

VI. Resources

Following are a variety of resources for information on nutrition, physical activity and student learning. Readers are encouraged to visit CSBA's Web site at www.csba.org for updates on this resource list.

Action for Healthy Kids

Headquarters
Action for Healthy Kids
4711 West Golf Road Ste.806
Skokie, IL 60076
(800)-416-5136

Action for Healthy Kids

Washington, DC Office
One Massachusetts Ave., NW Ste. 800
Washington, D.C. 20001
www.actionforhealthykids.org

“The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools” examines the impact of the root causes of childhood obesity.

American Association for the Child's Right to Play

220 Hofstra University
Hempstead, NY 11549
(516) 463-5176
Fax: (516) 463-6275
www.ipausa.org

American Association for Health Education

1900 Association Dr.
Reston, VA 20191-1598
(800) 213-7193 ext 437
Fax: (703) 476-6638
www.aahperd.org/aahe

American Cancer Society

National Office
1599 Clifton Rd., NE
Atlanta, GA 30329
(800) 227-2345 or (404) 320-3333
www.cancer.org

American Cancer Society California Division Office

1710 Webster St
Oakland, CA 94612
(800) 227-2345 or (510) 893-7900
Fax: (510) 835-8656
www.cancer.org

American Diabetes Association

National Service Center
1701 North Beauregard St
Alexandria, VA 22311
(800) 342-2383 or (703) 549-1500
Fax: (703) 549-6995
www.diabetes.org

American Diabetes Association

Western Division
2720 Gateway Oaks Dr., Ste. 110
Sacramento, CA 95833-4304
(800) DIABETES or (916) 924-3232
Fax: (916) 924-0529
www.diabetes.org

American Dietetic Association

Headquarters
120 South Riverside Plaza, Ste. 2000
Chicago, IL 60606-6995
(800) 877-1600
Fax: (312) 899-4739
(800) 366-1655 (Consumer Nutrition Hotline)

Washington, DC Office

1120 Connecticut Ave., NW, Ste. 480
Washington, DC 20036
(800) 877-0877
Fax: (202) 775-8284
www.eatright.org

American Heart Association National Center

7272 Greenville Ave.
Dallas, TX 75231-4596
(800) 242-8721
Fax: (650) 259-6891
www.americanheart.org

American School Health Association

7263 State Route 43
 P.O. Box 708
 Kent, OH 44240
 (330) 678-1601
 Fax: (330) 678-4526
www.ashaweb.org

California Adolescent Nutrition and Fitness Program

2140 Shattuck Ave., Ste. 610
 Berkeley, CA 94704
 (510) 644-1533
 Fax: (510) 644-1535
www.canfit.org

“Recipes for Success: Nutrition and Physical Activity Programs for Youth” provides case studies of nutrition and physical activity outreach programs in schools and communities.

California Association for Health, Physical Education, Recreation and Dance

1501 El Camino Ave., Ste. 3
 Sacramento, CA 95815-2748
 (916) 922-3596
 Fax: (916) 922-0133
www.cahperd.org

California Center for Public Health Advocacy

P.O. Box 2309
 Davis, CA 95617
 (530) 297-6000
 Fax: (530) 297-6200
www.publichealthadvocacy.org

“School Food Standards,” (1999) provides recommendations for competitive food standards.

“An Epidemic: Overweight and Unfit Children in California Assembly Districts,” (2002) provides data on overweight and unfit children.

California Department of Education

1430 N St
 Sacramento, CA 95814
 (916) 319-0791
 Fax: (916) 319-0100
www.cde.ca.gov

“California’s Physical Education Model Content Standards for California Public Schools”

provides a framework for programs that a school may offer in the instruction of physical education. Sets forth key skills and knowledge at each grade level.

Nutrition Services Division

1430 N St., Rm. 1500
 Sacramento, CA 95814
 (800) 952-5609
 Fax: (916) 327-0503
www.cde.ca.gov/ls/nu/

SHAPE California (Shaping Health As Partners in Education)

Nutrition Services Division
 560 J St., Rm. 270
 Sacramento, CA 95814
 (916) 323-7311 or (800) 952-5609
 Fax: (916) 327-0503
www.cde.ca.gov/nsd/ls/nu/he/shape.asp

“Strategies For Success, Parts I and II” showcase sustainable strategies to improve the health and academic success of California children by providing consistent nutrition messages in child nutrition programs, classrooms, and throughout the school environment

“Eat Well, Learn Well” provides practical ideas, resources, and specific actions for integrating nutrition services into a coordinated school health system.

“Better Breakfast Better Learning” provides specific actions school board members, superintendents, and site administrators can take to offer a successful school breakfast program.

