



# H.E.L.P. (Healthy Eating Learning and Playing) at School

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### Overview

- Overview of childhood obesity
- Why are schools a good place to intervene?
- Obesity interventions
- Toolkit development

### In the Exam Room

#### *Introduction*

- Former President Bill Clinton at 2009 CDC Conference - video

#### *Resources*

- Organizations that help patients improve nutrition and physical activity (NPA)
- How to improve NPA practice
- Help patients track NPA activity
- How does NPA integrate into clinical work?
- Links to NPA handouts and posters
- Links to useful NPA forms

#### *Helpful Hints*

- Incorporating NPA
- Addressing cultural competence
- Examining the exam room

#### *Clinical Guidelines*

- CDC guidelines
- Helpful links

#### *Case Studies*

- Linda Crawford, Danbrook School Health Center
  - Program description and video
- Samantha Blackburn, CSHC Field & Technical Assistance Director
  - Why SBHCs are a unique clinical setting - video

## **In the Health Center**

### *Introduction*

Deanna Staggs, Edison High School  
The unique role of SBHCs in NPA promotion - video

### *Youth Programs*

Intro and helpful links

### *Helpful Hints*

Helping SBHC staff promote NPA  
Reaching out to other stakeholders  
Recruiting and screening for NPA

### *Resources*

Hands on workshops  
How can SBHCs help students improve NPA?  
How can SBHC staff assess themselves as role models?  
Health education materials

### *Case Studies*

Fremont Tiger Clinic - description  
Edison High School Healthy Hearts Program – video  
Lincoln High School Health Idol Program - description

## **In the School**

### *Introduction*

California School Boards Association – video

### *Classroom Standards*

Health education standards (national and California)  
Physical education standards K-12  
Food standards calculator

### *Helpful Hints*

How do I choose NPA curricula?  
What if I have concerns about students?  
How do I address the school environment?

### *Resources*

How can teachers choose good NPA curricula?  
How can school staff become more aware of NPA?  
How healthy is my school?  
How can school policies help to promote NPA?  
How can after school programs promote NPA?  
What is a school wellness policy?

### *Case Studies*

Manual Arts High School Youth 'N Fitness Program - description  
Bay Area Women's Sports and Fitness Initiative (BAWSI) - video

## **In the Community**

### *Introduction*

CSHC Technical Assistance Coordinator – video

### *Family Engagement*

Parent Engagement Toolkit - description

### *Helpful Hints*

How can I engage community stakeholders?

How do I reach out to families?

How do I make changes in policy?

### *Resources*

How can I tell if my community is promoting NPA?

How can families promote NPA at home?

How can SBHCs help community become advocates for change?

What organizations promote community NPA?

### *Case Studies*

Santa Maria High School Nutrition Club - description

The Healthy Schools Toolkit - description