



# ADDRESSING WELLNESS POLICIES 101

Compiled by the National School Boards Association's School Health Programs to provide a foundation for initiating further research if necessary. It includes excerpts from publications, articles, and more from the NSBA School Health Resource Database as well as bibliographic information, additional resources, and websites:

## **BACKGROUND**

- | Code # | Document   |
|--------|--|
| 90041  | <a href="#"><i>High Body Mass Index for Age Among U.S. Children, 2003-2006</i></a> , Journal of the American Medical Association, 2008                       |
| 18093  | <a href="#"><i>Nutrition and the Health of Young People</i></a> , Centers for Disease Control and Prevention (CDC), 2008                                     |
| 6764   | <a href="#"><i>Physical Activity and the Health of Young People</i></a> , CDC, 2008  |
| 6813   | <a href="#"><i>Obesity and Student Performance at School</i></a> , American School Health Association, 2005  |
| 6794   | <a href="#"><i>The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools</i></a> , Action for Healthy Kids (AFHK), 2004 |

## **PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS**

- |       |   |
|-------|---|
| 5428  | <a href="#"><i>Section 204 of Public Law 108-265: Local Wellness Policy</i></a> , U.S. Department of Agriculture, 2004  |
| 9253  | <a href="#"><i>Getting to Wellness</i></a> , National School Boards Association, 2005   |
| 9311  | <a href="#"><i>Wellness Policy Fundamentals</i></a> , AFHK, 2006  |
| 15146 | <a href="#"><i>Make a Difference at Your School! CDC Resources Can Help You Implement Strategies to Prevent Obesity Among Children and Adolescents</i></a> , CDC, 2008            |
| 18225 | <a href="#"><i>Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide</i></a> , California School Boards Association, 2005                                  |
| 9310  | <a href="#"><i>Policy in Action: A Guide to Implementing Your Local School Wellness Policy</i></a> , California Project LEAN, 2006  |
| 9236  | <a href="#"><i>Nutrition and Physical Activity Advisory Committee: A Guide for Schools, Parents, and Communities</i></a> , Arkansas Department of Health and Human Services, 2006 |
| 9306  | <a href="#"><i>Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth</i></a> , Institute of Medicine, 2007   |
| 9308  | <a href="#"><i>Reaching School Board Members</i></a> , California Project LEAN, 2004  |
| 90004 | <a href="#"><i>Progress or Promises? What's Working For and Against Healthy Schools</i></a> , Action for Healthy Kids, 2008   |
| 9307  | <a href="#"><i>Evaluating Local School Wellness Policies</i></a> , Montana Office of Public Instruction, 2006   |
| 5402  | <a href="#"><i>Model Local School Wellness Policies on Physical Activity and Nutrition</i></a> , National Alliance for Nutrition and Activity, 2005                               |
| 60022 | <a href="#"><i>Local Wellness Policies: Assessing School Strategies for Improving Children's Health, School Years 2006-2007 and 2007-2008</i></a> , Bridging the Gap, 2009        |
| 60008 | <a href="#"><i>NSBA's Policy on Comprehensive Tobacco-Free Schools</i></a> , NSBA, 2008   |

## **POLICIES**

- |      |   |
|------|---|
| 9296 | <a href="#"><i>Iowa Association of School Boards Wellness Policy</i></a> , Iowa Association of School Boards, 2005            |
| 9294 | <a href="#"><i>Michigan State Board of Education Model Local Wellness Policy</i></a> , Michigan Department of Education, 2005 |
| 5426 | <a href="#"><i>Manchester Public Schools – School Wellness Policy</i></a> , Manchester, Connecticut Board of Education, 2006  |
| 5427 | <a href="#"><i>School Board of Highlands County -- District Wellness Policy</i></a> , Highlands County, Florida, 2008         |

## **RESOURCES AND LINKS**

[Wellness Internet Resources List](#)

*If you would like additional information, please contact a member of the school health staff at (703) 838-6722 or by e-mail at [schoolhealth@nsba.org](mailto:schoolhealth@nsba.org) or visit our website at [www.nsba.org/schoolhealth](http://www.nsba.org/schoolhealth).*

Last updated: 6/2009

This Wellness 101 packet was supported by Cooperative Agreement #U58/DP00419 awarded to NSBA by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or of NSBA.

These reproductions are being supplied solely for the purpose of private study, scholarship or research in keeping with the U.S. copyright law (Title 17, U. S. Code.) Unless so noted, contents do not necessarily reflect official NSBA policy, represent NSBA legal advice or service, and are not intended for exact replication. Any editing has been done only for space, style, or coding purposes. NOTICE: Copyright law may protect material in this packet.