

6 Steps for Success

1. **Make wellness a priority.**
2. **Plan change in baby steps.**
3. **Walk the wellness talk.**
4. **Collect data to tell the story.**
5. **Reward and celebrate changes.**
6. **Be a champion for wellness.**



www.dpi.state.nd.us/child/team/index.shtm

6 Ways to Do Your Part for a Healthy School Environment

1. Be an active role model ~ set a great example for kids.

- ✓ **Start a morning walking club:** Walking around the school can be a fun path to fitness for kids, families, and staff - especially with some peppy background music.
- ✓ **Take a fitness break in the classroom:** Smart teachers know that just 5 to 10 minutes of physical activity can improve fitness levels and academic performance.

2. Be smart eater ~ show kids how to enjoy tasty brain food.

- ✓ **Walk the talk of good nutrition:** Eat more fruits, vegetables, and whole grains – in front of the kids, so they can see how much eating right means to you.
- ✓ **Switch to smart snacks:** Bring smart snacks for yourself; encourage kids to bring smart snacks from home; replace sugary items with nuts, fruit, or string cheese.

3. Drink with your health in mind ~ refresh yourself well.

- ✓ **Steer clear of empty calorie, highly sweetened beverages:** Smart brains and fit bodies do best with plenty of cold water – plain and perfectly refreshing.
- ✓ **For intelligent nutrition, drink low-fat milk or 100% fruit juice:** Your body will thank you for daily dose of calcium, vitamin C, and other nutrients.

4. Support an effective Local Wellness Policy.

- ✓ **By Federal mandate, all schools must have a Local Wellness Policy on the first day of school in 2006-07:** Read your school's policy carefully!
- ✓ **Approving a policy is just the first, small step:** The key to healthy kids and healthy schools is to effectively implement a strong policy – based on local needs.

5. Become a leader on your School Health Council.

- ✓ **Many schools have a council, team, or committee:** These groups work to provide guidance and leadership on all aspects of the school health program.
- ✓ **Participate rather than pointing fingers:** School health councils are the ideal place to plan, and implement improvements – from the cafeteria to the classroom.

6. Utilize online resources.

- ✓ **Need resources, support or technical assistance?** You don't have to reinvent any wheels or go it alone: there is help online for all aspects of school health.
- ✓ **Dig deep into the North Dakota Team Nutrition website and other resources on this handout.**

www.dpi.state.nd.us/child/team/index.shtm

6 Simple Steps to a Healthy Weight for Kids

1. Be active by playing together inside and outside.

For a healthy weight, kids and adults need 30 to 60 minutes of daily physical activity.

Play with your kids every day – fun for them, fun for you too!

- ✓ **Play inside:** Turn off the TV and play an old-fashioned game of hide-and-seek. Clear a space for wiggling, dancing, and playing with soft-foam balls or squishy toys.
- ✓ **Play outside:** The options for outdoor play are unlimited: bikes, trikes, scooters, balls, kites, Frisbees, jump ropes, squirt guns, hula-hoops, hopscotch, and tag.

2. Make family meals a special time to eat together.

Eating more meals together can make a big difference in your family's health, happiness, and finances. Dinners at home are easier (and cheaper) than you think!

- ✓ **Plan a weekly menu:** Make it simple or make it detailed – the key is to have a plan. Involve the whole family; let each person have a night to pick their favorite dishes.
- ✓ **Cook once, eat twice:** Cut down on prep time. Cook and freeze key ingredients, like ground beef for tacos and spaghetti sauce, or main dishes, like lasagna and casseroles.

3. Save fast food for a once or twice a week treat.

Fast food is often loaded with calories, fat, and sugar. Whether you drive-thru or go inside, here are some smart tips to help you eat better in the fast food lane.

- ✓ **Share a super size:** There's a way to make mega portions work for you: share them! By sharing a large order of fries, you eat fewer calories, less fat, and save money too.
- ✓ **Choose nutrient-rich options:** Many national chains now offer tasty, fun choices in kids' meals – like flavored milk instead of pop and mandarin oranges instead of fries.

