

Media, Nutrition, and Physical Activity Resources



The following resources (Web sites and printed materials) offer facilitators access to additional information on the main topics of the Media-Smart Youth: Eat, Think, and Be Active! curriculum. The stars denote whether the resources are geared toward adults or youth and the type of information offered.

Use of brand names (or in this case, non-federal Web sites and printed materials) does not mean that the NICHD endorses these organizations or their positions.

Contact Information	Site Description	Gearred to Adults	Gearred to Youth	General Health Info	Physical Activity Focus	Nutrition Focus	Calcium Focus	Media Info
http://www.health.gov (240) 453-8280	A portal to the Web sites of a number of multi-agency health initiatives and activities of the U.S. Department of Health and Human Services (DHHS) and other federal departments and agencies.	●		●				
http://www.actionforhealthykids.org/ (800) 416-5136	Action for Healthy Kids provides information about joining a nationwide initiative for improving the health and educational performance of children through better nutrition and physical activity in schools.	●			●	●		
http://www.healthier.us.gov/dietaryguidelines/ (866) 512-1800	The Healthier U.S. site details the Dietary Guidelines for Americans, which is jointly released by DHHS and USDA.	●			●	●		
http://www.healthfinder.gov	A guide to consumer health and human services information, the Healthfinder site leads to online publications, clearinghouses, databases, other Web sites, support and self-help groups, as well as government agencies and not-for-profit organizations that produce reliable information for the public.	●			●	●		
http://www.nutrition.gov	This site provides scientific information on nutrition and dietary guidance in order to help people make the right choices in their efforts to curb obesity.	●				●		
http://www.fns.usda.gov/tn (703)305-1624	To help meet the goal of healthier children, USDA launched <i>Team Nutrition</i> , which includes many resources for schools.	●				●		

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http://schoolmeals.nal.usda.gov/ (301) 504-5719	The Healthy School Meals Resource System (HSMRS) provides information to people working in USDA Child Nutrition Programs.	●				●		
http://www.hhs.gov/kids/ (202) 619-0257	DHHS Pages for Kids is a colorful map of Web sites that youth can access for information and fun games regarding health.		●	●				
http://www.usda.gov/news/usdakids/index.html	USDA for Kids includes a range of information for youth, including pages on the Food Guide Pyramid, food safety, and links to other sites.		●	●				
http://kidshealth.org/kid/	KidsHealth is the largest site on the Web that provides doctor-approved health information for children, teens, and parents. The site offers accurate, up-to-date, and easy-to-understand health information.	●	●	●				
http://www.bam.gov	The Body and Mind (BAM) site, sponsored by the U.S. Centers for Disease Control and Prevention (CDC), is an interactive tool for adolescents, providing up-to-date information and encouragement to help youth increase physical activity levels and establish lifelong fitness habits.		●	●	●			
http://www.fitness.gov (202) 690-9000	Run by the President's Council on Physical Fitness and Sports, this site provides information on the Council's fitness-promotion activities and serves as a comprehensive resource for organizations and individuals wishing to take part in the Council's programs.		●		●			

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http://www.VERBnow.com	This Web site for the “VERB” physical activity campaign is sponsored by the CDC and is about young people and what they like to do to be physically active.		●		●			
http://www.gameskidsplay.net/	The Games Kids Play Web site will get your body moving and your heart pumping with active games, rules for playground games, and verses for jump-rope rhymes.		●		●			
http://www.kidnetic.com/ (202) 296-6540	The Kidnetic site is for youth who like to play hard and, more importantly, have fun. Lets youth tap into their own energy so they can feel great all day long. Site visitors can post messages, use the Kidnetic virtual messaging service to connect with their parents, or find tasty and fun recipes.		●		●	●		
http://www.girlpower.gov/ (800) 729-6686	Girl Power! is a national public education campaign sponsored by DHHS to help encourage and motivate girls ages 9 to 13 to make the most of their lives. Girl Power! seeks to reinforce and sustain positive values among girls ages 9 to 13 by targeting health messages to their unique needs, interests, and challenges.		●	●	●	●		

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http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html	The Nutrition Cafe Web site has several games with nutrition-related themes. Users can learn about healthy food while they play!		●			●		
http://www.nichd.nih.gov/milk (800) 370-2943	Milk Matters, an NICHD Web site, focuses on educating people about the importance of calcium for building strong and healthy bones.		●				●	
http://www.cdc.gov/powerfulbones/index2.html (770) 488-5820	Targeted to girls, the Powerful Bones, Powerful Girls. Web site promotes calcium-rich foods and weight-bearing activities to build strong bones. Quizzes, games, and links to other sites are also included.		●				●	
http://www.jrn.columbia.edu/studentwork/radio/help/index.asp	This Columbia University School of Journalism online resource provides tips on writing, reporting, and producing news and information material for audio broadcasts.	●						●
http://www.jea.org/index.html (785) 532-5552	The Web site of the Journalism Education Association, the only independent national scholastic journalism organization for teachers and advisers, provides resources on teaching writing and producing news and information for print productions, including newspapers and magazines.							●
http://www.pbs.org/teachersource/teachteh/tutorials.shtml	PBS Teacher Source includes curricula, ideas for Web-based lessons, and other teaching tools. Visitors can learn about Web basics, find out where to download free authoring software, and more.	●						●



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Printed Resources	Ceared to Adults	Ceared to Youth	General Health Info	Physical Activity Focus	Nutrition Focus	Calcium Focus	Media Info
United States Department of Agriculture, Department of Health and Human Services. (2003). <i>Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.</i> http://www.fns.usda.gov/tn/RESOURCES/power_of_choice.html		●		●	●		
National Heart, Lung, and Blood Institute, National Institutes of Health. DHHS (2002). <i>CATCH: A Coordinated Approach to Child Health.</i>	●			●			
Kenny, Robert. (2001). <i>Teaching TV Production in a Digital World: Integrating Media Literacy.</i> Englewood, CO: Libraries Unlimited.	●						●
Lampton, Christopher. (1997). <i>Home Page: An Introduction to Web Page Design.</i> New York: Franklin Watts.	●						●
Osborn, Patricia. (1998). <i>School Newspaper Adviser's Survival Guide.</i> San Francisco, CA: Jossey-Bass.	●						●
Thom, Randy. (1989). <i>Audiocraft: An Introduction to the Tools and Techniques of Audio Production, 2nd ed.</i> Oakland, CA: National Federation of Community Broadcasters.	●						●