



"Forging a Brighter Future for Children and Families"

AT THE EVANS SCHOOL OF PUBLIC AFFAIRS | UNIVERSITY OF WASHINGTON



RESOURCES ON OBESITY PREVENTION AND HEALTH AND FITNESS FOR CHILDREN AND FAMILIES

Washington State Resources

Nutrition and Food Safety

The Obesity Prevention Project is a CDC-funded program to curb obesity in Washington State by implementing a number of projects, including the Washington State Nutrition and Physical Activity Plan and the Healthy Communities Projects in Moses Lake and Mount Vernon. It also includes efforts to: promote breastfeeding the community and worksites; increase access to healthy foods, including fruits and vegetables; reduce sedentary lifestyles in children; promote active community environments; and engage people at risk for diabetes in primary prevention activities.

http://www.doh.wa.gov/cfh/NutritionPA/obesity_project.htm

The Small Farm and Direct Marketing Program operates through the Washington State Department of Agriculture (WSDA). It strives to connect farmers and producers with new markets for their goods, "increase the economic viability of small farms, build community vitality, and improve the environmental quality of the region."

<http://agr.wa.gov/Marketing/SmallFarm/markets>

The Access to Healthy Foods Coalition is a collaborative effort that brings together a diverse group of partners to increase the availability of health-promoting foods. Some of the coalition's projects include: the *Annual Northwest Healthy Foods Expo*, which brings together buyers and suppliers of healthy foods; the *Food For Life Database*, which helps Washington food assistance programs locate sources of healthy foods; the *Mobile Farmers Markets*, which provides businesses, institutions, and schools with opportunities to host mobile kitchens and farmers markets in areas without supermarkets; and the *Statewide Food Recovery Transportation Needs Assessment*, which works to facilitate the transfer of produce from agricultural industry resources to food bank programs.

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

The *Basic Food Nutrition Education Program (BFNEP)* is an educational program affiliated with the Basic Food Program, which is the food stamp program for Washington State. BFNEP

offers technical assistance and training to entities serving families that receive food stamps, to help these families make healthy food choices.

<http://www.doh.wa.gov/cfh/bfneq/default.htm>

Physical Activity

Pedestrian and Bicycle Transportation Grants. Washington State Department of Transportation (WSDOT) administers two grant programs—the *Safe Routes to Schools Program*, and the *Pedestrian Bicycle Safety Program*. Fourteen million has been allocated to support walking and biking projects in Washington communities.

http://www.wsdot.wa.gov/TA/ProgMgt/Grants/Ped_Bike.htm

Washington Coalition for Promoting Physical Activity's website provides a list of contacts for local coalitions that promote physical activity. <http://www.beactive.org/local.html>

Nutrition and Physical Activity

Partners in Action: Nutrition & Physical Activity in Washington is a Web resource that “highlights programs and activities that are making it easier for Washington State residents to choose healthful foods and to be physically active.”

<http://depts.washington.edu/waaction/index.html>

The Mount Vernon Healthy Communities Project in Skagit County strives to improve access to healthful foods, engage in urban planning that promotes physical activity, and increase physical activity opportunities for children.

<http://depts.washington.edu/dohuwnps/MountVernon/>

For updates on programs in Washington State, go to <http://depts.washington.edu/waaction/>

Programs for Children and Families

Lincoln Elementary Healthy School Pilot Program in Skagit County promotes good nutrition by creating a school garden and offering healthy cafeteria choices at its salad bar.

<http://depts.washington.edu/waaction/Issue9/nutr1.html#1>

Active Bodies Active Minds is a Web resource to help early childhood professionals and parents of 2- to 5-year-olds create environments that minimize screen time and maximize physical activity.

<http://depts.washington.edu/tvhealth/>

The *Youth Wellness Team (YWT)* was established by the Healthy Communities Moses Lake Leadership Team and the Columbia Basin Job Corps (CBJC). YWT participated in the Moses Lake Community Garden project, which included activities such as growing vegetables for food banks and constructing compost bins, as well as participating in “walking challenges,” wellness fairs, and state and national conferences.

