



HEALTHY EATING 101

This packet was compiled by the National School Boards Association's School Health Programs to provide school policy makers and other school stakeholders with a foundation for initiating further research, if necessary, on the policy and practice issues surrounding healthy eating. 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 |
|--------|---|
| 70020 | <i>Childhood Obesity: The Preventable Threat to America's Youth</i> , Action for Healthy Kids, 2008 |
| 8549 | <i>Trends in the Prevalence of Obesity, Dietary Behaviors and Weight Control Practices: National YRBS, 1991-2007</i> , Centers for Disease Control and Prevention (CDC), 2008 |
| 18093 | <i>Nutrition and the Health of Young People</i> , CDC, 2008 |
| 8555 | <i>Fact Sheet: Nutrition from CDC's SHPPS 2006</i> , CDC, 2007 |
| 6560 | <i>Fact Sheet: Foods and Beverages Sold Outside of the School Meal Programs From CDC's SHPPS 2006</i> , CDC, 2007 |

PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS

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| 18227 | <i>Dietary Guidelines for Americans, 2005</i> , U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA), 2005 |
| 18226 | <i>My Pyramid for Kids</i> , USDA, 2005 |
| 9306 | <i>Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth – Fact Sheet</i> , Institute of Medicine, 2007 |
| 181 | <i>Changing the Scene: Improving the School Nutrition Environment</i> , USDA, Food and Nutrition Service, 2000 |
| 9153 | <i>Fit, Healthy, and Ready to Learn, Chapter E: Policies to Encourage Healthy Eating</i> , National Association of State Boards of Education (NASBE), 2000 |
| 18220 | <i>More Than an Apple a Day: School Food and Nutrition Policy</i> , The Council of State Governments, 2007 |
| 18218 | <i>Making It Happen!: School Nutrition Success Stories</i> , CDC, 2005 |
| 100040 | <i>Leadership for Healthy Communities Action Strategies Toolkit</i> , The Robert Wood Johnson Foundation, 2009 |
| 60021 | <i>Preventing Childhood Obesity: A School Health Policy Guide</i> , NASBE, 2009 |
| 18225 | <i>Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide</i> , California School Boards Association and California Project Lean, 2005 |

POLICIES

- | | |
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| 9294 | <i>Michigan Department of Education Model Local Wellness Policy</i> , Michigan Department of Education, 2005 |
| 18221 | <i>Texas Public School Nutrition Policy</i> , Texas Department of Agriculture, 2007 |
| 60026 | <i>San Francisco Unified School District Wellness Policy</i> , San Francisco Unified School District, 2007 |

RESOURCES AND LINKS

[Healthy Eating 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 or visit our website at www.nsba.org/schoolhealth.

Last updated: 03/2010

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