Term used for children age 2-20 whose height and weight measurements yield a value on the gender-specific BMI-for-age charts above the 95th percentile.

## **Cholesterol (dietary)**

A substance in the fat of animal products. The common sources of cholesterol in the U.S. diet are cheese, beef, whole milk, and eggs. High intake of saturated fats, trans fats and cholesterol increase the risk of heart disease.

## **Chronic disease**

Illnesses that are prolonged, do not resolve spontaneously, and are rarely cured completely. Examples associated with overweight include diabetes, heart disease, and high blood pressure.

## **Competitive foods**

All foods and beverages sold that compete with the National School Lunch program including those sold: (1) by the school nutrition program outside the free and reduced school meals program (a la carte); (2) in vending machines, school stores, coffee carts, concessions stands, or other locations on the school campus; or (3) for fundraising purposes.

## **Comprehensive health education**

Comprehensive health education refers to a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.



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### **Coordinated School Health Program (CSHP)**

A model for teaching and promoting health in the school setting developed by the Centers for Disease Control and Prevention. The model includes eight interactive components: (1) health education; (2) physical education; (3) health services; (4) nutrition services; (5) counseling, psychological, & social services; (6) healthy school environment; (7) health promotion for staff; and (8) family/community involvement.

### **Curriculum**

Guidance on the scope, sequence, and components of an education plan in a specific subject.

### **Dietary Guidelines for Americans**

An authoritative document summarizing dietary recommendations for people two years of age and older. The document is published jointly between the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA).

### **Electrolyte replacement drink**

A beverage that is marketed as a way to replenish nutrients depleted during exercise.

### **Epidemic**

Widely prevalent and rapidly spreading

### **Exercise**

Physical activity that is structured and designed to improve or maintain fitness.

### **Extracurricular activities**

School programs offered in addition to the core curriculum (e.g., school sports, clubs, etc.)

### **Fiber**

A type of carbohydrate that includes soluble fiber (indigestible food components that dissolve in water, such as pectin) and insoluble fiber (indigestible food components that do not dissolve in water, such as strings of celery and the skins of corn kernels).

### **Food and Nutrition Service Programs (FNS)**

These include the Food Stamp Program; the Special Supplemental Food Program for Women, Infants and Children (WIC), Child Nutrition Programs, and Food Distribution Programs.

### **Foods of Minimal Nutritional Value (FMNV)**

Includes four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that cannot be sold in the food service area of schools participating in reimbursable school meal programs sponsored by the United States Department of Agriculture.

### **Free and Reduced Price Meals**

The United States Department of Agriculture School Meal Programs, including the National School Lunch Program, the School Breakfast Program, and the Special Milk Program, through which eligible children receive free or reduced price meals and milk.

### **Health-related fitness testing**

A series of physical tests designed to assess student health and fitness levels.

### **Healthy weight**

For measurement and evaluation purposes, a Body Mass Index between 18.5 – 24.9 for adults; for children and youth age 2-10 years, a BMI between the 5th and 85th percentile on the Body Mass Index for age chart.

### **High fructose corn syrup (HFCS)**

An inexpensive sweetener, derived from corn, that is added to soft drinks, cookies, candy bars, and breakfast cereals.

### **Inactivity**

The condition of not engaging in any regular pattern of physical activity beyond daily functioning.

### **Individual Education Plan (IEP)**

An Individual Education Plan (IEP) is a written plan developed by the parents and the school's special education team that specifies a student's academic goals and the method to obtain these goals.



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### **Interscholastic**

Activities (usually contests) between two or more schools.

### **Intramural**

Activities (usually contests) occurring within a school amongst the student body.

### **Monosodium glutamate (MSG)**

A flavor enhancer in a variety of foods prepared at home, in restaurants, and by food processors. Some people report sensitivity to MSG.

### **National School Lunch Program**

A federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children.

