



Engaging Americans to Ensure a Healthy Future for Our Children

More than 9 million children ages 6 to 19 years old are overweight or obese — three times more than in 1980. Epidemic proportions of children eat poorly and do not get enough physical activity, increasing their risk for a myriad of health complications from heart disease to diabetes. In addition, poor nutrition and inactivity also can interfere with learning.

Schools are uniquely positioned to help reverse this alarming trend, given their significant influence on children and their families. Opportunities to promote healthy eating and active living abound in every school, in addition to schools' responsibility to provide direct instruction on nutrition and fitness. The role of schools in fostering healthy lifestyles is critical. However, it is up to all sectors of the community to lend a hand.

Dr. David Satcher, the 16th United States Surgeon General, as founding chair of *Action for Healthy Kids* specifically guided its development to address the epidemic of undernourished and sedentary youth by focusing on changes at school.

Action for Healthy Kids engages thousands of volunteer administrators, educators, health professionals, parents, and others to take action at the state, district, and school building levels through *Action for Healthy Kids Teams* in all 50 states and the District of Columbia, because healthy children learn better.

Action for Healthy Kids has an active Partner network comprised of more than 60 national organizations and government agencies representing education, physical activity, health, and nutrition. Through collaboration with these leading organizations, *Action for Healthy Kids* is making continuous progress toward the goal of helping schools improve their nutrition and physical activity practices to increase children's' readiness to learn.

Sustained School Change: The Action for Healthy Kids Model

School policies are influenced by many, and *Action for Healthy Kids* realizes that all stakeholders must be involved to ensure lasting improvements. To do this, *Action for Healthy Kids* works at the national, state, and local levels to address changes throughout the entire educational system.

- *Action for Healthy Kids* informs educators, parents, and others about the link between nutrition, physical activity and academic performance.
- *Action for Healthy Kids* builds partnerships with business, government, non-profit groups, educators and health professionals in order to accelerate change.
- *Action for Healthy Kids* mobilizes organizations and individuals to take action, and provides them with needed resources.
- *Action for Healthy Kids* links national, state, and local efforts.
- *Action for Healthy Kids* identifies and promotes solutions to help students make better food choices and to move more.

Taking Action. Producing Results.

Action for Healthy Kids has benefited from a groundswell of support. In five years *Action for Healthy Kids* Teams have become active in all 50 states and the District of Columbia with a combined membership of more

than 10,000 volunteers. Acting at the state, district and local level, their work has improved nutrition and physical activity in more than 70% of school districts across the country.

Action for Healthy Kids Teams have developed guidelines and recommendations for improving nutrition and physical activity-education in schools; delivered in-service trainings and workshops; convened statewide conferences; implemented pilot programs; and created and disseminated educational materials and other tools to assist schools in creating a healthier environment.

At a national level, *Action for Healthy Kids* provides volunteer Team members with training and technical assistance and maintains a web-based resource clearinghouse with tools, information, and links to outside resources that will help schools improve nutrition and physical activity for their students. *Action for Healthy Kids* has convened two landmark Healthy Schools Summits to address and re-examine issues relating to children's nutrition and physical activity. *Action for Healthy Kids* publishes special reports about children's health and ways to foster health-promoting schools, such as *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, which documents how the excessive rise in poor nutrition, inactivity and weight problems is adversely affecting academic achievement and possibly costing schools millions of dollars each year.

Our Supporters

Action for Healthy Kids has received support from a diverse group of sponsors including National Dairy Council, the National Football League, Kellogg's Corporate Citizenship Fund, Kraft Foods, the Entertainment Industry Foundation, and Glaceau/SmartWater.

Action for Healthy Kids Partners

Afterschool Alliance * American Academy of Family Physicians * American Academy of Pediatrics * American Association of Clinical Endocrinologists * American Association of Family & Consumer Sciences * American Association for Health Education * American Association of School Administrators * American Cancer Society * American College of Sports Medicine * American Diabetes Association * American Dietetic Association * American Federation of Teachers * American Heart Association * American Public Health Association * American Medical Student Association – *Child & Adolescent Health* * American School Health Association * Association for Supervision and Curriculum Development * Association of School Business Officials International * Association of State & Territorial Health Officials * Association of State & Territorial Public Health Nutrition Directors * Centers for Disease Control and Prevention * Council of Chief State School Officers * Directors of Health Promotion and Education * The Eunice Kennedy Shriver National Institute of Child Health and Human Development * Family, Career & Community Leaders of America * Food Research and Action Center * Health Occupations Students of America * National AfterSchool Association * National Assembly on School-Based Health Care * National Association for Sport and Physical Education * National Association of Chronic Disease Directors * National Association of Elementary School Principals * National Association of Health Education Centers * National Association of Pediatric Nurse Practitioners * National Association of School Nurses * National Association of Secondary School Principals * National Association of State Boards of Education * National Association of Student Councils * National Coalition for Parent Involvement in Education * National Coalition for Promoting Physical Activity * National Dairy Council * National Education Association — *Health Information Network* * National Future Farmers of America Organization/Foundation * National Medical Association * National Middle School Association * National Parent Teacher Association * National School Boards Association * Prevent Cancer Foundation * The President's Council on Physical Fitness and Sports * The Robert Wood Johnson Foundation * School Nutrition Association * Society for Nutrition Education * Society for Public Health Education * Society of State Directors of Health, Physical Education and Recreation * U.S. Department of Agriculture — *Food and Nutrition Service* * U.S. Department of Education — *Office of Safe and Drug-Free Schools* * U.S. Department of Health and Human Services — *Office of Disease Prevention and Health Promotion* * YMCA of the USA