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

INDEX

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