

Definitions

Comprehensive School Health Education

Comprehensive School Health Education (CSHE) is one of the 8 components of Coordinated School Health Programs (CSHP) as defined by the Center for Disease Control and Prevention. Comprehensive health education is a building block approach to creating a healthy future for today's children. Curriculum is designed to build upon itself as students advance through grade levels. Beginning with kindergarten, basics for healthy life-styles are introduced in ten topic areas: Safety and First Aid, Nutrition, Family Health, Consumer Health, Community Health, Growth and Development, Substance Use and Abuse, Personal Health Practices, Emotional and Mental Health, and Disease Prevention and Control. In grade one, lessons and objectives build upon the foundation of skills learned in kindergarten as do those in grades two through twelve. This continuity of information and reinforcement of health practices in age appropriate activities builds a solid core of skills, attitudes and knowledge. Comprehensive health education offers excellent solutions to the ever growing number of chronic health problems people face today. By helping our children to develop positive health habits at an early age and reinforcing them as they mature, we enable them to develop healthy lifestyles. We also arm them with the knowledge and skills to make healthy decisions for themselves and their children in the future.

Coordinated School Health Team (CSHT)

A CSHT is an advisory group of individuals who represent segments of the school and community. The group acts collectively to provide advice to the school system on all aspects of school health.

Dietary Guidelines for Americans 2005

The Dietary Guidelines for Americans has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs. To see the Dietary Guidelines for Americans report, go to <http://www.healthierus.gov/dietaryguidelines>.

Healthy School Action Tool (HSAT)

The Healthy School Action Tool was adapted from School Health Index for Physical Activity, Healthy Eating, and Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide (Centers for Disease Control and Prevention, 2002) and Changing the Scene Healthy School Nutrition Environment Improvement Checklist (United States Department of Agriculture Food and Nutrition Services, Team Nutrition, 2000). HSAT is an assessment tool that provides school buildings with a clear picture of strengths and areas needing improvements to provide students and staff with healthy options. Go to <http://www.mihealthtools.org/schools>.

MyPyramid Food Guidance System

The U.S. Department of Agriculture has packaged the recommendations from the 2005 Dietary Guidelines for Americans into the MyPyramid Food Guidance System. MyPyramid is designed to provide a personalized approach to making healthy eating and physical activity choices for the general public over 2 years of age. The symbol has been designed to be simple. Go to <http://www.MyPyramid.gov>.

Team Nutrition

Team Nutrition is a national U.S. Department of Agriculture initiative to motivate, encourage, and empower schools, families and the communities to work together to continually improve school meals and to help students and families make food and physical activity choices for a healthy lifestyle. Go to <http://www.tn.fcs.msue.msu.edu> and <http://www.fns.usda.gov/tn>.

Appendix

Position of the American Dietetic Association, Society of Nutrition Education, and American School Foodservice Association: Nutrition Services: An Essential Component of Comprehensive School Health Programs.

J Am Diet Assoc. 2003;103: 505-514

http://eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_3777_ENU_HTML.htm

Murphy, Anne. Federally-Mandated Local Wellness Policies for School Districts. February 2006

http://eatright.org/cps/rde/xchg/ada/hs.xsl/career_8792_ENU_HTML.htm

Institute of Medicine of the National Academies. Nutrition Standards for Foods in Schools: Leading the way toward healthier youth. April 2007.

<http://www.iom.edu/CMS/3788/30181/42502.aspx>

HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools.

<http://www.fns.usda.gov/tn/HealthierUS/index.html>.

U.S. Department of Health and Human Services. Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers. August 2006

http://www.nccic.org/afterschool/fitness_nutrition.pdf

Michigan Action for Healthy Kids. Tips and Tools to Implement Michigan's Healthy Food and Beverages Policies. <http://www.tn.fcs.msue.msu.edu/HealthySchoolToolkit.html>.

Michigan Action for Healthy Kids. Tips and Tools to Promote Physical Education and Physical Activity.

<http://www.tn.fcs.msue.msu.edu/HealthySchoolToolkit.html>.

Curriculum That Looks Promising

Bridges to Wellness

PUBLICATION DATE: 2007

INTENDED AUDIENCE: Grades 5-10

LANGUAGE: English

FORMAT: Web-based

PHONE NUMBER: 1-800-241-MILK (6455)

FAX NUMBER: 703-739-3915

COST: Free

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

National Dairy Council in cooperation with School Nutrition Association and School Nutrition Foundation

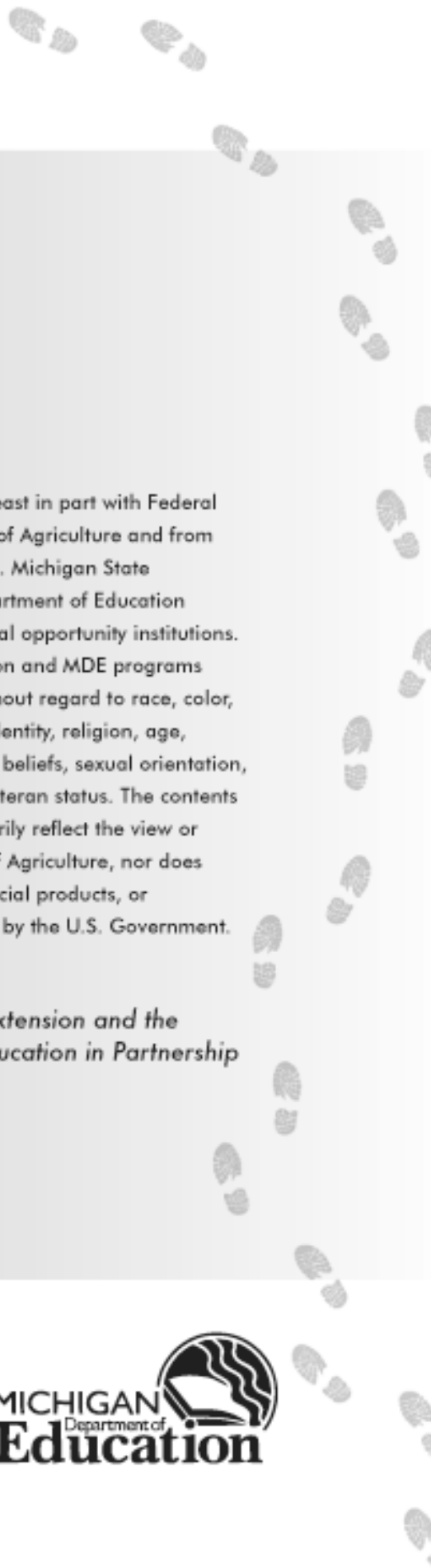
WEB SITE: <http://www.schoolnutrition.org/bridgestowellness>

EMAIL: servicecenter@schoolnutrition.org

DESCRIPTION:

This exciting, interactive, new program is designed to "bridge the gap" and bring school nutrition professionals and classroom educators together to make nutrition learning come alive for students in grades 5-10, while meeting the nutrition education goals in their local wellness policy. 3-A-Day of Dairy Nutrient Package, the first 3-part lesson in a series of lessons, is focused on the importance of dairy foods as recommended by current federal guidelines from the 2005 Dietary Guidelines and MyPyramid. Handouts and transparencies are included to support the lessons. Each of the lessons in this series will highlight the food groups to encourage and include three key components to reflect connections between classroom, cafeteria, and home:

- ▶ Classroom Instruction (gaining knowledge)
- ▶ Application Activity (demonstrating gained knowledge)
- ▶ Cafeteria Connections (putting knowledge into practice and changing behavior)



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