



# HEALTHY KIDS TOOLKIT



Childhood Obesity Prevention Action Team

## PURCHASE AREA HEALTH CONNECTIONS





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# PURCHASE AREA HEALTH CONNECTIONS

In 2011, several efforts were started in the Purchase District in Western Kentucky to gather community-wide data and better understand health needs. Five separate community needs assessments were conducted by different agencies during this time. These efforts overlapped significantly in creating a holistic view of the State of Health in the Purchase District region. The collective awareness of these efforts resulted in data sharing, collaborative discussions, and ultimately the formation of multiple county and regional coalitions.

Purchase Area Health Connections (PAHC) began to meet in 2014. Since that time PAHC has worked diligently on addressing the social determinants of health in the Purchase Area. PAHC currently has four taskforces: The Transitional Care Taskforce, The Childhood Obesity Prevention Action Team, The West Kentucky Mental Health Workgroup, and the Opioid Taskforce. Purchase Area Health Connections also created an online fully searchable resource guide for the 8 counties of the Purchase Area.

## PAHC VISION:

To make a difference in Western Kentucky by building a healthy and sustainable community.

## PAHC MISSION:

To create a network of partners to work together to improve the health and wellbeing of communities in the Purchase Area.

# BOARD MEMBERS

Baptist Health Paducah  
Mercy Health  
Purchase District Health Department  
Purchase Area Development District  
Four Rivers Behavioral Health

Murray State University  
Murray-Calloway County Hospital  
West Kentucky Community and Technical College  
KentuckyCare  
Marshall County Health Department

# THE CHILDHOOD OBESITY PREVENTION ACTION TEAM

Obesity in America is a growing problem, and not just in adults. Childhood obesity has quickly become one of the most serious health challenges of the 21st century. Today, about one in three American kids and teens are overweight or obese. Purchase Area Health Connections and the Childhood Obesity Prevention Action Team seek to reduce the burden of obesity in far western Kentucky by helping children develop positive lifestyle behaviors. Purchase Area Health Connections has joined with schools, parks and recreation, and non-profit organizations to develop a Childhood Obesity Community Action Plan that will include a toolkit of resources to connect families, community, and schools in helping our children eat healthy and move more. We are excited about the potential for supporting the children of our region to achieve and maintain a healthy weight.

### COPAT VISION:

Reduce the burden of obesity in our communities

### COPAT MISSION:

Connecting people, ideas, and resources to empower community members to be food wise, physically active and healthy.

## ACKNOWLEDGMENTS

The production of this document was possible due to the efforts and input of our entire Childhood Obesity Prevention Action Team (COPAT). We would not have been able to accomplish any of this without the support of the Purchase Area Health Connections Network, in which we are a subsidiary of.

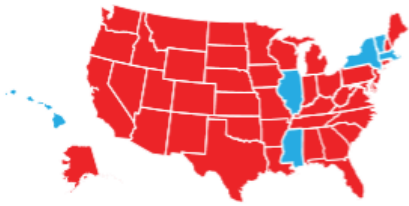
Our sincere appreciation to all members and the organizations they represented.

- |  |  |
|--|--|
| Action for Healthy Kids                  | McCracken County Schools                     |
| Anthem Medicaid                          | Mercy Health                                 |
| Ballard County Schools                   | Murray Calloway County Hospital              |
| Baptist Health Paducah                   | Murray Head Start                            |
| Four Rivers Behavioral Health            | Murray State University                      |
| Fulton Family Connection                 | Passport Health Plan                         |
| Fulton County Schools                    | Purchase Area Development District           |
| Graves County Health Department          | Purchase Area Health Education Center (AHEC) |
| Graves County Schools                    | Paducah Head Start                           |
| Kentucky Care, Inc.                      | Paducah Independent Schools                  |
| Mayfield Independent Schools             | Paducah Parks                                |
| McCracken County Early Childhood Council | West Kentucky Community & Technical College  |

# Did You Know...

## Our Kids Are Moving Less

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Only 6 states  
require physical  
education in every  
grade.



Only 20% of school  
districts require  
daily recess.



2 out of 3 kids today  
are inactive.

## THE BURDEN OF OBESITY IN OUR AREA

Some factors increase risk of obesity in children as per the Robert Wood Johnson Foundation (RWJF). RWJF has found that individuals with lower income and/or education levels are disproportionately more likely to be obese and children of parents with low educational attainment are more likely to be obese. Girls living in low-income neighborhoods when compared to counterparts in neighborhoods with higher socioeconomic status are more likely to be obese and overweight (RWJF, 2018). This information was used to gather data about the Purchase Area's socioeconomic status. Some of the data collection revealed that every county but one in the Purchase Area has children living in deep poverty, poverty, low income, and/or food insecure households at a greater rate than Kentucky (KYA, 2018). The Purchase Area counties also have lower median incomes than that of Kentucky and the Nation. Additionally, the Purchase Area generally has lower educational attainment than both Kentucky and the Nation (U.S. Census, 2018).

