

RESOURCES for PAK Training

Pathways - Obesity Prevention Program for American Indian Schoolchildren.

This link <http://hsc.unm.edu/pathways> will take you to the **Pathways** publications, presentations, brochures; materials order form, purchasing/supply, **Pathways** component handouts and the **UNC/Pathways** website. **Pathways**, a research study funded by the National Heart, Lung, and Blood Institute, is a school-based health promotion program that includes physical activity, nutrition, classroom curriculum, and family involvement. The primary purpose of **Pathways** is to prevent obesity among American Indian children by promoting increased physical activity and healthful eating behaviors.

The **Pathways** intervention was conducted with 1,704 third through fifth grade children from 41 schools in seven American Indian Nations. The tribal groups participating in this study included the Navajo Nation, the Gila River Indian Community, the Tohono O'odham Nation, the White Mountain Apache Tribe, the San Carlos Apache Tribe, the Oglala Lakota Nation, and the Sicangu Lakota Nation. The tribes worked in partnership with five universities to develop and implement **Pathways** (the University of New Mexico, the University of Arizona, Johns Hopkins University, the University of Minnesota, and the University of North Carolina).

Pathways intervention was designed so that all four components are to be implemented together. We highly recommend that you implement Pathways in this way. The four components of Pathways are: Curriculum, Family, Food Service, and Physical Activity. Each of these components and accompanying materials has been included for the use of interested teachers, school personnel, and health promotion practitioners.

- Preventive Medicine, December 2003, Volume 37, 6(S),
<http://www.sciencedirect.com/science>
- **Pathways Publications:** <http://hsc.unm.edu/pathways/publicat/pbpress.htm>
- **Pathways Brochure (tri-fold)**, 2 pages, (874k, pdf)
<http://hsc.unm.edu/pathways/assets/publicat/PWaysBrochure.pdf>
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- **Pathways Presentations:** <http://hsc.unm.edu/pathways/publicat/pblctns.htm>
- **Pathways Materials Order Form and Purchasing/Supply List:**
<http://hsc.unm.edu/pathways/assets/publicat/Purchasing%20List%203,4,5.pdf>
-
- Pathways Component hand-outs:
 - [Curriculum](#), 2 pages (168k, pdf)
 - [Family](#), 2 pages (36k, pdf)
 - [Food Service](#), 2 pages (132k, pdf)
 - [Physical Activity](#), 2 pages (52k, pdf)
- UNC/Pathways (<http://www.bios.unc.edu/units/csc/PATH>)

Indian Health Service

Indian Health Service. www.ihs.gov The mission of the IHS, in partnership with AI/AN people, is to raise their physical, mental, social, and spiritual health to the highest level. The IHS goal is to ensure that comprehensive, culturally acceptable personal and public health services are available and accessible to all AI/AN people.

I.H.S. Health Promotion & Disease Prevention

[A Nation at Risk: Obesity in the United States.](#) General Target Population: Not Specified Specific Target Population: All Ages Sector: Non Profit Organization. Overweight and obesity, especially among children, have emerged as serious threats to our nation's health. They have risen rapidly among women, men and children of all racial and ethnic groups. And the trend is projected to continue. Recent research suggests that, if childhood obesity continues to increase, it could cut two to five years from the average lifespan. That could cause our current generation of children to become the first in American history to live shorter lives than their parents. In response to the health concerns associated with obesity, the Robert Wood Johnson Foundation and the American Heart Association have created a statistical sourcebook on obesity. This publication, "A Nation at Risk: Obesity in the United States," illustrates how prevalent obesity has become and examines the factors that contribute to the patterns of unhealthy eating and insufficient physical activity that are at the heart of this epidemic. Learn the facts about obesity by ordering your free sourcebook "A Nation at Risk: Obesity in the United States" please contact the American Heart Association at 1-800-AHA-USA1 or send e-mail to inquiries@heart.org. www.heart.org To learn about the Foundation's activities, visit the Childhood Obesity Interest Area at <http://www.rwjf.org>.