### **Obese**

Term used for adults whose height and weight measurements yield a BMI value of 30.0 or more. Obese individuals have an excessively high amount of body fat or adipose tissue in relation to lean body mass. The amount of adiposity (body fat) includes distribution of fat throughout the body and the size of the adipose tissue deposits. Body fat distribution can be estimated by skinfold thickness measures, by waist-to-hip circumference ratios, or by techniques such as ultrasound, computed tomography, or magnetic resonance imaging.

The term obese is not commonly used to categorize children and youth. Refer to “childhood overweight” for a definition that applies to ages 2 through 20.

### **Overweight**

Term used for adults whose height and weight measurements yield a BMI value between 25.0-29.9. See “childhood overweight”

### **Physical activity**

Bodily movement produced by skeletal muscles that leads to energy expenditure

### **Physical education**

A course of study designed to provide students with the skills and knowledge needed to establish and sustain an active lifestyle.

### **Policy**

In the school setting, the term policy often refers to a general statement of goals or principles.

### **Pouring rights contracts**

Contractual arrangements between schools and beverage distributors that may endorse a singular corporation, may oblige schools to allow marketing to children, and may include sales incentives.

### **Quality physical education programs**

Instruction in physical education designed to develop health-related fitness, physical competence, and cognitive understanding about physical activity so that students can adopt healthy and physically active lifestyles. The three components of quality physical education programs are: opportunity to learn, meaningful content, and appropriate instruction.

### **Recess**

A break during the day set aside to allow children the time for active, free play.

### **Recommended Dietary Allowance (RDA)**

A set of estimated allowances for vitamins and minerals established by the National Academy of Sciences.

### **Reimbursable school meals**

See Free and Reduced Price Meals

### **Risk-for-overweight**

See At-Risk-for-overweight

### **Saturated fat**

A type of fat that is solid at room temperature. The three major sources of saturated fats in the U.S. diet are cheese, beef, and whole milk. High intake of saturated fats, trans fats and cholesterol increase the risk of heart disease.



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### **School Breakfast Program (SBP)**

Administered at the federal level by USDA Food and Nutrition Services, this program provides cash assistance to states to operate nonprofit breakfast programs in schools and residential childcare institutions.

### **School Meals Initiative for Healthy Children (SMI)**

A United States Department of Agriculture initiative to improve the nutritional quality of the School Meal Programs' school lunches and breakfasts. SMI guidelines require that nutrition standards are met for specific age and grade groupings when averaged over each school week.

### **School Health Index (SHI)**

A self-assessment and planning guide developed by the Centers for Disease Control and Prevention to help schools: (1) identify the strengths and weaknesses of their policies and programs that promote health and safety; (2) develop an action plan for improving student health and safety; and (3) involve teachers, parents, students, and the community in efforts to improve school policies, programs, and services.

### **Stakeholder**

People or organizations that have a vested interest in identifying and addressing a problem.

### **Traditional foods**

The fish, shellfish, marine mammals, terrestrial mammals, and plants that made up the Alaska Native diet before the arrival of Europeans in Alaska (i.e., subsistence foods).

### **Trans fat**

Trans fat (also known as trans fatty acid) is a specific type of fat formed when liquid oils are made into solid fats like shortening and hard margarine through a hydrogenation process. A small amount of trans fat occurs naturally, primarily in some animal-based foods. The major sources of trans fats in the U.S. diet are processed cakes, cookies, crackers, pie and bread. High intake of saturated fats, trans fats and cholesterol increase the risk of heart disease.

### **Vitamins**

A group of substances essential for normal metabolism, growth and development, and regulation of cell function.

### **Wellness policy**

A policy that address goals for nutrition guidelines, nutrition education, physical activity and other school based activities that are designed to promote student wellness as required by the 2004 Child Nutrition and WIC Reauthorization Act.

### **Women Infants and Children (WIC) Program**

A national nutrition program that helps income eligible pregnant women, new mothers, infants and young children under the age of five learn about good nutrition and how to stay healthy.

### **Youth Risk Behavior Survey (YRBS)**

A school based survey that monitors adolescent health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States.

### **Wellness team**

An advisory committee that provides input to the school district on the development of wellness (physical activity and nutrition) policy as required by the 2004 Child Nutrition and WIC Reauthorization Act.





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