The Purchase District Health Department's 2018 County Community Health Assessment (CHA) surveys revealed obesity as a top three-health issue and lack of physical activity as top three contributing health factor. In addition, area hospitals located in McCracken County and Calloway County identified obesity, as a priority health need to address in their required Community Health Needs Assessment.

Obesity is a leading risk factor to preventable chronic diseases such as type 2 diabetes, high blood pressure, heart disease and strokes, certain types of cancer, sleep apnea, osteoarthritis, fatty liver disease, kidney disease, and pregnancy complications among others (NIH, 2015). The current estimate of healthcare costs of obesity ranges from 147 billion to 210 billion dollars. Job absenteeism due to obesity costs approximately 4.3 billion dollars annually, while lower productivity at work due to obesity costs employers 506 dollars per worker per year (The State of Obesity, 2018). At the current rate 57% of today's children will be obese by 35 (Ward, 2017).

# PROCESS OF THE GRANT

Obesity rates for children are not commonplace by county in our area, this grant allowed us to conduct Body Mass Index due to the need in our area to address childhood obesity. Purchase Area Health Connections applied for a HRSA planning grant. The Childhood Obesity Prevention Action Team (COPAT) was formed from this grant and the network was expanded to include new members from schools, parks and recreation, and non-profit organizations to develop a Childhood Obesity Community Action Plan and Toolkit.

COPAT began to collect resources that were applicable to the Purchase Area focusing on curriculum and programs for pre-k through adolescents. This is an ever-evolving list which will be updated periodically. These resources can be found in this Toolkit.

Data analysis was a big part of this grant. The responsible parties developed survey instruments for pre-k parents, k-8 parents, teachers, network members, and district administration including principals. The surveys focused on perceptions of obesity and nutrition, physical activity, and healthy behaviors. These were disseminated by paper and electronic copies with a drawing for each school district of parents, and two for teachers across all school districts. The surveys were anonymous unless the participant entered voluntary information to be entered into a drawing. Local area businesses matched the gift cards in the drawing.

Another leg of the grant was to conduct Body Mass Index surveillance at local area schools. BMI's were collected with the help of area partners. Opt-outs were sent home to parents through a variety of means. All data was de-identified and anonymous. The children stepped behind a screen and onto the scale backwards so that they were unable to see their height or weight, this information was not shared with them to curb bullying and maintain a body positive atmosphere. Children's BMI's are then determined by z-scores when compared to a standard data set from the CDC. The z-score is then attributed to a percentile which corresponds to a classification of Underweight, Normal, Overweight, or Obese. Underweight is less than the 5th percentile. Normal is the 5th percentile to less than the 85th percentile. Overweight is the 85th percentile to less than the 95th percentile. Obese is greater than the 95th percentile.





## BODY MASS INDEX DATA ANALYSIS

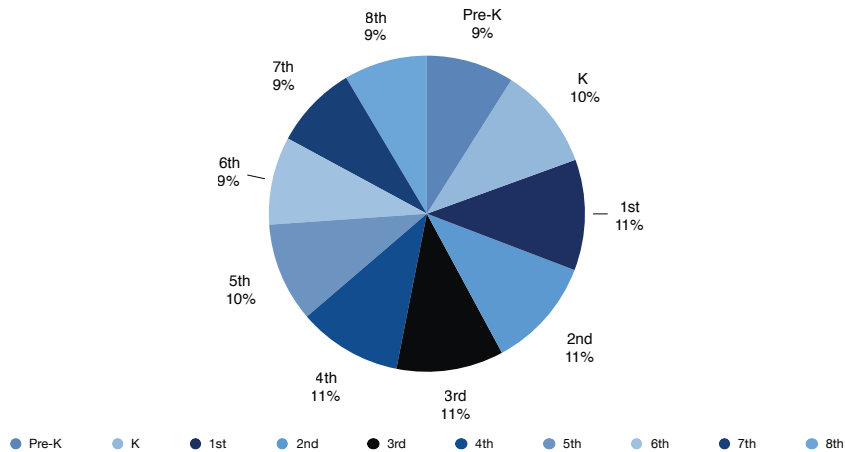
As described in the process of the grant, Children's BMI's are calculated by percentiles from the CDC's growth chart. Data collected included height, weight, sex, race, age, and grade. To maintain the integrity and privacy of the data, the data supplied in this Toolkit is not broken down by school, district, or county. Data by school or district is available to the school district administration upon request to our Data Analyst, Kaitlyn Krolikowski at [kkrolikowski@purchasehealth.org](mailto:kkrolikowski@purchasehealth.org). Although the racial makeup of the data collected is not the same as the Purchase Area as a whole, the educational attainment and poverty levels are which are two very pertinent risk factors for obesity.

