



## Resources for Healthy Kids

### ***Alaska in Action: Statewide Physical Activity and Nutrition Plan***

Goals and strategies to improve physical activity and nutrition, and reduce obesity in Alaska.

**Website:** <http://www.hss.state.ak.us/dph/chronic/obesity/pubs/AlaskaInAction.pdf>

### ***American Academy of Pediatrics***

Davis MM, Gance-Cleveland B, Hassink S, Johnson R, Paradis G, Resnicow K.

Recommendations for prevention of childhood obesity. *Pediatrics* 2007; 120:S229-S253.

**Website:** [http://www.pediatrics.org/cgi/content/full/120/Supplement\\_4/S229](http://www.pediatrics.org/cgi/content/full/120/Supplement_4/S229).

### ***Centers for Disease Control and Prevention***

Information about childhood overweight and obesity, including how overweight and obesity are defined for children, the prevalence of obesity, the factors associated with obesity, and the related health consequences. Includes tips for parents and other resources.

**Website:** <http://www.cdc.gov/obesity/childhood/index.html>

### **Schools:**

#### ***Alliance for a Healthier Generation***

Resources and tools for schools, families and communities.

**Website:** <http://www.healthiergeneration.org/default.aspx>

#### ***Center for Science in the Public Interest***

Resources, tool kits, model policies and case studies of healthy school foods through meal programs, vending machines, fundraising, and snacks.

**Website:** <http://cspinet.org/nutritionpolicy/>

#### ***Make a Difference at Your School***

Research-based strategies and tools schools can use to help students and staff adopt healthy eating and physical activity behaviors to prevent obesity.

**Website:** <http://www.cdc.gov/healthyyouth/keystrategies/index.htm>

#### ***School Nutrition Association***

"Teaching Kids About Nutrition" has resources, curriculum, and educational materials to promote healthy lifestyles and lifelong learning.

**Website:** <http://www.schoolnutrition.org/Content.aspx?id=94>

#### ***USDA Team Nutrition and Healthy Meals Resource System***

Information on nutrition education, healthy eating and physical activity for schools. Technical assistance support and materials for school foodservice and child care professionals.

**Websites:** <http://www.fns.usda.gov/tn/>; <http://healthymeals.nal.usda.gov/>



### **Nutrition and Physical Activity:**

#### ***Alaska Safe Routes to School***

The program works to empower communities to make walking and bicycling to school a safe and routine activity once again.

**Website:** <http://www.dot.state.ak.us/stwdplng/saferoutes/>

#### ***Coordinated Approach to Child Health (CATCH)***

An evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8.

**Website:** <http://www.catchinfo.org/>

#### ***Fruits and Veggies More Matters***

Recipes, tips, downloadable brochures and more on fruits and vegetables.

**Websites:** <http://www.fruitsandveggiesmatter.gov/>;

<http://www.fruitsandveggiesmorematters.org/>

**Kids' Website:** <http://www.foodchamps.org>

#### ***KaBOOM! It Starts with a Playground***

Free step-by-step planner to build or improve a playground or other playspace in your community.

**Website:** <http://kaboom.org/>

#### ***MyPyramid***

MyPyramid offers personalized eating plans, interactive tools and games, and lots of information on healthy eating. MyPyramid guidelines for preschool (ages 2 to 5) and kids (ages 6 to 11).

**Website:** <http://www.mypyramid.gov/index.html>

#### ***The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions***

After-school program for young adolescents. Leaders' Guide has quick, simple activity ideas, recipe booklet, parent letter and Nutrition Facts cards, and a CD contains 10 interactive sessions based on six posters.

**Website:** [http://www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)

#### ***VERB: It's What You Do***

VERB is a research-based social marketing campaign that encourages children ages 9-13 to be physically active everyday.

**Website:** <http://www.cdc.gov/youthcampaign>

#### ***We Can! Ways to Enhance Children's Activity & Nutrition***

Program helps families and communities help children maintain a healthy weight by improving food choices, increasing physical activity and reducing screen time.

**Website:** <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan>



## **Screen Time**

### ***Center for SCREEN-TIME Awareness***

Making screen-time-reduction a vital and integral part of all plans that improve health, education and wellness while building stronger families and communities. Promotes National Turnoff Week, family game nights, family dinner nights,

**Website:** <http://www.screentime.org/index.php>

### ***Media-Smart Youth: Eat, Think, and Be Active!***

An interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health- especially in the areas of nutrition and physical activity.

**Website:** <http://www.nichd.nih.gov/msy>

### ***Switch***

The first program to help kids “Switch what they Do, View, and Chew.” A family-based program designed to promote collaboration with schools and communities. This program can help parents and kids in your community get active, manage their screen time, and make nutritious foods part of their everyday diet.

**Website:** <http://www.mediafamily.org/switch/index.shtml>.

## **Family Meals**

### ***Eat Better; Eat Together***

Tool kit developed by Washington State University to promote family meal time. Background research, parent tip sheets, media promotional materials and more.

**Website:** <http://nutrition.wsu.edu/ebet/index.html>

### ***Family Day - A Day to Eat Dinner with Your Children™***

A national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America’s kids substance free. Download a Family Dinner Kit.

**Website:** <http://casafamilyday.org/familyday>

## **Portion Size**

### ***Portion Distortion***

Slides comparing today's portion sizes to the portions available 20 years ago.

**Website:** <http://hp2010.nhlbihin.net/portion/index.htm>

Eat Smart Alaska!  
January 2010



## **Breakfast**

### ***KidsHealth***

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence.

**Websites:** <http://kidshealth.org/index.html>; <http://kidshealth.org/classroom/>

### ***Nutrition Explorations: School Breakfast Programs***

Research and information to support breakfast as the most important meal of the day.

**Website:** [http://www.nutritionexplorations.org/sfs/programs\\_breakfast.asp](http://www.nutritionexplorations.org/sfs/programs_breakfast.asp)