<http://depts.washington.edu/waaction/Issue9/nutr1.html>

Policy

School Wellness Policy—*Senate Bill 5436* requires school districts to design and carry out “comprehensive school health policies” addressing their schools’ fitness and nutritional curricula, and the nutritional quality of foods sold in schools.

<http://depts.washington.edu/waschool/ImplementationResources.html>

The Washington State Legislature in 2002 directed an interdepartmental collaboration to facilitate the purchases of Washington-grown products by state agencies, schools, and other institutions.

<http://www.farmtoschool.org/wa/>

“*The Washington State Nutrition and Physical Activity Plan* was launched in June 2003, to promote environmental and policy changes that encourage healthy eating and physical activity.” The overarching goal is to create environments that enable and encourage Washington State residents to eat healthfully and engage in physical activities.

http://depts.washington.edu/waschool/Background_State.html#plan

Twelve current interventions in the state are described at:

http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/washington.htm

WA State Active Living Leadership Network supports local and state leaders in their efforts to develop policies and activities that foster healthier communities. It supports projects such as the Active Community Environments Grass-Roots Project, which “aims to increase active living for older adults by providing safe places to walk, cycle and use other non-motorized vehicles.”

http://www.doh.wa.gov/cfh/NutritionPA/physical_activity.htm

Counties in which other community-based physical activity projects are located include:

- Skagit County (<http://www.beactiveskagit.org/>)
- Spokane County (<http://www.srhd.org/health/activity/default.asp>)
- Kitsap County
(http://www.kitsapcountyhealth.com/community_health/health_promotion/physical_activity.htm)

Resources in King County & the Puget Sound Area

Nutrition and Food Safety

“*Healthy Eating for a Lifetime*” is a regularly updated website entitled that lists resources for healthy food choices/the USDA’s Food Pyramid, steps to a healthy diet, information on the 5-A-Day program, how to read nutrition labels, how to make healthy food choices on a limited budget, how to eat healthfully in spite of dietary restrictions, good nutrition practices for children, nutrition in schools, and recipes.

<http://www.metrokc.gov/health/nutrition/index.htm>

Healthy Eating for a Lifetime: Public Health Nutrition Programs is a website that provides information and links to various public health nutrition programs around the county, including WIC, the Seattle Nutrition Action Consortium (SNAC), Diabetes REACH Program, and Healthy Eating for Healthy Aging (HEHA), among others.

<http://www.metrokc.gov/health/nutrition/programs.htm>

The mission of *Seattle Nutrition Action Consortium (SNAC)* is “to improve the health and nutritional wellbeing of limited income families with children in the Greater Seattle Area.” It accomplishes this mission by helping families to improve their knowledge of nutrition and food preparation.

<http://www.metrokc.gov/health/nutrition/snac.htm>

Reducing Diabetes Health Disparities Experienced by Communities of Color (REACH) REACH’s goal is to reduce diabetes in communities of color by 2010 “through strong partnerships, ...and the empowerment of individuals, families, and communities” and the creation of “sustainable long-term approaches to prevention and control of diabetes.”

<http://www.metrokc.gov/HEALTH/reach/index.htm>

Puget Sound Fresh provides Web resources to locate farms and farmers markets in the 12-county Puget Sound region.

<http://dnr.metrokc.gov/wlr/farms/>

Physical Activity

The King County Physical Activity Coalition has a web resource that details physical activity data in King County (<http://www.metrokc.gov/health/exercise/>) and links to physical activity-related events in King County, such as cycling, indoor activities, and gardening events (<http://www.metrokc.gov/HEALTH/exercise/events.htm>). Another useful link offers walking maps for several King County locations (<http://www.metrokc.gov/HEALTH/exercise/maps.htm>).