Currently the national obesity rate for 2-19 year-olds is 17%. In Kentucky 13.3% of 2-4 year-olds enrolled in WIC are obese and 19.3% of 10-19 year-olds are obese. Kentucky has the third highest obesity rate for 10-19 year-olds in the nation. There is no available data for the percentage of 5-9 year-olds that are obese in Kentucky.

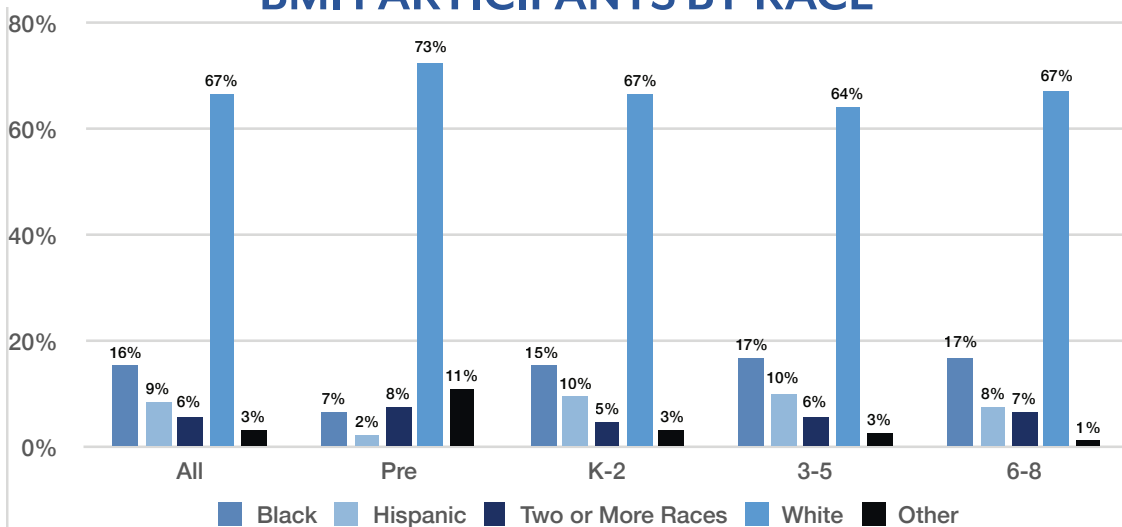


# DEMOGRAPHIC DATA

## BMI PARTICIPANTS BY GRADE

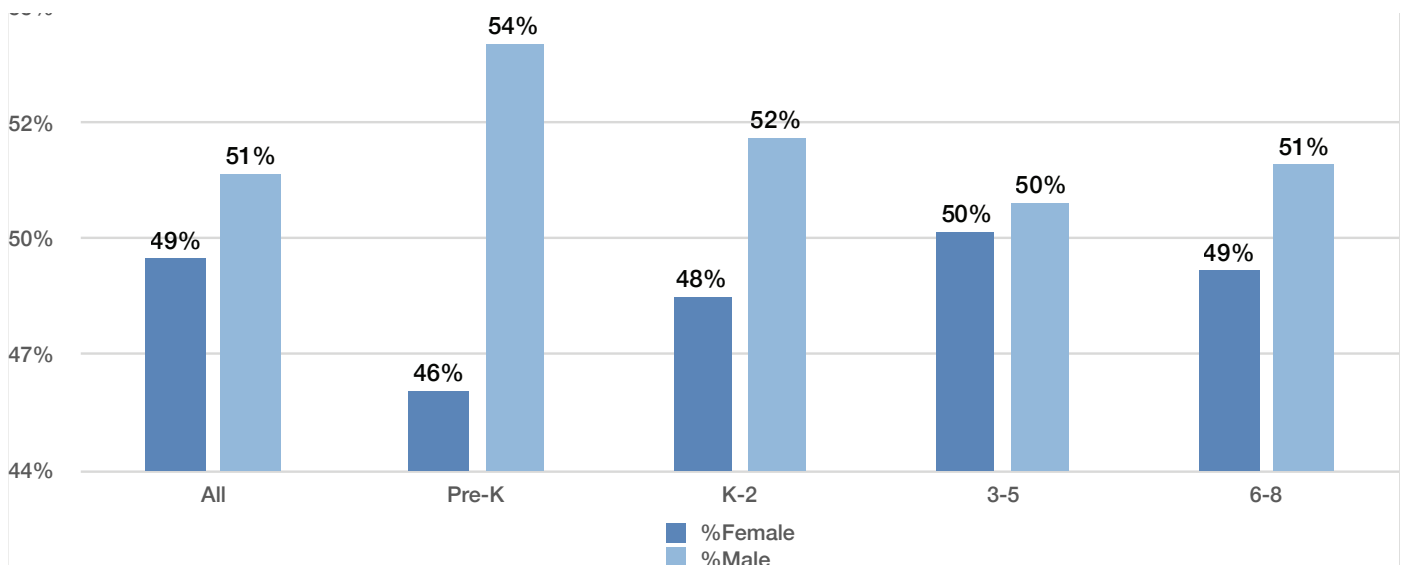


## BMI PARTICIPANTS BY RACE



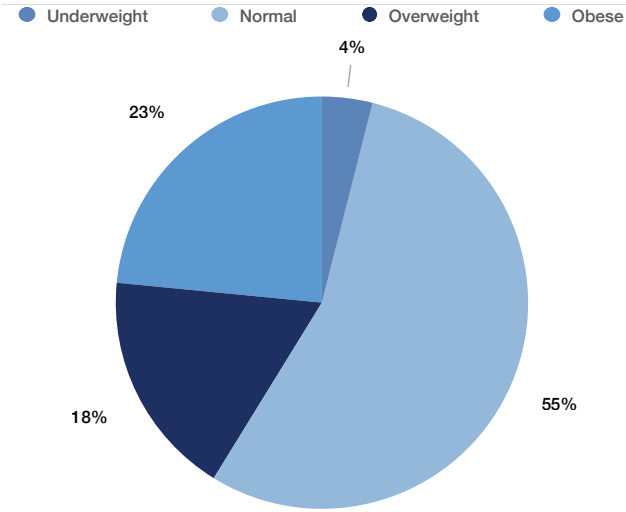
Due to the small numbers of those of Native American, Asian, Native Hawaiian or Pacific Islander or unspecified descent, these races were combined as Other for racial calculations.