School Health Connections

1430 N St., Ste. 6408
Sacramento, CA 95814
(916) 319-0914
Fax: (916) 445-7367
www.cde.ca.gov/cyfsbranch/isp/health

“The Health Framework for California’s Public Schools” (2004), “The Health Framework Addendum” (2002) and “The Physical Education Framework for California’s Public Schools” (1994), adopted by the State Board of Education, provide content recommendations used by districts in the development of curriculum and programs.

California Healthy Kids Resource Center

313 W. Winton Ave.
Hayward, CA 94544
(510) 670-4583
Fax: (510) 670-4582
www.californiahealthykids.org

California Department of Health Services

P.O. Box 997413
Sacramento, CA 95899-7413
(916) 440-7400
www.dhs.ca.gov

California Diabetes Prevention and Control Program

P.O. Box 997413, MS 7211
Sacramento, CA 95899-7413
(916) 552-9888
Fax: (916) 552-9988
www.caldiabetes.org

California Nutrition Network and California 5-a-Day-Power Play!

Cancer Prevention and Nutrition Section
P.O. Box 997413, MS 7204
Sacramento, CA 94234-7320
(916) 449-5400
Fax: (916) 449-5414
www.dhs.ca.gov/ps/cdic/cpns

“School Idea and Resource Mini Kit” is a tested curriculum to increase fruit and vegetable consumption and physical activity levels among fourth- and fifth-grade children.

“California Teen Eating, Exercise and Nutrition Survey” (CaITEENS) and the “California Children’s Healthy Eating and Exercise Practices Survey” (CaICHEEPS)” provide data on California children’s eating and physical activity habits.

California Obesity Prevention Initiative

P.O. Box 997413, MS. 7211
Sacramento, CA 95899-7413
(916) 552-9889
Fax: (916) 552-9912
www.dhs.ca.gov/ps/cdic/copi/

California Project LEAN (Leaders Encouraging Activity and Nutrition)

P.O. Box 997413, MS. 7211
Sacramento, CA 95899-7413
(916) 552-9907
Fax: (916) 552-9909
www.CaliforniaProjectLEAN.org

“Jump Start Teens” provides interactive and crosscurricular lessons encouraging students to eat healthy, keep moving and take action.

“Playing the Policy Game” is a booklet that highlights nutrition and physical activity policies that teens can pursue with adult guidance.

“Food on the Run Parent Brochure” provides information on healthy eating and physical activity for teenagers.

“California High School Fast Food Survey: Findings and Recommendations” examines the prevalence of fast foods on California high school campuses and student access to healthy foods at school.

“2001 Prevalence and Specifics of Districtwide Beverage Contracts in California’s Largest School Districts: Findings & Recommendations” presents an analysis of exclusive beverage contracts in California schools.

“Taking the Fizz Out of Soda Contracts” provides resources that can be utilized when discussing school district policy on soda and other sugary drinks with parents, students, community members and school decision-makers.

“California’s Obesity Crisis: Focus on Solutions, What Schools Can Do,” Policy Briefs provide a quick reference for high-profile subjects in the school nutrition/physical activity environment.

“Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide” provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits. The Guide outlines the link between nutrition, physical activity and learning; addresses the health status of children and youth; highlights school districts that successfully offer healthy foods and beverages; offers recommendations for a comprehensive nutrition and physical activity policy; and provides sample policies and resources.

California Center for Physical Activity - Safe Routes to School Initiative

P.O. Box 997413, MS. 7211
Sacramento, CA 95899-7413
(916) 324-2233 or (888) 393-0353
Fax: (916) 552-9939
www.caphysicalactivity.org
www.dhs.ca.gov/epic/sr2s/

School Health Connections

Maternal and Child Health Branch
714 P St., Rm. 750
Sacramento, CA 95814
(916) 653-7746 or 657-1347
Fax: (916) 651-9709 www.mch.dhs.ca.gov/schoolhealth

California Dietetic Association

7740 W. Manchester Ave., Ste. 102
Playa Del Rey, CA 90293-8499
(310) 822-0177
Fax: (310) 823-0264
www.dietician.org

California Elected Women’s Association for Education and Research

6000 J St., Foley Hall #205
Sacramento, CA 95819-6100
(916) 278-3870
Fax: (916) 278-3872
www.caelectedwomen.org

“Healthy Education Alternatives” is a tool for building innovative and cost-effective nutrition and physical activity programs.

California Food Policy Advocates

116 New Montgomery St., Ste. 530
San Francisco, CA 94105
(415) 777-4422
Fax: (415) 777-4466
www.cfpa.net

“Improving Meal Quality in California’s Schools: A Best Practices Guide for Healthy School Food Service”

highlights a few of the innovative approaches used by food service directors to provide healthy and appealing food choices.