Fit and Active Bellevue is a collaborative effort between the city of Bellevue, Public Health - Seattle & King County, the PTSA of Bellevue Schools, and the local branch of the YMCA to support public and private schools’ physical education programs.

http://www.metrokc.gov/health/overweight/forum3/kcopi_fit_bellevue.pdf

Child Care Health Program: The power of physical activity is a website for agencies that provide child care. It explains the importance of physical activity for children and suggests physical activities.

<http://www.metrokc.gov/health/childcare/physical.htm>

Programs for Children and Families

Children's Obesity Action is a program of Children's Hospital and Regional Medical Center in Seattle. Its on-line resource manual about childhood obesity includes practical tips and information on factors that contribute to childhood obesity.

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

Food \$ense CHANGE (Cultivating Health And Nutrition through Gardening Education) is a nutrition education program for limited-income, school-age children and their families. CHANGE uses hands-on learning experiences with gardening and cooking, and holds family nights and other outreach activities.

<http://king.wsu.edu/Nutrition/change.htm>

Extension Family Nutrition Education Program (EFNEP) uses a workbook curriculum to teach “nutrition, cooking skills, food safety, and food budgeting to limited income families with children under 18 residing in urban areas.” A youth-centered component of the program uses “interactive, hands-on activities in nutrition and food safety.” EFNEP also offers a course for expectant mothers.

<http://king.wsu.edu/Nutrition/efnep.htm>

Live Outside the Box is an educational campaign for parents and caregivers that aims to reduce the amount of time that children spend in front of the TV. The campaign includes radio PSAs, a series of posters, and a toolkit in English and Spanish that offers suggestions for activities to replace TV time.

<http://www.metrokc.gov/health/reducetv/index.htm>

Healthy Eating for Lifetime: Healthy Eating for Kids is a website of resources on nutrition needs for children of all ages. It also includes a link to information on eating disorders.

<http://www.metrokc.gov/health/nutrition/kids.htm>

The *Healthy Snacks Calculator* can be found on Seattle Public Schools' website, and is affiliated with STEPS to Health—King County. The calculator helps children and their parents figure out how various snack food items fit into their school district's nutrition policies.

<http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.html>

Seattle Public Schools' Nutrition Services has put together a website of *Useful Websites for Healthy Kids* on subjects such as healthy food service options, junkfood-free ways to raise money for schools, healthy vending machine choices, exemplary school district policies, and success stories of schools across the country that have improved nutrition for their students.

http://www.seattleschools.org/area/nutrition-svc/nutrition_web_links.html

TT Minor Elementary School (www.ttminor.org) is engaging in innovative nutrition activities with a program called *Eat Better, Feel Better*. A brief evaluation of this program can be found at http://courses.washington.edu/nutr531/HEBD/brief_paper.doc.

Policy

King County Overweight Prevention Initiative “brings together a diverse group of organizations from throughout the county in order to make changes that promote healthier eating and more active living.” It focuses on four areas: nutrition, physical activity, built environment, and communications. The Initiative holds forums, and has developed an action plan for communitywide nutrition and physical activity that includes best-practices activities and a communications strategy. Sponsors include the local health department and health board, as well as university-affiliated nutrition programs.

<http://www.metrokc.gov/HEALTH/overweight/index.htm>

As part of the Overweight Prevention Initiative, Seattle Public School District will be working to develop *Fitness Policies* for the district. “A committee comprised of community experts and district staff is reviewing available research and best practices in regards to facilities, playgrounds, equipment, walk to school, physical education, PE waivers, athletics, intramurals, after school programs, sports clubs, health education, recess, staff wellness and community fitness opportunities. The committee will develop policy recommendations to the school board with the intent of passing a comprehensive set of policies that support student and staff fitness.”

<http://www.metrokc.gov/health/overweight/10pointplan.htm>

National Resources

Nutrition and Food Safety

The U.S. government’s *Center for Food Safety and Applied Nutrition* has a website that provides food safety and applied nutrition news, links to national food safety programs, and FDA documents on the subject.

www.cfsan.fda.gov/

The USDA’s *Steps to a Healthier You* details the new food pyramid, and discusses the benefits of physical activity.

