

School Wellness Policy Web Sites

All local education agencies that participate in the National School Lunch Program must now have local school wellness policies in place. The following Web sites contain information on the development, implementation, and evaluation of school wellness policies or school nutrition and physical activity policies; they also contain examples of what schools are doing to fulfill or go beyond the federal requirements. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* 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 *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

Action for Healthy Kids

Wellness Policy Tool and Virtual Wellness Policy Team

Action for Healthy Kids is a nonprofit group that works through schools to improve the health of overweight, undernourished, and sedentary youth. Its Wellness Policy Tool is designed to help schools develop, implement, and evaluate local wellness policies; its Virtual Wellness Policy Team answers frequently asked questions about school wellness policies.

www.actionforhealthykids.org/wellnesstool/index.html

American Cancer Society

Healthy Kids Network

The American Cancer Society's Healthy Kids Network Web site provides links to numerous resources for promoting coordinated school health, including resources on developing, implementing, and evaluating school wellness policies.

www.schoolhealth.info/index.php

California Healthy Kids Resource Center

Nutrition and Physical Activity: Local School Wellness Policy Resources

The California Healthy Kids Resource Center has information on wellness policy requirements, strategies for policy development, links to sample policies, and tools for evaluation.

www.californiahealthykids.org/c/@AnEfmj3P23kAk/Pages/npapp.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

California Project Lean (CPL) & the California School Boards Association

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

CPL, a joint program of the California Department of Health Services and the Public Health Institute, and the California School Boards Association offer 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 resources for improving the school environment.

www.csba.org/PS/student_wellness.pdf

Creating Healthier Places: www.californiaprojectlean.org/views/Create_Healthier_Places.asp

Centers for Disease Control and Prevention (CDC)

School Health Index (SHI): A Self-Assessment and Planning Guide

Schools can use the SHI to identify strengths and weaknesses in their health and safety policies and programs and to develop an action plan for improving student health. The SHI process engages teachers, parents, students, and the community in promoting health.

<http://apps.nccd.cdc.gov/shi/default.aspx>

Center for Ecoliteracy

Model Wellness Policy Guide

The Center for Ecoliteracy, in collaboration with Slow Food USA and the Chez Panisse Foundation, has created a Model Wellness Policy Guide with recommendations and language for developing a wellness policy. The guide is based on the innovative food policy developed by the Berkeley Unified School District.

www.ecoliteracy.org/programs/wellness_policy.html

Center for Science in the Public Interest (CSPI)

School Foods Tool Kit: A Guide to Improving School Foods and Beverages

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

www.cspinet.org/schoolfoodkit/

Connecticut State Department of Education

Action Guide for School Nutrition and Physical Activity Policies

This document gives Connecticut school districts guidance on developing and implementing local physical activity and nutrition policies; it includes a report on pilot school wellness policy implementations in 10 schools.

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Action_Guide.pdf

Food Research and Action Center (FRAC)

School Wellness Policy and Practice: Meeting the Needs of Low-Income Students

FRAC, a nonprofit organization that works to improve public policies to eradicate hunger and undernutrition in the United States, has created a guide to help schools ensure that their wellness policies respond to the nutrition concerns of low-income students.

www.frac.org/pdf/wellness_guide2006.pdf#search=%22school%20wellness%22

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

The Food Trust

Comprehensive School Nutrition Policy Initiative

The Food Trust, a nonprofit organization that aims to increase access to affordable and nutritious food, has created a multidisciplinary school nutrition policy that is being piloted in several schools in the Philadelphia area. The Food Trust has also created a healthy beverage tool kit as part of its school food and beverage reform campaign.

www.thefoodtrust.org/php/programs/comp.school.nutrition.php

The John C. Stalker Institute of Food and Nutrition at Framingham State College

The Wellness Solution

This Web site is designed to help Massachusetts schools establish, implement, and expand their school wellness policies, as well as to offer a forum for sharing wellness policy best practices. The site also includes the Students Taking Charge tool kit, to enable students to influence their schools' food and physical activity policies.

www.johnstalkerinstitute.org/wellness/index.html

Illinois Nutrition Education and Training Program

Local Wellness Policy

Illinois has created a model policy that can be used as a template in writing local wellness policies. The site also includes a bibliography of Web site resources for policy development.

www.kidseatwell.org/LocalWellnessPolicy.html

Massachusetts Public Health Association

Community Action to Change School Food Policy: An Organizing Kit

This tool kit offers guidance on how to organize a committee for, develop, and pass nutrition policies covering nonregulated foods and beverages sold in schools (e.g., those sold via vending machines, school stores, and a la carte cafeteria lines as well as those sold for fundraisers).

www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf

National Alliance for Nutrition and Activity (NANA)

Model School Wellness Policies

These policies deal with nutrition and physical activity and meet the federal local school wellness policy requirement. The model policies are based on nutrition science, public health research, and existing practices.

www.schoolwellnesspolicies.org/

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

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

National School Boards Association (NSBA)

Getting to Wellness

NSBA, a nonprofit federation of state school board associations, publishes the monthly *American School Board Journal*. *Getting to Wellness* is a special issue of the *American School Board Journal* designed to help school policy makers develop wellness policies.

www.asbj.com/wellness/index.html

New Hampshire Department of Education

Healthy School Nutrition Environment Assessment Tool

This tool, based on the USDA's Changing the Scene Program and the 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

School Nutrition Association (SNA)

Local School Wellness Policies

The SNA (formerly American School Food Service Association) is a national nonprofit professional organization that works to ensure that all children have access to healthful school meals and nutrition education. The SNA has tools and resources that can help schools develop local wellness policies, including guidelines for developing a policy and example policies.

www.schoolnutrition.org/Index.aspx?id=1075

Team Nutrition

Healthy Schools: Local Wellness Policy

The USDA's Team Nutrition works through schools to promote the nutritional health of children in the United States. Team Nutrition has information on local wellness policy requirements; information on how to develop, implement, and assess a wellness policy; wellness policy examples; and funding ideas.

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).