4. Enjoy tasty fruit and veggie snacks together.

Serve a rainbow of produce every day – at least 5 juicy, crunchy, crispy, tasty fruits and vegetables. Fresh, frozen, dried, canned, and juice – they all count for 5 A Day!

- ✓ **Enjoy green fruits and veggies:** For snacks or dinner, green comes in dozens of delicious flavors – like sliced kiwi fruit or broccoli trees with light Ranch dip.
- ✓ **Enjoy red fruits and veggies:** Red is a tasty color for produce – any time of day! Try frozen berries, watermelon, or canned tomato sauce on pasta, pizza, or tacos.

5. Drink milk with meals and drink water with snacks.

Dairy products can help kids (and adults) maintain a healthy weight, build strong bodies, and lower blood pressure. Water is always refreshing – and calorie-free.

- ✓ **Serve low-fat milk with meals:** The best way to get your kids to drink milk is to drink milk yourself with every meal. Aim for a total of 16 to 24 ounces per day.
- ✓ **Steer clear of sugary drinks:** For beautiful teeth and strong bodies, wise parents limit soft drinks, fruit punch, fruit drinks, sweet tea, and other high-sugar drinks.

6. Take the TV out of the bedroom and read together.

Pediatricians recommend no TV for children under three years, no more than two hours of total screen time a day for older kids, and no TVs in children's rooms.

- ✓ **Improve your child's school performance:** Children who have less time screen time (TV, computers, and video games) tend to read more and do better in their classes.
- ✓ **Improve your child's sleeping habits:** There are many benefits to taking the TV out of a child's bedroom: calmer bedtime routines, more bedtime stories, and better sleep.

Online Resources for Healthy Kids and Healthy Schools

Action for Healthy Kids (AFHK)

www.actionforhealthykids.org/

The AFHK site provides extensive tools, resources, and contacts from the 2005 Summit in Washington, DC, along with materials from around the US. AFHK also offers a cut-and-paste tool for building an effective school wellness policy.

American Psychological Assoc: Task Force on Advertising and Children

www.apa.org/releases/childrenads.pdf

Released in February 2004, this report outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity. It also offers extensive recommendations for healthful changes.

BeefNutrition.org (National Cattlemen's Beef Association)

www.beefnutrition.org/matehealthyschoolnutrition.aspx

Parent education handouts, presentation graphics (highlighting protein, iron, and zinc), a **School Wellness Toolkit**, and several presentations developed by Dayle Hayes are just a few of the school-focused materials available for downloading at this site.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/ and www.cdc.gov/HealthyYouth/index.htm

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like **Kids Walk-to-School** and **Turn Off Your TV**.

Dole 5 A Day

www.dole5aday.com/

Dole was one of the first companies to create a nutrition ed site. This one keeps getting better, including SuperKids and more Spanish content. Log on for produce facts, recipes, and fun. There are special sections for kids, parents, teachers, and foodservice.

Michigan Healthy Schools, Healthy Students

www.mihealthtools.org/healthyschools.asp

Michigan has been a leader in school wellness – and this site is packed with tools from the Departments of Education and Health, including the **Healthy School Action Tool** and many **School Success Stories**.

Michigan Team Nutrition

www.tn.fcs.msue.msu.edu/

The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

Mississippi Office of Healthy Schools

www.healthyschoolsms.org/

The Mississippi Department of Education and Child Nutrition Programs, with funding from The Bower Foundation, have created the **Health is Academic** initiative. Their resources and materials, including presentations by Dayle Hayes, are on this site.

Online Resources for Healthy Kids and Healthy Schools

Montana Team Nutrition Resources

www.opi.state.mt.us/

Search on-site for PDF of excellent resources, including *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*, and *Nutrition SENSE: Students Encourage Nutritious Snacks Everyday*.

