

## Health and Wellness Resources for Schools

**Organization:** Center for Disease Control (CDC)

**Program Name:** National Center for Chronic Disease Prevention and Health Promotion

**Resource:** School Health Index –Self Assessment and Planning Guide

**Information:** The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.

**Website:** <http://www.cdc.gov/healthyyouth/shi/index.htm>

**Organization:** Center for Disease Control (CDC)

**Program Name:** National Center for Chronic Disease Prevention and Health Promotion

**Resource:** CDC's Health Education Curriculum Analysis Tool.

**Information:** The Health Education Curriculum Analysis Tool (HECAT) can help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of Effective Health Education Curricula. The HECAT results can help schools select or develop appropriate and effective health education curricula and improve the delivery of health education. The HECAT can be customized to meet local community needs and conform to the curriculum requirements of the state or school district.

**Website:** [www.cdc.gov/healthyyouth/HECAT](http://www.cdc.gov/healthyyouth/HECAT)

**Organization:** Alliance for a Healthier Generation

**Program Name:** Healthy Schools Program

**Resource:** Resources and Tools

**Information:** The Healthy Schools Program gives schools the tools and resources to take action in making school a healthier place for students to learn and staff to work.

- Resources and tools include:
  - **The Healthy Schools Program Framework** – a set of best practice guidelines developed by a national panel of experts to serve as a roadmap to creating a healthier school environment.
  - **The Healthy Schools Builder**<sup>®</sup> – an easy online tool that helps schools identify their status as a healthy school and develop customized action plans to make positive and healthy changes.
  - **The Healthy Schools Resource Database** – a searchable online database that includes more than 800 quality resources and funding opportunities to help make healthy changes at school. Healthy Schools Program members have free access to the database where they can search for the resources best suited to their unique needs.
  - **Webinars** – short for web-based seminar, these are interactive online presentations presented by content experts on a wealth of school health topics.
  - **The Healthy Schools Product Navigator<sup>®</sup> and Calculator** – free online tools that help schools determine what products meet the Alliance School Beverage and Competitive Foods Guidelines. Schools must register online to receive access to the free annual wellness inventory tool.
  - **Website:** <http://www.healthiergeneration.org/schools.aspx?id=3318>

**Organization:** U.S. Department of Agriculture

**Program Name:** HealthierUS Schools Challenge

**Resource:** Tips for Meeting the Challenge

**Information:** Provides detailed charts of the criteria for the HealthierUS School Challenge and additional resources to assist you in maintaining and/or implementing the criteria in your school or school district.

**Website:** [http://www.fns.usda.gov/tn/HealthierUS/HUSSCkit\\_pp13-24.pdf](http://www.fns.usda.gov/tn/HealthierUS/HUSSCkit_pp13-24.pdf)

**Organization:** U.S. Department of Health and Human Services, National Institute of Health

**Program Name:** Health is Life in Balance

**Resource:** Diabetes Education in Tribal Schools

**Information:** The DETS Project is part of a national effort to decrease the incidence and improve the care of type 2 diabetes among American Indian and Alaska Natives (AI/AN). The DETS Project is a K - 12 Curriculum that was developed using a multidisciplinary approach. The DETS Curriculum consists of units that incorporate National Science Education Standards, Inquiry-Learning (5E model), and AI/AN cultural and community knowledge.

**Website:** <http://www3.niddk.nih.gov/fund/other/dets/mission.htm>

**Organization:** U.S. Department of Health and Human Services, Indian Health Service

**Program Name:**

**Resource:** Healthy Beverage Community Action Kit

**Information:** The goal of the Healthy Beverages Community Action Kit is to assist tribal communities to work together to

## Appendix A

promote healthy beverages, and to decrease intake of sugary beverages, such as soft drinks, to combat health risks for American Indian and Alaska Native community members.

The Action Kit will guide Health Promotion/Disease Prevention staff, schools, and tribal health paraprofessionals to advocate for and implement policies that support a healthier environment through a coordinated community framework.

**This toolkit will help you to:**

- Take action to increase access to healthy beverages in your tribal community.
- Develop an action plan for you and other action team members to create, implement and evaluate a community model healthy beverage policy.
- Brainstorm ideas for getting activities started.
- Identify, recruit and work with groups/team members you want to be actively involved on your team.
- Find resources to improve beverages offered in your community.

**Website:** [www.ihs.gov/medicalprograms/nutrition/Documents/HealthyBeverages.doc](http://www.ihs.gov/medicalprograms/nutrition/Documents/HealthyBeverages.doc)

**Organization:** Association of State & Territorial Public Health Nutrition Directors

**Resource Name:** Resources & Tips for Working with American Indians and Alaskan Natives

**Information:** Resources & Tips guides public health nutrition professionals to programs and resources for the American Indian and Alaskan Native (AI/AN) populations

**Website:** [http://www.astphnd.org/resource\\_files/78/78\\_resource\\_file1.pdf](http://www.astphnd.org/resource_files/78/78_resource_file1.pdf)

**Organization:** U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA)

**Resource Name:** Culture Card

**Information:** **Pocket-Sized Guide Describes Tribal Sovereignty, Myths & Facts, and More**

**Website:** [http://www.samhsa.gov/samhsanewsletter/volume\\_17\\_number\\_2/americanindianculture.aspx](http://www.samhsa.gov/samhsanewsletter/volume_17_number_2/americanindianculture.aspx)

**Organization:** U.S. Department of Health and Human Services, Center for Disease Control

**Resource Name:** Eagle Books

**Information:** The Eagle Books are a series of four books that are brought to life by wise animal characters, Mr. Eagle and Miss Rabbit, and a clever trickster, Coyote, who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods, and learning from their elders about traditional ways of being healthy. Learn more about the Eagle Books Educator's Guide; which offers strategies for teaching children about preventing type 2 diabetes.

**Website:** <http://www.cdc.gov/diabetes/pubs/eagle.htm>

**Organization:** U.S. Department of Transportation (DOT)

**Resource Name:** Safe Routes to School

**Information:** Safe Routes to School (SRTS) programs use a comprehensive approach to make the route between home and school safer for children to walk and bicycle. Tribal leaders, community organizations, parents and schools are using these programs to better the lives of their children one step at a time.

**Website:** [http://www.saferoutesinfo.org/resources/collateral/tribal\\_communities\\_flyer.pdf](http://www.saferoutesinfo.org/resources/collateral/tribal_communities_flyer.pdf)

**Organization:** Yale Rudd Center for Food Policy & Obesity

**Resource Name:** School Wellness Policies

**Information:** School Wellness Policy Evaluation Tool This tool can be used to evaluate the school wellness policy of any school district in the United States. It is also known as the Comprehensive Coding System to Measure the Quality of School Wellness Policies.

**Website:** [http://www.yaleruddcenter.org/what\\_we\\_do.aspx?id=160](http://www.yaleruddcenter.org/what_we_do.aspx?id=160)

**Organization:** Farm to School

**Resource Name:** Farm to School

**Information:** Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

**Website:** <http://www.farmtoschool.org/>