[Alaska Public Health Association: Healthy Living website.](#) General Target Population: AI/AN Specific Target Population: Community Sector: Non Profit Organization. Alaska Public Health Association's Healthy Living website shares best practices and resources to promote sound nutrition and active living among Alaska's children and youth to reduce the impact of diabetes and overweight. This site offers resources for parents, educators and concerned community members.

[Boys and Girls Club of America in Indian Country](#) General Target Population: AI/AN Specific Target Population: Adolescents/Youth Sector: Non Profit Organization. The SMART Moves (Skills Mastery and Resistance Training) prevention/education program is a drug and alcohol abuse prevention program that teaches young people ages 6-15 how to say no by involving them in discussion and role-playing, practicing resistance and refusal skills, developing assertiveness, strengthening decision-making skills and analyzing media and peer influence.

[California Adolescent Nutrition and Fitness \(CANFit\) Program.](#) General Target Population: AI/AN Specific Target Population: After School Programs Sector: Non Profit Organization. The California Adolescent Nutrition and Fitness (CANFit) Program is a statewide, non-profit organization whose mission is to engage communities and build their capacity to improve the nutrition and physical activity status of California's low-income African American, American Indian, Latino, and Asian/ Pacific Islander youth 10-14 years old. CANFit provides: Training & Technical Assistance, Awarding Academic Scholarships, Funding Community Projects, Advocating for Policy Changes. <http://www.canfit.org/>

[Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition and Physical Activity.](#) General Target

Population: Not Specified Specific Target Population: Local Communities Sector: Government / Public Institution. Promoting Physical Activity - A Guide for Community Action - A Step-by-Step Guide to Communitywide Behavior Change shows you how to facilitate behavior change both from an individual and a community perspective.

<http://www.cdc.gov/nccdphp/dnpa/pahand.htm>.

[Fit Families & Let's Get Moving.](#) General Target Population: Not Specified Specific Target Population: Health Educators Sector: Non Profit Organization. Fit Families Novela Series: For Parents Who Want the Best for Their Families. This innovative bi-lingual resource kit was created for health professionals working with parents with young children. The video and print fotonovelas are designed to stimulate discussion on how to create healthy snacks, increase physical activity, and limit TV watching. Created using realistic characters who are struggling to make improvements in their families' health habits, the novelas help parents understand how small changes can make a big difference. Let's Get Moving! Working Together to Promote Active Lifestyles in Young Children. This exciting new resource kit for childcare providers, professionals, and parents is designed to introduce quick and easy ways to incorporate physical activity into the daily routines of children ages 2 through 7. The kit highlights ways to promote activity in 5 - 10 minute intervals throughout the day. The video and activity cards emphasize the importance of being physically active in increasing confidence, self-esteem, problem solving and social skills, and in building lifelong healthy and active habits.

[Healthfinder.gov.](#) General Target Population: Not Specified Specific Target Population: Community Sector: Government / Public Institution. Healthfinder.gov index of physical activity information, resources, education providers.

<http://www.healthfinder.gov/Scripts/SearchContext.asp?topic=657&page=0>

[Native American Sports Council.](#) General Target Population: AI/AN Specific Target Population:

Adolescents/Youth Sector: Non Profit Organization. Home page of the Native American Sports Council - provides coach clinics, facilitator training, and team building.

<http://www.nascsports.org/> (site under construction)

[Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework.](#) General Target Population: Not Specified Specific Target Population: Health Programs Sector:

Governmental. The Centers for Disease Control and Prevention (CDC) has developed this book to share its vision of how states and their partners can reduce the prevalence of chronic diseases and their risk factors by instituting comprehensive statewide programs. The recommendations for achieving this vision are based on prevention effectiveness research; program evaluations; and the expert opinions of national, state, and local leaders and public health practitioners, including CDC staff. In addition to describing some of the most promising practices available to state programs, the book provides numerous sources, including Web sites, that describe state and local examples of what can be achieved; state-of-the art strategies, methods, and tools; and training opportunities.

ccdinfo@cdc.gov <http://www.cdc.gov/nccdphp/publications/PromisingPractices>

[Restoring Balance](#). General Target Population: AI/AN Specific Target Population: Community Sector: Government / Public Institution, Community-directed Health Promotion for American Indians and Alaska Natives. <http://prevention.stanford.edu/default.asp>