National Dairy Council Tools for Schools

www.nationaldairycouncil.org/nationaldairycouncil/tools

Sign up for *NDC Update* (a free monthly newsletter), read about opportunities for 3-A-Day Nutrition Education Grants, and check out extensive index of educational materials and kits are available for free download

National Eating Disorders Association

www.nationaleatingdisorders.org/

If you are concerned about the increasing risk of eating disorders and disordered eating patterns, you'll want to bookmark this site – which offers information about **National Eating Disorders Awareness Week** along with statistics, handouts, and lots of links.

National Institutes of Health – PORTION DISTORTION SLIDES

<http://hp2010.nhlbihin.net/portion/>

To compare today's portions to the portions available 20 years ago, download Portion Distortion I (2003) and Portion Distortion II (2004) slides. You'll also learn how much physical activity is required to burn off the extra calories provided by super-size portions.

Nutrition Explorations

www.nutritionexplorations.org/

This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school foodservice professionals.

President's Challenge ~ You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for your school.

Project LEAN (Leaders Encouraging Activity and Nutrition)

www.californiaprojectlean.org/

The Public Health Institute, supports several projects, including *Bright Ideas* and *Captive Kids: Selling Obesity At Schools*, as well as *Food on the Run: Your Energy Wake Up Call*, a site that helps teens make personal and school improvements.

South Dakota

<http://doe.sd.gov/oess/schoolhealth/mindsinmotion/>

South Dakota has developed an excellent guide: *Minds in Motion* – using physical activities to teach academic lessons in elementary and middle school classrooms (activities provided for Math, Reading, Science, and Social Studies).

Online Resources for Healthy Kids and Healthy Schools

TV Turn-Off Network

www.tvturnoff.org

If you are looking for resources related to the problems with excess TV time, this is the site for you. It is packed with links to research studies, fact sheets, and tips for families. TV Turnoff Week is April 23-29, 2007, but turning off the TV is "in style" all year!

USDA My Pyramid: Steps to a Healthier You

www.mypyramid.gov/

Check out this interactive site for all the details of the MyPyramid Eating Plan, introduced in April 2005. Look inside the Pyramid (serving sizes, tips, etc.), download new graphics, and review features like personalized Pyramid plans and My Pyramid Tracker.

USDA Team Nutrition ~ Making It Happen

www.fns.usda.gov/tn/Resources/makingithappen.html

Making It Happen: School Nutrition Success Stories tells the stories of schools that have successfully implemented innovative approaches to offer and sell more nutritious foods and beverages to students and staff. Order your copy online today.

USDA Team Nutrition ~ School Wellness Policies

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

This site serves as a clearinghouse of information on the components that should be considered when establishing a school wellness policy. Examples of policies already developed by schools and State agencies are provided as resources and references.

Vista (CA) Unified School District ~ Healthy Vending Information

www.vusd.k12.ca.us/cns/healthyvending.htm

Enid Hohn, RD, Director of Child Nutrition Services in a large southern California school district, offers extensive information, including a PowerPoint presentation about the success of her healthful vending program and selling reimbursable meals in kiosks.

Wheat Foods Council: The Grains Information Center

www.wheatfoods.org/

Yummy recipes, gorgeous photos, research updates, and professional resources – everything you wanted to know about grains, but didn't know who to ask. Need some rebuttals to folks who still think low-carb is the way to go – check here!

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RESOURCES by Dayle Hayes, MS, RD

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Eat Right Montana's Healthy Families Campaign

<http://www.eatrightmontana.org/eatrighthealthyfamilies.htm>

- 5 years (2001-05) of packets with consumer handouts and resource lists
- Plus 2007 campaign – *Eating Together, Playing Together*

Billings Gazette Nutrition Columns

www.billingsclinic.com/body.cfm?id=113

- Archive of regular columns, published in Billings Gazette, Billings, MT