“The State of the Plate - A School Meal Primer for California” provides information on all aspects of school meals--from nutrition to funding to paperwork.

California Parent Teacher Association

930 Georgia St.
Los Angeles, CA 90015
(213) 620-1100
Fax: (213) 620-1411
www.capta.org

California Research Bureau

Library and Courts Building II
900 N St., Rm. 300
Sacramento, CA 95814
(916) 653-7843
Fax: (916) 654-5829
www.library.ca.gov

“Overweight Kids: Why Should We Care?”

describes the underlying factors that contribute to weight problems among children and adolescents, and examines the effects that being overweight and obese have on child and adolescent health and on healthcare costs.

California School Boards Association

3100 Beacon Blvd.
West Sacramento, CA 95691
(916) 371-4691
Fax: (916) 669-3351
www.csba.org

“Maximizing School Board Governance: Policy Development and Adoption” explores the core roles and responsibilities of the board.

“Collaborations for Kids: The School Board’s Role”

looks at the board’s role in encouraging and facilitating collaborations among children’s services providers in the community.

“Student Wellness: A Healthy Food & Physical Activity Policy Resource Guide”

provides school governance leaders with a step-by-step approach to enhance the school environment so students can develop and practice healthy eating habits. The Guide outlines the link between nutrition, physical activity and learning; addresses the health status of children and youth; highlights school districts that successfully offer healthy foods and beverages; offers recommendations for a comprehensive nutrition and physical activity policy; and provides sample policies and resources.

California School Nutrition Association

1804 W. Burbank Blvd.
Burbank, CA 91506
(818) 842-3040
Fax: (818) 843-7423
www.csfsa.org

California State Parks and Recreation Society

7971 Freeport Blvd.
Sacramento, CA 95832-9701
(916) 665-2777
Fax: (916) 655-9149

Center for Health Improvement Policy Matters

1330 21st St., Ste. 100
Sacramento, CA 95814
(916) 930-9200
Fax: (916) 930-9010
www.healthpolicycoach.org

Center for Science in the Public Interest

1875 Connecticut Ave., NW., Ste. 300
Washington, D.C. 20009-5728
(202) 332-9110
Fax: (202) 265-4954
www.cspinet.org

“Pestering Parents: How Food Companies Market Obesity to Children”

outlines children’s exposure to food marketing, the types of venues and techniques used to market food to children, the effect of that marketing on children’s food choices, and recommendations for schools to reduce the marketing of low-nutrition foods to children.

National Alliance for Nutrition and Activity, “Model Local School Wellness Policies on Physical Activity and Nutrition”

provides model policies to meet the Child Nutrition and WIC Reauthorization Act of 2004.

Center for Weight and Health

University of California Berkeley College of
Natural Resources
3 Giannini Hall, #3100
Berkeley, CA 94720-3100
(510) 642-2915
Fax: (510) 642-4612
www.cnr.berkeley.edu/cwh

“Children and Weight: What Schools and Communities Can Do About It” is a “how-to” kit designed to facilitate local-level action by empowering and mobilizing communities to create opportunities for young people to eat healthy and be physically active.

“Linking Education, Activity and Food: Fiscal Impact Report” provides an evaluation of the fiscal impacts of the implementation of SB 19 (Chapter 913, Statutes of 2001) standards in piloted middle and high schools.

Centers for Disease Control and Prevention

Division of Adolescent and School Health
1600 Clifton Road
Atlanta, GA 30333
(404) 639-3311
Fax: (404) 639-3111
www.cdc.gov/nccdphp/dash

“School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide,” enables schools to identify the strengths and weaknesses of their physical activity and nutrition policies and programs, develop an action plan and involve teachers, parents, students and the community in improving school services.

“Guidelines for School Health Programs to Promote Lifelong Healthy Eating and Physical Activity” provides recommendations for strategies most likely to be effective in promoting healthy eating and physical activity among youth.

Council of Chief State School Officers

One Massachusetts Ave., NW, Ste. 700
Washington, DC 20001-1431
(202) 408-5505
Fax: (202) 408-8072
www.ccsso.org

Dairy Council of California

Main Office
1101 National Dr., Ste. B
Sacramento CA 95834-1901
(916) 263-3560 or (866) 572-1359
Fax: (916) 263-3566
www.dairycouncilofca.org

Food Research and Action Center

1875 Connecticut Ave., NW, Ste. 540
Washington, DC 20009
(202) 986-2200
Fax: (202) 986-2525
www.frac.org

Institute of Medicine

500 Fifth Street, NW
Washington DC, 2001
(202) 334-2352
Fax: (202) 334-1412
www.iom.edu

“Preventing Childhood Obesity: Health in the Balance,” 2005, responds to Congress’ charge to the IOM to present an action plan to decrease the number of obese children and youth in the United States.