[US Olympic Committee - Finding Leaders Among Minorities Everywhere \(F.L.A.M.E.\)](#)

General Target Population: Multi-Ethnic (Non- AI/AN) Specific Target Population: Adolescents/Youth Sector: Non Profit Organization. Finding Leaders Among Minorities Everywhere (F.L.A.M.E.) is a fun, interactive five-day program that will fly selected participants (minority student between the ages of 13 to 18, that demonstrates strong academic and community involvement) to the headquarters of the United States Olympic Committee, expose them to Olympic athletes and introduce them to other student leaders from around the U.S.
<http://www.usolympicteam.com/flame/main.html>

I.H.S. Head Start Program <http://www.ih.gov/NonMedicalPrograms/HeadStart>

Resources:

- [Model Tribal Head Start Health and Safety Code](#) (223k PDF)
- [Head Start Facility Survey Checklist](#) (100k PDF)
- [Health Plan for Head Start Centers](#) (466k Word File)
- [The Sleep Safe Fire Safety Program](#) (590k PDF)
- [Handbook for Playground Safety](#) (1.08M PDF)
- [Environmental Health Disaster Planning and Response](#) (1.25M PPT)

Physical Activity

- [Physical Activity Strengths During Early Childhood](#)
- [Bright Futures in Practice: Physical Activity](#)
- [Physical Activity for Everyone: Recommendations: Are there special recommendations for young people?](#)
- [Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years](#)

Healthy Eating

- [Taking Heights and Weights](#)
- [National Nutrition and Dietetics Training Program](#)

Oral Health

- [American Academy for Pediatric Dentistry](#)
- [American Dental Association](#)
- [National Maternal & Child Oral Health Resource Center](#)

Oral Health: Dental Cavities

- [American Academy for Pediatric Dentistry](#)
- [American Dental Association](#)
- [National Maternal & Child Oral Health Resource Center](#)

Injury Prevention

For educational materials, information, consultation, and technical assistance, every Head Start program should be in contact with their local (IHS or Tribal) environmental health specialist, the IHS -

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Head Start Program, and you can visit the references listed on this web page.

[The Sleep Safe Fire Safety Program](#) The Sleep Safe program targets children and families enrolled in American Indian Programs Branch (AIPB) Head Start programs.

[The Ride Safe Program](#) Ride Safe aims to reduce the rate of motor vehicle related injuries to children, aged 3 to 5 years, enrolled in participating Tribal Head Start programs, by promoting motor vehicle child restraint use.

[Bicycle Helmet Safety Institute](#) Non-profit consumer-funded program acting as a clearinghouse and a technical resource for bicycle helmet information.

[U.S. Consumer Product Safety Commission](#) The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products under the agency's jurisdiction.

[USCPSC - Public Safety Publications](#) Available publications for downloading: Handbook for Playground Safety; Public Playground Safety Checklist; Wear Bike Helmets on Bicycles - Not on Playgrounds; Strings Can Strangle Children on Playground Equipment; and many more.

[IHS - Injury Prevention Program](#) To raise the health status of American Indians and Alaska Natives to the highest possible level by decreasing the incidence of severe injuries and death to the lowest possible level and increasing the ability of tribes to address their injury problems.

[CDC - National Center for Injury Prevention and Control](#) These data are from the National Center for Health Statistics, CDC, and include all American Indians and Alaskan Natives residing in the United States.

[National Highway Traffic Safety Administration](#) Saves lives, Prevents Injuries, Reduce vehicle-related fatalities.

[AAP - Children's Health Topics, Water Safety](#) The AAP has information on how to keep children in all age groups safe in the water at home, in swimming pools, on boats, and in open bodies of water.

