

Resources for School Health and Safety

Resources for All SHI Modules

CDC School Health Guidelines and Strategies*

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People, 1997

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, 1996

Guidelines for School Programs to Prevent Tobacco Use and Addiction, 1994

School Health Guidelines to Prevent Unintentional Injuries and Violence, 2001

Strategies for Addressing Asthma Within a Coordinated School Health Program, 2004

General

School Health: Policy & Practice - 6th Edition. American Academy of Pediatrics, Committee on School Health, 2004, http://aap.org/bst/showdetl.cfm??DID=15&Product_ID=3918

*Available from Centers for Disease Control and Prevention,
<http://www.cdc.gov/healthyyouth/publications/Guidelines.htm>

Coordinated School Health Programs

Fit, Healthy and Ready to Learn: A School Health Policy Guide, Bogden JF, Alexandria, VA: National Association of State Boards of Education, 2000, www.nasbe.org/healthyschools/fithealthy.mgi

Health Is Academic: A Guide to Coordinated School Health Programs, Marx E, Wooley SF, Northrop D, editors, New York, NY: Teachers College Press, 1998, www.teacherscollegepress.com

How Schools Work and How to Work with Schools, National Association of State Boards of Education, www.nasbe.org/HealthySchools

Making the Connection: Health and Student Achievement, Reston, VA: The Association of State and Territorial Health Officials and the Society of State Directors of Health, Physical Education, and Recreation, www.thesociety.org/

Schools and Health, Our Nation's Investment, Institute of Medicine, Washington, DC: National Academy Press, 1997, www.nap.edu/books/0309054354/html/index.html

Step by Step to Comprehensive School Health: The Program Planning Guide, Kane WM, Scotts Valley, CA: Education, Training and Research Associates, 1993, www.etr.org/pub/index.html (Click on "Search and Order")

Step by Step to Health Promoting Schools, Fetro J, Scotts Valley, CA: Education, Training and Research Associates, 1998, www.etr.org/pub/index.html (Click on "Search and Order")

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Appropriate Practices for High School Physical Education, National Association for Sport and Physical Education, 2000, www.aahperd.org/naspe

Appropriate Practices for Middle School Physical Education, National Association for Sport and Physical Education, 2000, www.aahperd.org/naspe

Guidelines for After-School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education, 2001, www.aahperd.org/naspe

Moving into the Future: National Standards for Physical Education, 2nd edition, National Association for Sport and Physical Education, 2000, www.aahperd.org/naspe

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

- Nutrition and Your Health: Dietary Guidelines for Americans*, 5th edition, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2000, <http://www.cnpp.usda.gov/Pubs/DG2000/DietGuidBrochure.pdf>
- Physical Activity and Health: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 1996, www.cdc.gov/nccdphp/sgr/sgr.htm
- Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12*, 2nd edition, Reston, VA: National Association for Sport and Physical Education, 2004, www.aahperd.org (Click on “Online Store” and then search by title)
- Physical activity guidelines for adolescents: consensus statement, Sallis JF, Patrick K. *Pediatric Exercise Science*, 1994, 6(4):302-314
- Schools and Health, Our Nation’s Investment*, Institute of Medicine, Washington, DC: National Academy Press, 1997, www.nap.edu/books/0309054354/html/index.html
- The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity*, Office of the Surgeon General, U.S. Department of Health and Human Services, 2001, www.surgeongeneral.gov/topics/obesity

Nutrition

- Changing the Scene– Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000, www.fns.usda.gov/tn/Resources/changing.html
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- Making It Happen! School Nutrition Success Stories*. Food and Nutrition Service, US Department of Agriculture; and Centers for Disease Control and Prevention, US Department of Health and Human Services, and US Department of Education. FNS-374, 2005
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- CDC, Office on Smoking and Health, www.cdc.gov/tobacco
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Unintentional Injury and Violence

- Best Practices of Youth Violence Prevention: A Sourcebook for Community Action*, Centers for Disease Control and Prevention, 2000, www.cdc.gov/ncipc/dvp/bestpractices/Introduction.pdf
- Early Warning: Timely Response — A Guide to Safe Schools*, Dwyer K, Osher D, Warger C, U.S. Department of Education, 1998, cecp.air.org/guide/guide.pdf
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SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

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Asthma

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Allies Against Asthma Resource Bank University of Michigan, Allies Against Asthma, www.AsthmaResourceBank.net

American Lung Association (click on *Asthma & Allergy at top of screen*), <http://www.lungusa.org/>

Asthma Action Card. Asthma and Allergy Foundation of America, <http://aafa.org/pdfs/AsthmaActionCardstudent.pdf>

Asthma: A Growing Epidemic. National Conference of State Legislatures, <http://www.ncsl.org/programs/enviro/health/ehasthma.htm>

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SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

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