National Association of State Boards of Education

277 South Washington St, Ste. 100
Alexandria, VA 22314
(703) 684-4000
Fax: (703) 836-2313
www.nasbe.org

“Fit, Healthy and Ready to Learn” provides an excellent tool for the development of school policies in the areas of physical activity, healthy eating and tobacco use prevention.

National Coalition for Parent Involvement in Education

3929 Old Lee Highway, Ste. 91A
Fairfax, VA, 22030
(703) 359-8973
Fax: (703) 359-0972
www.ncpie.org

National 5-A-Day Program

National Cancer Institute
6130 Executive Blvd. EPN 4050, MSC 7332
Bethesda, MD 20892-7332
(301) 496-8520
Fax: (301) 496-6637
www.5aday.gov

National Food Service Management Institute

The University of Mississippi
6 Jeanette Phillips Drive
P.O. Drawer 188
University, MS 38677-0188
(800) 321-3054
Fax: (800) 321-3061
www.olemiss.edu/depts/nfsmi or www.nfsmi.org

National Heart, Lung, and Blood Institute

Information Center
P.O. Box 30105
Bethesda, MD 208-24-0105
(240) 629-3255
Fax: (240) 629-3246
www.nhlbi.nih.gov

National School Boards Association

1680 Duke St.
Alexandria, VA 22314
(703) 838-6722
Fax: (703) 683-7590
www.nsba.org

Nutrition.gov

Nutrition.gov is a portal to nutrition information across the federal government agencies. It allows for online access to federal government information on nutrition.
www.nutrition.gov

President's Council on Physical Fitness and Sports

200 Independence Ave., SW, Rm. 738H
Washington, DC 20201-0004
(202) 690-9000
Fax: (202) 690-5211
www.fitness.gov

Public Health Institute

555 - 12th Street, 10th Floor
Oakland, CA 94607
(510) 285-5500
Fax: (510) 285-5501
www.phi.org

School Nutrition Association

700 South Washington St., Ste. 30
Alexandria, VA 22314
(703) 739-3900
Fax: (703) 739-3915
www.schoolnutrition.org

Society for Nutrition Education

7150 Winton Drive, Ste. 300
Indianapolis, IN 46268
(317) 328-4627 or (800) 235-6690
Fax: (317) 280-8527
www.sne.org

Society of State Directors of Health, Physical Education and Recreation

1900 Association Dr., Ste. 100
Reston, VA 20191-1599
(703) 390-4599
Fax: (703) 476-0988
www.thesociety.org

Strategic Alliance for Healthy Food and Activity Environments

c/o Prevention Institute
265 29th St.
Oakland, CA 94611
(510) 444-7738
Fax: (510) 663-1280
www.preventioninstitute.org/strategic.html

“Environmental Nutrition and Activity Strategies Tool” (ENACT) provides a menu of strategies designed to improve nutrition and activity environments on a local level.

Tufts University Nutrition Navigator

Gerald J. and Dorothy R. Friedman School of Nutrition
Science and Policy
150 Harrison Ave.
Boston, MA 02111
(617) 636-3223
Fax: (617) 636-3737
www.nutrition.tufts.edu

United States Department of Agriculture

Food and Nutrition Services
14th and Independence Ave., SW
Washington, DC 20250
(202) 720-8732
Fax: (703) 305-2276
www.usda.gov

Center for Nutrition Policy and Promotion

1120 20th St. NW
Ste. 200, North Lobby
Washington, DC 20036
(202) 418-2312
Fax: (202) 208-2322
www.usda.gov/cnpp

Food and Nutrition Information Center

Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Ave.
Beltsville, MD 20705-2351
(301) 504-5719
Fax: (301) 504-6409
www.nal.usda.gov/fnic

Team Nutrition, Food and Nutrition Services

3101 Park Center Dr., Rm. 632
Alexandria, VA 22302
(703) 305-1624
Fax (703) 305-2549
www.fns.usda.gov/tn

For information on local wellness policies on physical activity and nutrition to meet the Child Nutrition and WIC Reauthorization Act of 2004, visit www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

“Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action”

is an action kit to help parents, teachers, school administrators, school food service professionals and the community look at their school nutrition environment and identify areas needing improvement. The kit can be ordered online at www.fns.usda.gov/tn

“Making it Happen: School Nutrition Success Stories”

tells the stories of 32 schools and school districts across the United States to implement innovative strategies to improve the nutritional quality of foods and beverages sold outside of federal meal programs.