Mental Health [Mental Health: Methamphetamine Initiative 2006](#)

Mental Wellness

General [Head Start Informationa & Publication Center: Health Services Toolkit](#)

[Head Start Informationa & Publication Center](#)

Early Childhood Mental Health:

[Center for Evidence-Based Practice: Young Children with Challenging Behavior - Handouts](#)

[Center on the Social and Emotional Foundations for Early Learning](#)

[Center on Child Abuse and Neglect](#)

[Promising Practices in Children's Mental Health: Child, Adolescent & Family](#)

[National Early Childhood Technical Assistance Center \(NECTAC\)](#)

[Early Childhood Mental Health, Social-Emotional Development, and Challenging Behaviors](#)

Staff: [Center for Evidence-Based Practice: Young Children with Challenging Behavior](#)

[The Program for Infant/Toddler Caregivers](#)

[Zero to Three: For Professionals](#)

[Behavioral Health Resources](#)

[National Indian Child Welfare Association \(NICWA\)](#)

[The Center for American Indian Health at the Johns Hopkins School of Public Health](#)

Body Works. <http://www.4woman.gov/bodyworks/> BodyWorks is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

Healthy Beverages Community Action Kit.

http://www.ihs.gov/medicalprograms/diabetes/resources/healthbev06_index.asp The goal of the Healthy Beverage Community Action Kit is to assist tribal communities to work together to promote healthy beverages, and to decrease intake of sugary beverages of soft drinks to combat health risk for American Indian and Alaska Native community members.

I am Moving, I am Learning. <http://www.acf.hhs.gov> I am Moving, I am Learning, is a promising pilot project underway in Region III to prevent and reverse childhood obesity and promote lifelong fitness for Health Start children through increased physical activity and healthy nutrition choices. The summary report entitled: I am Moving, I Am Learning: A Proactive Approach for Addressing Childhood Obesity in Head Start Children is located at: [http://www.acf.hhs.gov/programs/region3/docs/Fatherhood/i am moving summary report .pdf](http://www.acf.hhs.gov/programs/region3/docs/Fatherhood/i_am_moving_summary_report.pdf)

Just Move It. Just Move It located www.justmoveit.org is a national campaign to promote physical activity for American Indians and Alaska Natives. Use this website to learn how to start an activity in your own community, share information about ongoing programs, contribute stories and enter information in Just Move It's calendar.

My Amazing Body is a Indian Health Service Head Start sponsored, complete 11 week curriculum centered on Nutrition and Exercise for 3-5 year olds. It has all other domains including Native American/Alaskan Native Culture and Taking care of the Environment.

T.R.A.I.L. Program. http://www.naclubs.org/main/diabetes_prevention.shtml The National Congress of American Indians (NCAI), Indian Health Service (IHS), Boys & Girls Clubs of America (BGCA), and NIKE, Inc., are piloting a prevention program aimed at reducing the onset of diabetes among Native American youth. The program -- *On the T.R.A.I.L.* (Together Raising Awareness for Indian Life) to Diabetes Prevention -- is an innovative combination of physical, educational and nutritional activities.

ADDITIONAL RESOURCES – Physical Activity¹

Action for Healthy Kids. <http://www.actionforhealthykids.org/> is a non-profit organization to address overweight, under nourished and sedentary youth by focusing on changes as school.

Against the Winds: American Indian Running Tradition.

http://www.peabody.harvard.edu/mcnh_running includes Spiritual Traditions, Running the Past and Running in the Present.

Alliance for a Healthier Generation. <http://www.healthiergeneration.org> The American Heart Association and the William J. Clinton Foundation have joined together to form the Alliance for a Healthier Generation, to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes.

America's Walking. <http://www.pbs.org/americaswalking> This is the website for the PBS television series on walking. America's Walking is a fitness, travel, and lifestyle series that offers information and inspiration for those who want to start a daily walking habit and live a more active life.

American Alliance for Health, Physical Education, Recreation, and Dance.

<http://www.aahperd.org/index.cfm> The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.

Boys & Girls Club of America. www.bgca.org Our Mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. A Boys & Girls Club provides 1) a safe place to learn and grow, 2) ongoing relationships with caring, adult professionals, 3) life-enhancing programs and character development experiences, and 4) hope and opportunity.

Bright Futures. www.Brightfutures.org Bright Futures is a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice.