<http://www.mypyramid.gov/>

Produce for Better Health is a website that explains the advantages of a produce-rich diet.

www.5aday.org

Physical Activity

The purpose of the *National Center for Bicycling and Walking (NCBW)* is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations, and agencies. NCBW’s website offers publications, forums, and other resources to promote the organization’s cause.

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

The American Heart Association’s *Choose to Move* is a 12-week physical activity and nutrition program for women.

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

The National Recreation and Park Association's *Step Up to Health* program details success stories from communities across the nation (including Kirkland, WA) engaging people and communities in physical activities.

<http://www.nrpa.org/content/default.aspx?documentId=2768>

Programs for Children and Families

The Centers for Disease Control has organized the Kids-Walk-to-School program, “a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.”

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

The Alliance for a Healthier Generation, a partnership between the American Heart Association and The William J. Clinton Foundation, offers an on-line toolkit for its Healthy Schools Program.

http://www.healthiergeneration.org/schools.aspx?id=78&ekmense1=1ef02451_10_12_btnlink

Safe Routes to School seeks to help more young people meet recommended physical activity guidelines by increasing the percentage of those who walk or bike to school. One way they do this is by working to improve the walkability and bikeability of areas around schools. Web resources include a Policy & Planning section with useful ideas and plans.

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

Healthy Kids Challenge is a national nonprofit group working to help schools and communities fight childhood obesity through exercise and healthier eating habits. Nationally, more than 1,000 schools in 42 states have joined the challenge.

<http://www.healthykidschallenge.com/>

The *Teens Health* website offers information about food and fitness, dieting, body image, sleep, strength training, sports, and other topics of interest to teens.

http://www.teenshealth.org/teen/food_fitness/

Policy

This website links to examples of School Wellness Policies developed by a number of states. It also details Washington State's Senate Bill 5436.

<http://depts.washington.edu/waschool/ImplementationResources.html#Guidelines>

Active Living Leadership was developed to help government leaders as they create and promote policies, programs, and places that support healthy community environments and enable active living and healthy eating to improve the health, well-being and vitality of communities.

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

Active Living by Design is “a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. This program

establishes innovative approaches to increase physical activity through community design, public policies and communications strategies.”

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

“The chief aim of *Active Living Research* is to increase knowledge about active living by supporting research to identify environmental factors and policies with potential to substantially increase levels of physical activity among Americans of all ages, incomes and ethnic backgrounds.”

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

Children’s Environmental Health Research is a national multi-disciplinary organization that works to promote health in education, policy, and research. A resource guide is offered to help policy makers, health and environmental specialists, members of the advocacy community and media, and the general public “in identifying and accessing key resources in children's environmental health.” The organization provides a training manual for faculty in health care to help them incorporate pediatric environmental health into their teaching programs.

<http://www.cehn.org>

The Child Nutrition and WIC Reauthorization Act of 2004 is a requirement by Congress that charges all school districts with a federally-funded school meals program to “develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.” *The National Alliance for Nutrition and Activity (NANA)*

(www.nanacoalition.org), in response to requests for assistance, “convened a work group of more than 50 health, physical activity, nutrition, and education professionals from a variety of national and state organizations to develop a set of model policies for local school districts, which can be found at the website below.

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

Council of Educational Facility Planners (CEFPI) is a professional association with one mission – to improve the places where children learn. CEFPI members—individuals, institutions and corporations—are actively involved in planning, designing, building, equipping and maintaining schools and colleges. <http://www.healthyschools.org/>

For the 50 states and the District of Columbia, the Center for Science in the Public Interest (CSPI) evaluated the policies for foods and beverages sold in schools through vending machines, school stores, fundraisers, and a la carte foods. CSPI looked at nutrition standards for foods and drinks, and the grade levels, hours, and locations on campus to which the states' policies apply.

<http://www.cspinet.org/new/200606201.html>

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