## BMI PARTICIPANTS BY SEX AND GRADE

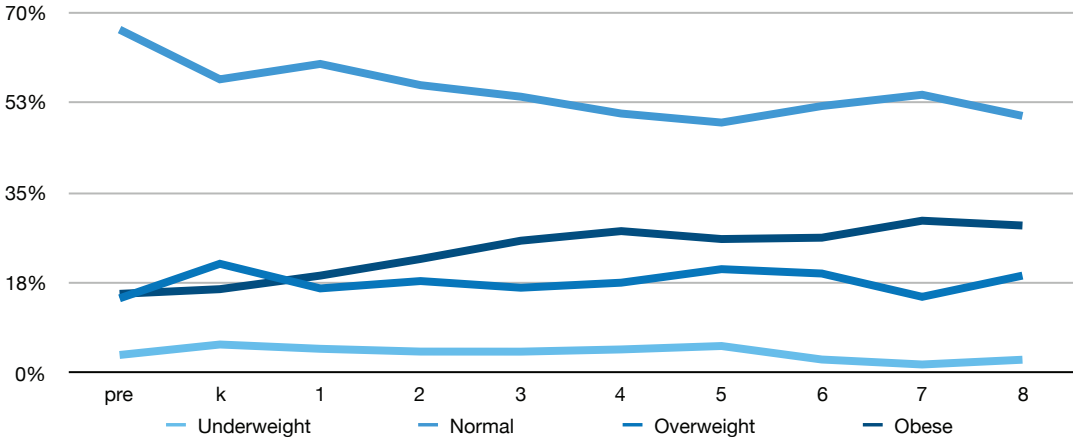


# BMI PARTICIPANTS BY GRADE

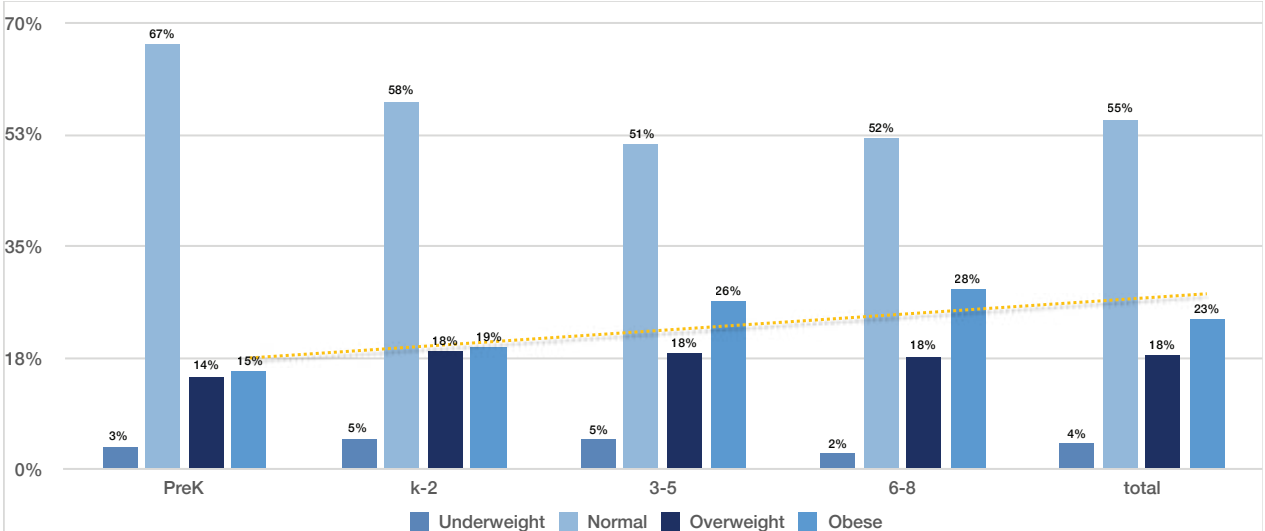
## ALL PARTICIPANTS' BMI



## PARTICIPANTS' BMI BY GRADE

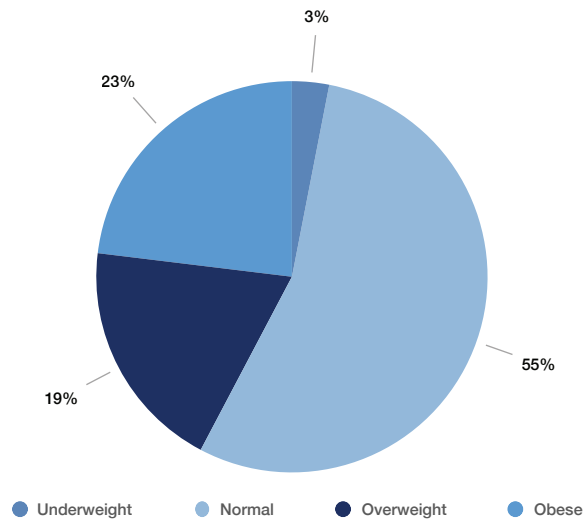


## PARTICIPANTS' BMI BY GRADE RANGE

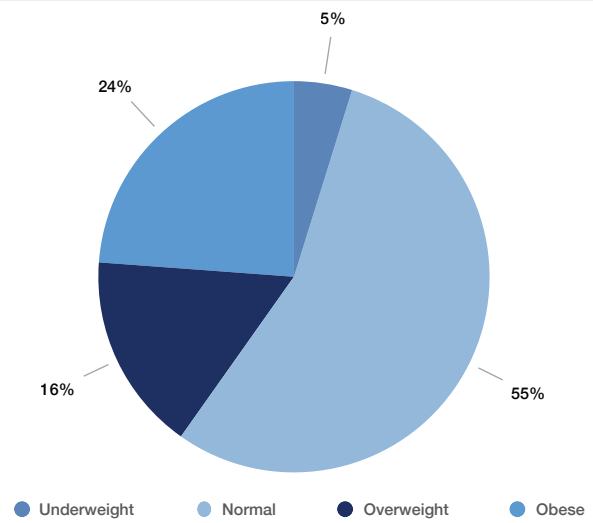


# BMI PARTICIPANTS BY SEX

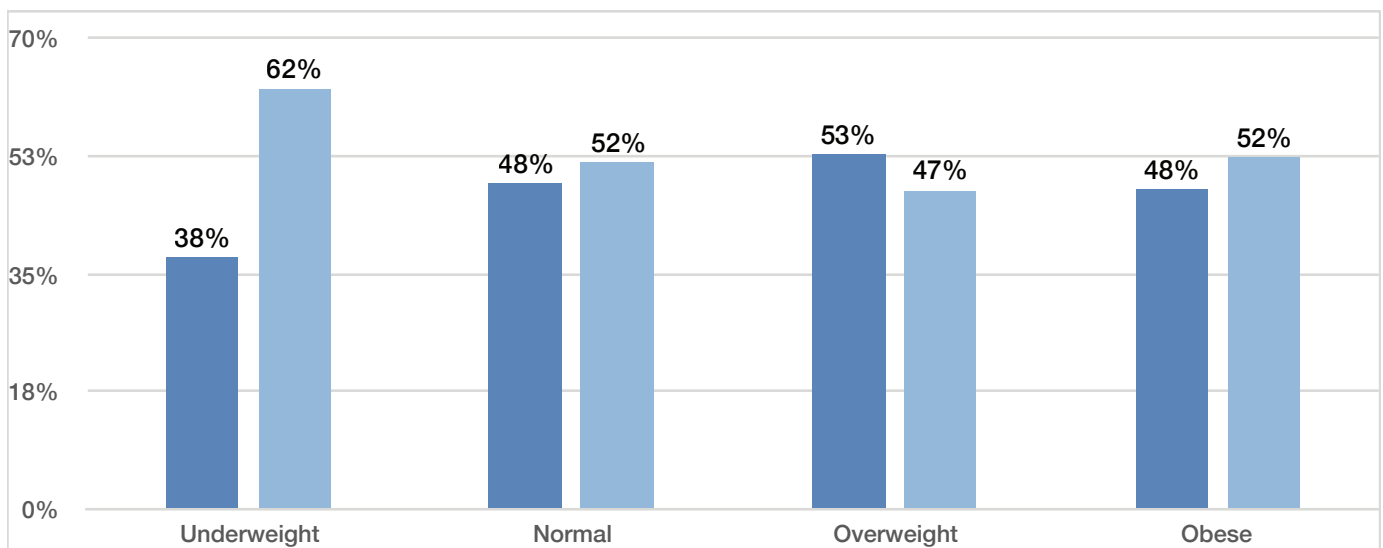
## FEMALE PARTICIPANTS BMI



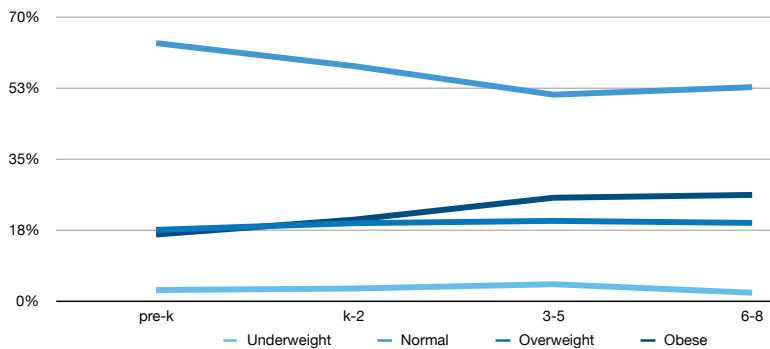
## MALE PARTICIPANTS BMI



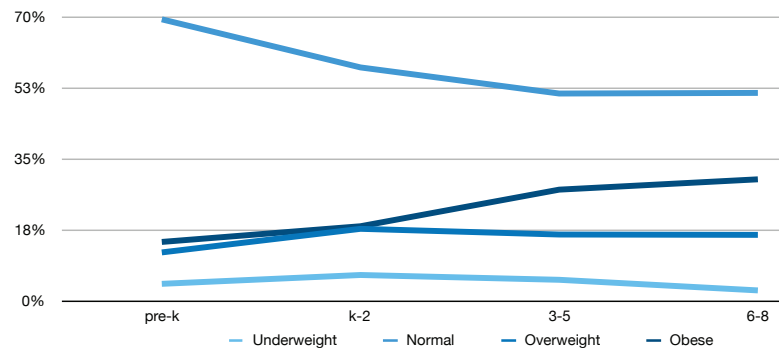
