



# Responding to the Children’s Health Epidemic: Using Out-of-School Time to Promote Healthy Lifestyles

## Resource List

### Asthma & Allergies:

The **Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health** developed a resource list for addressing asthma in schools. The information ranges from general facts on children with asthma to strategies on how to run an asthma-friendly program.

<http://www.cdc.gov/HealthyYouth/Asthma/pdf/pubs-links.pdf>

Public education materials are available for purchase at the **American Academy of Allergy, Asthma, & Immunology (AAAAI)** website. Bulk orders may be requested using the following form:

<https://www.aaaai.org/patients/store/orderform.pdf> Brochure topics include allergic reactions, asthma and allergy medication, and prevention in children.

The **Children’s Health Fund (CHF)** launched the **Childhood Asthma Initiative (CAI)** to empower families to successfully manage childhood asthma. Each year, CHF disseminates a family asthma guide that includes an *Asthma Action Plan* for parents, schools, and child care providers.

[http://www.childrenshealthfund.org/publications/CHF\\_Asthma07o8\\_web.pdf](http://www.childrenshealthfund.org/publications/CHF_Asthma07o8_web.pdf)

### **New York City Department of Health and Mental Hygiene (NYC DOHMH) Asthma Initiative**

Tel (within NYC): 311

<http://www.nyc.gov/html/doh/html/asthma/asthma.shtml>

## **Healthy Afterschool Practices:**

**Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers-** a report issued by the U.S. Department of Health and Human Services, Administration for Children and Families Child Care Bureau under the **Afterschool Investments** project.

[http://www.nccic.org/afterschool/fitness\\_nutrition.pdf](http://www.nccic.org/afterschool/fitness_nutrition.pdf)

Idea checklist: [http://www.nccic.acf.hhs.gov/afterschool/healthy\\_checklist.pdf](http://www.nccic.acf.hhs.gov/afterschool/healthy_checklist.pdf)

**Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition, Physical Activity and Food Security in Afterschool Programs-** funded by the U.S. Department of Agriculture's Food Stamp Program, through the *California Nutrition Network for Healthy, Active Families*, and the David & Lucile Packard Foundation.

<http://www.afterschoolsolutions.org/documents/HealthyBehaviorsExemplaryPracticesGuide.pdf>

## **Health Insurance:**

Information about New York State's **Child Health Plus** insurance program is available free of charge to organizations within the state. To request copies, fax or mail the following order form:

[http://www.nyhealth.gov/nysdoh/chplus/chp\\_promotional\\_materials.htm](http://www.nyhealth.gov/nysdoh/chplus/chp_promotional_materials.htm)

### **Local Department of Social Services Offices (Children's Medicaid)**

#### **New York City**

Human Resources Administration

180 Water Street

New York, New York 10038

718-557-1399 or 1-877-472-8411

(Toll free within the five boroughs of New York City)

The **U.S. Department of Health of Human Services- Health Resources and Services Administration (HRSA)** created a health insurance guide for families with concerns about immigration status.

<http://www.insurekidsnow.gov/confidence/enroll.asp>

## **Nutrition:**

### **USDA: Team Nutrition/Nutrition Essentials**

Nutrition Essentials is a series of lessons will help you make healthful eating and physical activity choices. It provides several tools which give you information you need to make educated choices. Online link allows you to print PDF files or Power Point presentation ideas on nutrition.

<http://teamnutrition.usda.gov/Resources/nutritionessentials.html>

### **Cornell Cooperative Extension**

Food and Nutrition Education in Communities enables low-income families to make significant improvements in their diets and food practices which can contribute to self-sufficiency. CCE is helping to reduce the incidence of childhood obesity and alleviate chronic disease prevalence through improved nutrition. CCE educators work with schools, communities, and individuals to help people take personal responsibility for wellness and change the food system and the environment to promote healthful eating and active living.

<http://www.cce.cornell.edu/>

### **Nutrition Explorations**

Excellent resource for educators, dealing with teaching nutrition, nutrition lessons, and other hands-on resources and lesson plans that can be easily implemented in the classroom.

<http://www.nutritionexplorations.org/educators/main.asp>

## **Obesity:**

### **Alliance for a Healthier Generation:**

Partnership between the American Heart Association and the William J. Clinton Foundation in order to fight one of our nation's leading health threats – childhood obesity. Along with co-leader Governor Arnold Schwarzenegger of California and American Heart Association President Dan Jones, the Alliance is working nationally to create awareness and real solutions to the childhood obesity epidemic. The goal of the Alliance is to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

<http://www.healthiergeneration.org/>

### **California Adolescent Nutrition and Fitness Program**

After school program resources:

<http://www.canfit.org/resources.html>

### **Media-Smart Youth: Eat, Think, and be Active!**

Interactive after-school education program for young people ages 11 to 13. Designed to help youth become aware of--and think critically about--how media can affect their nutrition and physical activity choices; help young people build the skills to make good decisions about being physically active and eating nutritiously in daily life; and encourage them to establish healthy habits that will last into adulthood. Website contains all materials needed in order to implement this program, or portions of it that can be easily integrated in after school programs.

