

Creating Healthier Schools: Resources to Prevent and Reduce Childhood Obesity

General Obesity Information and Statistics:

Recommendations to Prevent and Reduce Childhood Obesity in Minnesota, from the Minnesota Task Force on Childhood Obesity focuses on all sectors of Minnesota to address the complex nature of reducing the obesity epidemic through useful recommendations to each identified workgroup (workgroups include: government, education, industry and media, community organization and worksites, and healthcare).

<http://www.health.state.mn.us/divs/hpcd/chp/obesity/index.html>

“Youth Risk Behaviors Surveillance: from Morbidity and Mortality Weekly, is a report that monitored six categories of priority health-risk behaviors among youth and young adults, including but not limited to, general health and prevalence of overweight and obesity.

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Wellness Policy Development Information:

Local Wellness Policy: A Guide for Development from the Minnesota Department of Education

http://education.state.mn.us/mde/Learning_Support/FNS/Health_Wellness/index.html

Child Nutrition Reauthorization Act- full text, summaries, press releases, and highlights

http://www.frac.org/html/federal_food_programs/cnreauthor/cnrc.htm

Model Wellness Policies for School Districts have been developed by the National Alliance for Nutrition and Activity.

<http://www.schoolwellnesspolicies.org>

Alliance for a Healthier Generation Website provides information about dietary guidelines, lunch and breakfast programs, physical activity recommendations and physical education requirements, and healthier school challenges.

<http://HealthierGeneration.org>

Safe Routes to School Information and Tips:

Tips for Parents and Other Adults For Teaching Pedestrian Safety to Children

www.lifesaversconference.org/webfiles2007/Pullen3.pdf

Tips for Walking Safely to School

<http://www.lifesaversconference.org/webfiles2007/Pullen4.pdf>

Children Deserve Safe Routes to School and Communities Across the US are making it Happen

www.lifesaversconference.org/webfiles2007/Pullen2.pdf

Start a Walking School Bus- The Basics

www.lifesaversconference.org/webfiles2007/Pullen1.pdf

National Safe Routes to School Web Site

www.saferoutesinfo.org

Walk to School Website- Events Information and Resources

www.walktoschool.org

America Bikes Website

www.americabikes.org