## PORTION OF BMI CLASSIFICATION BY SEX



## FEMALE PARTICIPANTS BMI BY GRADE

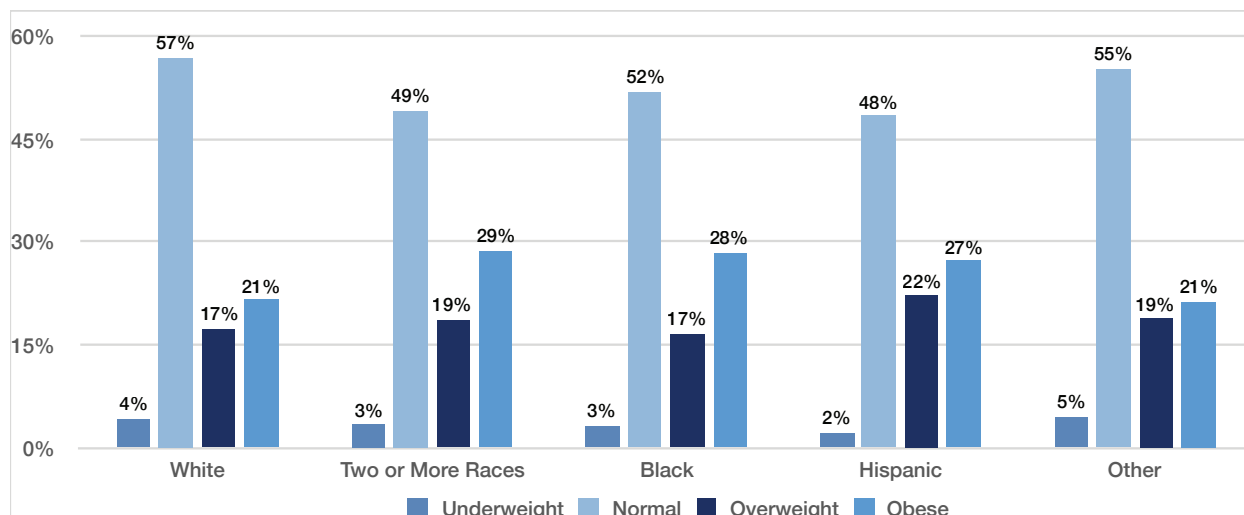


## MALE PARTICIPANTS BMI BY GRADE



# BMI PARTICIPANTS BY RACE

## PARTICIPANTS' BMI CATEGORIZED BY RACE



Due to the small numbers of those of Native American, Asian, Native Hawaiian or Pacific Islander or unspecified descent, these races were combined in as Other for racial calculations.

## PARTICIPANTS' BMI CATEGORIZED BY RACE AND SEX

	Black		Hispanic		Two+ Races		White		Other	