



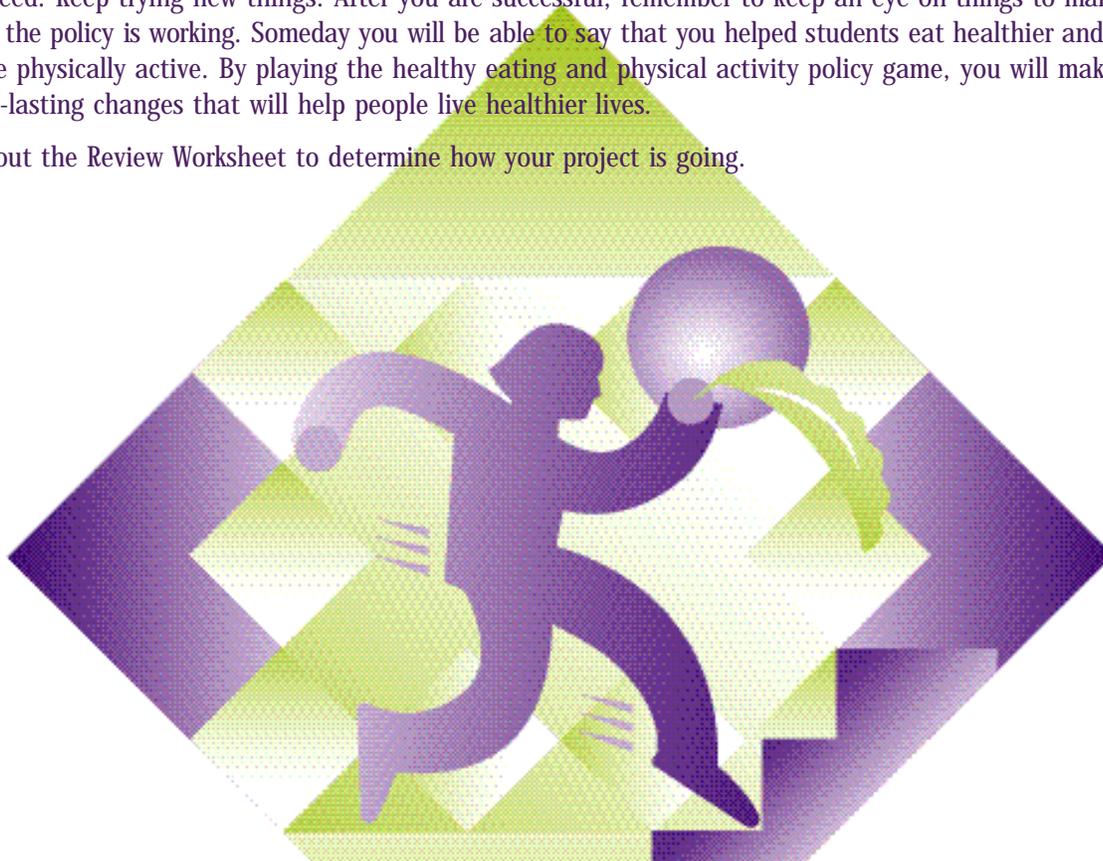
# 4

## Review How You Did

Once you put your plan into action and start doing the steps, it's time for an instant replay. After every step in your Action Plan, it is a good idea to get your team in a huddle and talk about what is going on. You need to figure out if your plan is working. If things are going in slow motion, don't give up. It takes a while to talk with all of the policy players and convince them that your idea is a good one. If things aren't going the way you would like, you might need to change your Action Plan or talk to some new policy players.

Changing the way things work is not easy. It often takes a few tries. Don't worry if your first try doesn't succeed. Keep trying new things. After you are successful, remember to keep an eye on things to make sure the policy is working. Someday you will be able to say that you helped students eat healthier and be more physically active. By playing the healthy eating and physical activity policy game, you will make long-lasting changes that will help people live healthier lives.