California Adolescent Nutrition and Fitness (CANFit) Program. <http://www.canfit.org> **CANFit** is engaging communities, and building their capacity to improve the nutrition and physical activity status of California's low income, ethnic youth 10-14 years old. The main components of **CANFit** are providing training and technical assistance to youth serving organizations; developing, evaluating and disseminating effective culturally-appropriate nutrition and physical activity educational materials and social marketing programs; advocating for policies that enhance nutrition and physical activity; awarding academic scholarships; and funding innovative community-based projects.

¹ The following information builds on the original work contributed by Elaine Little – I.H.S. Training Officer.

Coordinated Approach to Child Health Program – CATCH.

<http://www.sph.uth.tmc.edu/catch> CATCH is a coordinated school health program which builds an alliance of parents, teachers, child nutrition personnel, school staff, and community partners to teach children and their families how to be healthy for a lifetime. The four CATCH components - [Go For Health](#) Classroom Curriculum, [CATCH Physical Education](#), [Eat Smart](#) School Nutrition Guide, and family [Home Team](#) activities - reinforce positive healthy behaviors throughout a child's day and make it clear that good health and learning go hand in hand.

Centers for Disease Control and Prevention. www.cdc.gov/nccdphp/dnpa (Division of Nutrition and Physical Activity) Physical activity is for everyone including

- Recommendations for young people
<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm>
- Recommendations for older adults
http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older_adults.htm
- Recommendations How active to gain benefits
<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm>
- Guide to Community Preventive Services: Promote Physical Activities in Communities:
http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/promotion/community_guide.htm
- [Physical Activity Brochures](#) are designed to help parents, teachers, and principals increase physical activity among elementary and middle school-aged youth.
- Other Resources:

CDC's Resources for Adults

- [Exercise \(Physical Activity\) and Children, American Heart Association*](#)
- [A Guide to Physical Activity, National Heart, Lung and Blood Institute, NHIBI](#)
- [Healthy People 2010](#)
- [KidsWalk-to-School](#) a guide that encourages individuals and organizations to work together to identify and create safe walking routes to school.
- [Movimiento Por Su Vida](#)
A music CD created to help everyone incorporate more movement into their lives.
- [National Institute on Aging: Exercise-Feeling Fit For Life](#)
- [The National Library of Medicine list of Web sites on a exercise for children, NIH](#)
- [Physical Activity Fundamental To Preventing Disease](#)
- [Physical Activity and Weight Control, NIDDK](#)
- [Powerful Bones. Powerful Girls. Web Site for Parents](#)
A new Web site for parents with resources and creative ways to help your daughters make healthy choices that build and maintain strong bones.
- [President's Council on Physical Fitness and Sports](#)
- [President Healthier US Initiative](#)
- smallstep.gov
- [U.S. Physical Activity Statistics](#)

CDC's Resources for Children and Teens

- [BAM! Body and Mind, CDC](#) This site is designed to help teach young people about disease, food & nutrition, physical activity, safety and their bodies.
- [Be Active, Tips for Kids with Type 2 Diabetes](#) (PDF-196 KB)
- [KidsHealth, The Nemours Foundation: Motivation and Power of Not Giving Up*](#)
- [Media-Smart Youth: Eat, Think, and Be Active!](#)
This interactive after-school education program for young people ages 11 to 13 is designed to help teach them about the complex media world around them, and how it can affect their health — especially in the areas of nutrition and physical activity.
- [Physical Activity Brochures for Parents, Teachers, and Principals to Increase Physical Activity Among Youth](#)
- [Powerful Girls, Powerful Bones.](#) "Powerful Bones. Powerful Girls."™ will give you the info on what foods have calcium and what activities are good for your bones and your body.
- [We Can! A Parent Handbook](#) Ways to Enhance Children's Activity and Nutrition (We Can!) includes practical tips to help the family find the right balance of eating well and being physically active to maintain a healthy weight. This useful easy to read handbook explains the concept of Go, Slow and Whoa foods, proper portion size, and how to make screen time active time. The handbook provides resources for information on real-life strategies for managing a healthy weight in today's world.
- [VERB™](#) and [VERB. It's what you do.](#) <http://www.cdc.gov/youthcampaign/> is a national, multicultural, social marketing campaign designed to encourage young people ages 9–13 years (tweens) to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of teens and adult influencers.