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Underweight	4%	2%	2%	2%	5%	2%	5%	3%	5%	5%
Normal	52%	51%	48%	49%	51%	48%	57%	57%	54%	56%
Overweight	16%	17%	21%	23%	19%	18%	16%	19%	17%	20%
Obese	28%	29%	28%	26%	25%	32%	22%	21%	24%	19%

## RELATIVE RISK OF OBESITY BY RACE WHEN COMPARED TO WHITES

Black	1.32
Hispanic	1.74
2 or More Races	1.33

This is a calculation to show if there is a difference in the likelihood of being obese when considering race. The white population in these calculations were used as a baseline to determine if there was a health disparity based upon race. This does not mean that the white calculations are the standard or are ideal in any way but is only used to show the health disparity.

## RELATIVE RISK OF OBESITY BY SEX ACROSS ALL RACES

Male to Female	1.03
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This is a calculation to show if there is a difference in the likelihood of being obese when considering sex.

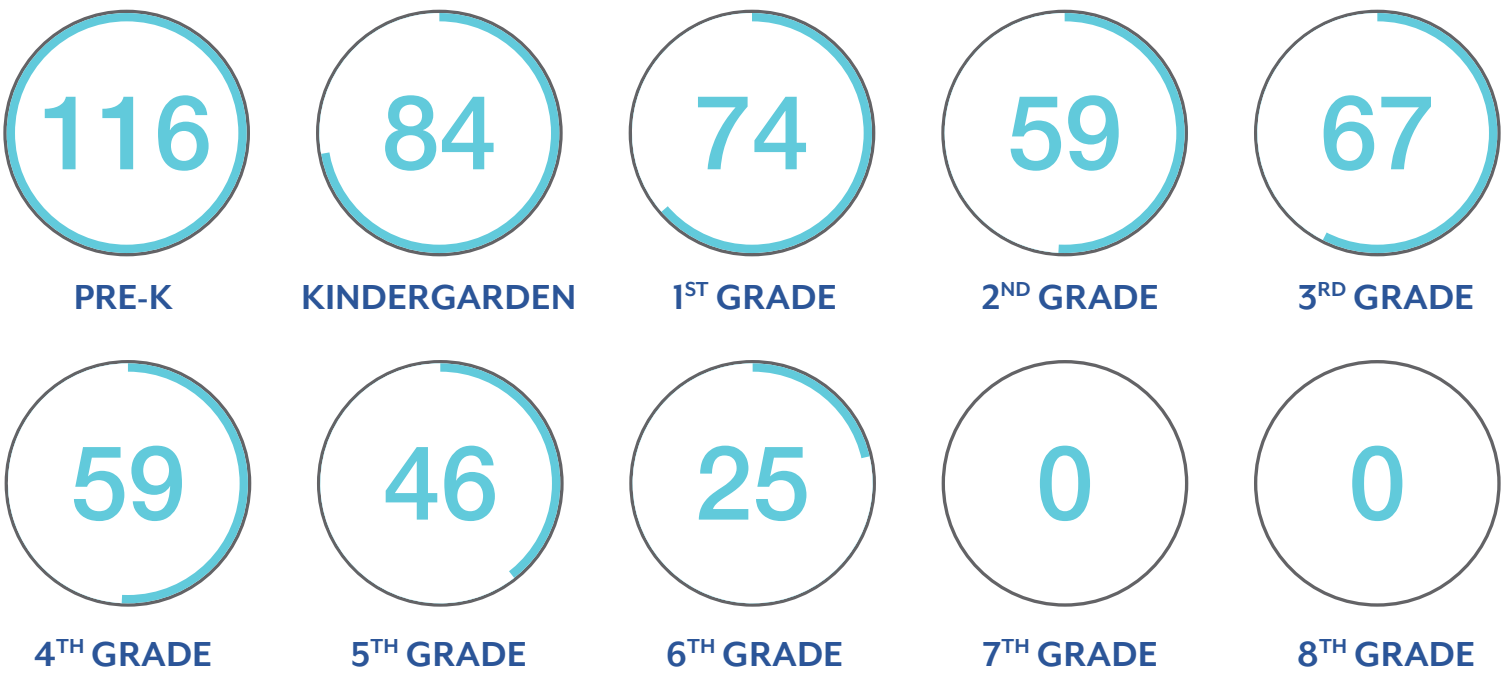
# SUMMARY TABLES OF SELECTED TEACHER RESPONSES