Fill out the Review Worksheet to determine how your project is going.



California Project LEAN would like to know how you did.  
Photocopy your Review Worksheet and send it to:

California Project LEAN  
P.O. Box 942732, MS-675  
Sacramento, CA 94234-7320





# Glossary

## Words you need to know for the Policy Game

Decision Makers	People who have the power to say yes or no to a policy change.
Editor	The person who decides which articles will be printed in a newspaper or magazine, or which stories will be seen or heard on the news.
Fact	A piece of true information.
Healthy Eating	Healthy eating means choosing foods that make you look and feel your best. Choose a variety of foods that are mostly low in fat and added sugar. For example choose fruits, vegetables, starches and whole grains, protein foods, milk and dairy products, and small amounts of sugar and fat. The Food Guide Pyramid can be used to make healthy food decisions.
Issues	A problem, solution, or question about which people have many opinions.
Media	Newspapers, magazines, radio, television, the internet, e-mail, and even posters. We get news and entertainment from the media.
Physical Activity	Any type of activity that gets you moving, such as, walking, dancing, working out, playing sports, swimming, jogging, martial arts, and biking. Try to get at least 30 minutes of physical activity every day, 60 minutes is even better.
Policy	A written law, rule, or regulation that has the power to influence how people think and act. It usually requires the approval of a decision maker to change.
Policy Player	Any person that gets involved in making, changing, or carrying out policy.
Press Release	A written description of a news story or event.
Problem	A situation you want to change.
Promote/ Promotions	To advertise or get attention for something.
Solution	How to change the situation and get rid of the problem.
Survey	To collect information: 1) to describe people's thoughts, feelings, and opinions, or 2) to describe a location or environment such as a school campus.


# Resources

Contact these organizations when you are looking for healthy eating, physical activity, and policy information.

California Project LEAN  
California Department of Health Services  
P.O. Box 942732, MS-675  
Sacramento, CA 94234-7320  
916/323-4742  
<http://www.dhs.ca.gov/lean>

American Heart Association,  
Western States Affiliate  
1710 Gilbert Road  
Burlingame, CA 94010  
800/242-8721  
<http://www.amhrt.org>

Healthy Kids Resource Center  
Alameda County Office of Education  
313 West Winton Avenue, Rm. 180  
Hayward, CA 94544  
510/670-4581  
<http://hkresources.org>

California School Food Service Association  
2223 Hillview Circle  
Fullerton, CA 92831  
714/525-6535

California Governor's Council on Physical  
Fitness and Sports  
C/O Star Trac  
14410 Myford Rd.  
Irvine, CA 92606  
714/508-3784  
<http://www.calfit.ca.gov>

American Cancer Society,  
California Division Office  
1710 Webster Street  
Oakland, CA 94612  
510/893-7900  
<http://www.cancer.org>

Division of Nutrition and Physical Activity  
National Center for Chronic Disease  
Prevention and Health Promotion  
U.S. Centers for Disease Control and Prevention  
4770 Buford Highway, N.E.  
Mailstop K24  
Atlanta, GA 30341-3717  
770/488-5543  
<http://www.cdc.gov/nccdphp/dnpa/>

American Dietetic Association  
National Center for Nutrition and Dietetics  
216 West Jackson Boulevard, Suite 800  
Chicago, IL 60606-6995  
800/366-1655  
<http://www.eatright.org>

American Council on Exercise  
5820 Oberlin Drive, Suite 102  
San Diego, CA 92121-3787  
800/825-3636  
<http://www.acefitness.org>

Center for Science in the Public Interest  
1875 Connecticut Avenue, N.W., Suite 300  
Washington, DC 20009-5728  
202/332-9110  
<http://www.cspinet.org>

Community Toolbox  
“Promoting community health and development  
by connecting people, ideas, and resources”  
<http://ctb.lsi.ukans.edu>



# Notes