CDC's Resources for Persons with Disabilities

- [International Paralympic Committee*](#)
- [Motor Opportunities Via Education \(MOVE\) International*](#)
- [National Center on Physical Activity and Disability*](#)
- [North American Riding for the Handicapped Association*](#)
- [Physical Activity and Health: A Report of the Surgeon General](#)

Data Resource Center for Child and Adolescent Health.

<http://www.childhealthdata.org/content/Default.aspx> This site allows users to search and display charts and tabular findings from individual survey items as well as child health measures derived from these data sources. The site displays state profiles, rankings, and information for key demographic groups.

Native America Databases. <http://hsc.unm.edu/library/nhd/> The Native Health Databases contain bibliographic information and abstracts of health-related articles, reports, surveys, and other resource documents pertaining to the health and health care of American Indians, Alaska Natives, and Canadian First Nations. The databases provide information for the benefit, use, and education of organizations and individuals with an interest in health-related issues, programs, and initiatives regarding North American indigenous peoples.

Native Village. www.nativevillage.org Native Village was created as an educational and current events resource for Native youth, teens, families, educators, and friends. Our bi-weekly publications include Native Village Youth and Education News and Native Village Opportunities and Websites. Each issue shares Indian news and education across the Americas and is written in a condensed, easy-to-read format. [Native Village News](#) has information about preventing prevent type-2 diabetes in youth by promoting overall healthy lifestyles and increased physical activity.

National Alliance for Youth Sports. <http://www.nays.org/> The National Alliance For Youth Sports (NAYS) is America's leading advocate for positive and safe sports and activities for children. The non-profit 501(c)(3) organization is based in West Palm Beach, Florida. NAYS offers programs and services for everyone involved in youth sports experiences, including professional administrators, volunteer administrators, volunteer coaches, officials, parents and young athletes. The goal of the National Alliance For Youth Sports is to make sports and activities safe and positive by providing programs and services that add value to youth sports.

National Association for Health and Fitness. <http://www.physicalfitness.org/> The National Association for Health and Fitness (NAHF) is a non-profit organization that exists to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles. NAHF accomplishes this work by fostering and supporting Governor's and State Councils and coalitions that promote and encourages regular physical activity.

National Association for Sport and Physical Education. <http://www.aahperd.org/naspe/> The National Association for Sport and Physical Education seeks to enhance knowledge and professional practice in sport and physical activity through scientific study and dissemination of research-based and experiential knowledge to members and the public.

National Coalition for Promoting Physical Activity. <http://www.ncppa.org> The National Coalition for Promoting Physical Activity's mission is to unite the strengths of public, private, and industry efforts into collaborative partnerships that inspire and empower all Americans to lead more physically active lifestyles. NCPPA is an extraordinary group of national organizations that independently address a host of issues pertaining to physical activity including health/science, education, environments, population specific outreach, and activity behavior.

National Recreation and Park Association <http://www.nrpa.org/> For 40 years, the National Recreation and Park Association has advocated the importance of thriving, local park systems, the opportunity for all Americans to lead healthy, active lifestyles, and the preservation of great community places.

National Association for Sports and Physical Education.

<http://www.aahperd.org/naspe> Guidelines for children including:

- **Active Start:** A Statement of Physical Activity Guidelines for Children Birth to Five Years – all children birth to age five should engage in daily physical activity that promotes health-related fitness and movement skills.
- **Physical Activity for Children: A Statement of Guidelines for Children Ages 5 - 12, 2nd Edition** - physical activity guidelines for parents, physical education teachers, classroom teachers, youth physical activity leaders administrators, physicians, health professionals, and all others dedicated to promoting physically active lifestyles among preadolescent children (ages 6 to 12). Physical activity, broadly defined, includes exercise, sport, dance, as well as other movement forms.