<http://www.nichd.nih.gov/msy/msy.htm>

### **Oral Health:**

The **Centers for Disease Control and Prevention (CDC) Division of Oral Health** created a factsheet about the current state of oral health in children.

[http://www.cdc.gov/OralHealth/publications/factsheets/sgr2000\\_fs3.htm](http://www.cdc.gov/OralHealth/publications/factsheets/sgr2000_fs3.htm)

The **National Maternal & Child Oral Health Resource Center** created a factsheet called **Oral Health and Learning** that can be accessed through the CDC Division of Oral Health website.

<http://www.mchoralhealth.org/PDFs/learningfactsheet.pdf> The publication links poor oral health with decreased learning abilities in children and lists possible intervention strategies.

**New York City Department of Health and Mental Hygiene  
(NYC DOHMH) Oral Health**

<http://www.nyc.gov/html/doh/html/hca/oralhealth-clinics.shtml>

### **Personal Hygiene:**

**New York City Department of Health and Mental Hygiene**

<http://www.nyc.gov/html/doh/html/home/home.shtml>

**The Children's Health Fund**

Resources for children as well as lesson plans on personal hygiene (under *publications*).

<http://www.childrenshealthfund.org/>

## **eThemes/eMints National Center**

eThemes is an extensive database of content-rich, age-appropriate resources organized around specific themes. These resources are created for educators to use in their classrooms.

eThemes is a service of the eMINTS National Center. eThemes resources are created and maintained by University of Missouri-Columbia College of Education staff and graduate students from the School of Information Science and Learning Technologies.

<http://www.emints.org/ethemes/resources/Soooo1716.shtml>

## **Physical Activity:**

### **Action for Healthy Kids**

A public-private partnership of more than 60 national organizations and government agencies representing education, health, fitness and nutrition. Action for Healthy Kids addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity. Strives to build system, sustainable changes of sound nutrition and good physical activity occur in all schools.

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

### **After School Physical Activity Website:**

Functional ideas for after school staff working with children in a variety of settings. Physical activities for 4<sup>th</sup>-8<sup>th</sup> graders.

<http://www.afterschoolpa.com/base.html>

## **Sexual Behavior:**

### **Sexuality Information and Education Council of the United States:**

SIECUS educates, advocates, and informs. SIECUS affirms that sexuality is a fundamental part of being human, one that is worthy of dignity and respect. Advocates for the right of all people to accurate information, comprehensive education about sexuality, and sexual health services. SIECUS works to create a world that ensures social justice and sexual rights.

<http://www.siecus.org/>

**SexEdLibrary:** Highly acclaimed resource for educators, counselors, administrators, and health professionals seeking the latest in human sexuality research, lesson plans, and professional development opportunities. SexEdLibrary has analyzed hundreds of lesson plans from multiple sources

*The Partnership for After School Education (PASE) is a child-focused organization that promotes and supports quality afterschool programs, particularly those serving young people from underserved communities.*

to offer easy access to the very best on such topics as sexual and reproductive health, puberty, abstinence, relationships, sexual orientation, body image, self-esteem, sexually transmitted diseases, HIV/AIDS, unintended pregnancy, and more.

<http://www.sexedlibrary.org/>

### **New York State Department of Health:**

Resources for parents and educators about informing children and teens about HIV/AIDS/STD's:

<http://www.health.state.ny.us/diseases/aids/publications/>

### **Stress/ Mental Health:**

An article developed by the **North Carolina Cooperative Extension Service**, titled **Helping Children Cope with Stress**, offers age-appropriate coping strategies.

[www.ces.ncsu.edu/depts/fcs/pdfs/fcs457.pdf](http://www.ces.ncsu.edu/depts/fcs/pdfs/fcs457.pdf)

The U.S Department of Health and Human Services -**Substance Abuse and Mental Health Services Administration (SAMHSA)** compiled a list of statistics on children and mental health.

<http://mentalhealth.samhsa.gov/publications/allpubs/fastfact5/default.asp>

Publications are available for purchase using the following order form:

<http://nmhicstore.samhsa.gov/publications/ordering.aspx>