Native American Fitness Council: www.nativeamericanfitnesscouncil.com provides workshops and trainings for all populations, from youth to elder. We also 'train the trainers' certifying fitness instructors and others who teach exercise to community members. All content is Native American specific and taught with cultural sensitivity and appropriateness. Native American Fitness Council, PO Box K, Flagstaff, AZ 86002 (928)774-3048

Pedestrian and Bicycle Information Center <http://www.pedbikeinfo.org> mission is to improve the quality of life in communities through the increase of safe walking and bicycling as a viable means of transportation and physical activity.

Physical Activity: School and Community Guidelines.

<http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm> This site includes strategies most likely to be effective in promoting physical activity among young people. Information includes text as published in the MMWR, summary of guidelines, and more.

President's Council on Physical Fitness and Sports. <http://www.fitness.gov> is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide. <http://apps.nccd.cdc.gov/shi/default.aspx> A tool to assist with implementation of CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People and Guidelines for School Health Programs to Promote Lifelong Healthy Eating.

Society of State Directors of Health, Physical Education, and Recreation.

<http://wg.thesociety.org/> Established in 1926, the Society of State Directors of Health, Physical Education and Recreation is a professional association whose members supervise and coordinate programs in health, physical education, and related fields within state departments of education. Associate members are those who are interested in the goals and programs of the Society who do not work within a state education agency.

Sport, Play, & Active Recreation for Kids - SPARK. <http://www.sparkpe.org> SPARK is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children and adolescents by disseminating evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students. SPARK strives to achieve outstanding customer satisfaction through timely delivery and exceptional service.

Steps to a Healthier US. <http://www.healthierus.gov/STEPS/> and **Small Steps** <http://www.smallstep.gov/> is an initiative from the U.S. Department of Health and Human Services (HHS) that advances the HealthierUS goal of helping Americans live longer, better, and healthier lives. The Steps cooperative agreement program funds 40 communities nationwide to implement school and community programs to increase physical activity and healthy eating; reduce obesity, diabetes, and tobacco use; and better manage asthma.

Take 10! Classroom Physical Activity Breaks.

<http://www.take10.net/whatistake10.asp?page=new> TAKE 10! Is a classroom-based physical activity program for kindergarten to fifth grade students. TAKE 10! is a curriculum created by teachers for teachers and students and integrates academic learning objectives with movement.

Team Nutrition: Local Wellness Policy.

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html> This clearinghouse created by U.S. Department of Agriculture (USDA) in collaboration with CDC, contains reference materials to assist school districts with developing local wellness policies for physical activity and nutrition, tools and resources for implementation, and un-reviewed sample policies.

U.S. DHHS Healthy People 2000's (National Health Objectives): Physical Activity and Fitness Resource List.

<http://odphp.osophs.dhhs.gov/pubs/hp2000/1phys2.htm> This resource list contains references to Federal, State, and local government agencies as well as private organizations that offer information resources related to the physical activity and fitness objectives of HEALTHY PEOPLE 2000. Because so many States have adopted their own year 2000 objectives, you may wish to contact your State health department for additional information.

Walk Our Children to School Day. <http://www.walktoschool-usa.org> The University of North Carolina Highway Safety Research Center is the host for the "National Walk Our Children to School Day" website. The site includes descriptions of the event, a form to sign up, reasons to walk and lists of resources to make your walk great.

Walkable America. <http://www.walkableamerica.org> This site is maintained by the non-profit National Safety Council, which is one of many members of the Partnership. The site includes information on "Walk Our Children to School Day," as well as the "Walkable America Checklist." The checklist is an interactive quiz, which allows you to rate the walkability of a community. It also includes recommendations on how to improve your community's score.

Walkable Communities, Inc. <http://www.walkable.org> This non-profit corporation is organized to help communities become more walkable and pedestrian friendly. Their website describes their services, and contains photographs of walkable communities for downloading.

Weight Control Information Network – WIN. <http://win.niddk.nih.gov> The Weight-control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

Wings of America. www.wingsofamerica.org is an American Indian youth development program of the Earth Circle Foundation, Inc. based in Santa Fe, New Mexico. (505)982-6761.