## RANK OF HEALTH THEME TAUGHT, PRE-K TO 8TH

Mental/Emotional Health	1
Safety	2
Hygiene	3
Nutrition	4
Dental Health	5
Fitness	6
Substance Abuse	7
Puberty	8
Other	8



## AVERAGE MINUTES SPENT ON HEALTH CURRICULUM INCLUDING PHYSICAL ACTIVITY



# SUMMARY TABLES OF SELECTED PARENT RESPONSES (PRE-K)

Sex of Child(ren)	
Male	Female
139	148
The data includes 10 respondents having more than two children, for which the responses did not indicate having both a male and female child, but not the exact number of male/female children.	

Does your child's teacher regularly spend time teaching health topics?			
Yes	No	I don't know	No Response
32%	2%	62%	4%
If yes, what topics are covered: Nutrition (eating healthy) = 48; Hygiene (hand washing, preventing illness) = 33; Dental care (brushing teeth) = 24; Exercise = 19			

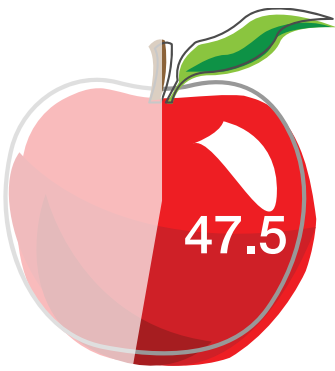
Do you feel like your child(ren) has a healthy diet?			
Yes	No	I don't know	No Response
81.6%	14%	1.6%	2.8%

Has your physician expressed concerns about your child(ren)'s weight?			
Yes	No	I don't know	No Response
9.8%	87.8%	0.4%	2%

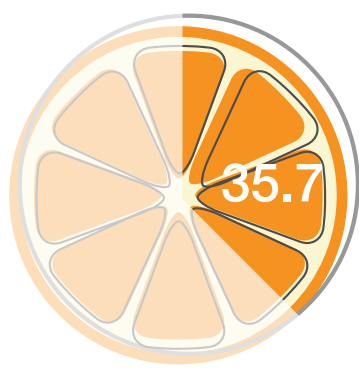
Do you have any concerns about your child(ren)'s weight?			
Yes	No	I don't know	No Response
11.4%	86.3%	0.4%	2%

Do you consider childhood obesity to be a problem in your community?			
Yes	No	I don't know	No Response
46.3%	31%	22.4%	0.4%

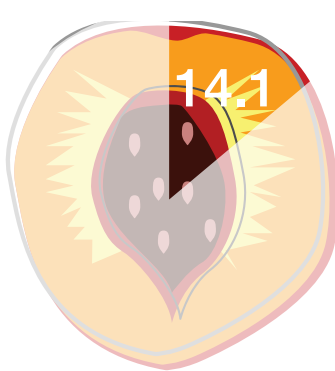
## HOW MANY FRUITS AND/OR VEGETABLES DOES YOUR CHILD(REN) EAT EACH DAY?



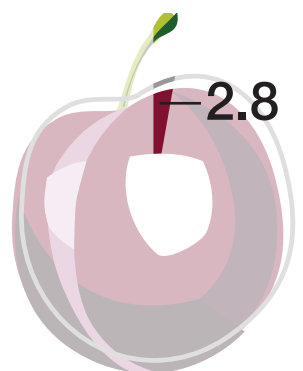
LESS THAN 5



AT LEAST 5



MORE THAN 5



DON'T KNOW OR NO RESPONSE

# SUMMARY TABLES OF SELECTED PARENT RESPONSES (K - 8)

Sex of Child(ren)	
Male	Female
278	306

Do you consider childhood obesity to be a problem in your community?			
Yes	No	I don't know	No Response
59.9%	7.9%	16.3%	15.9%

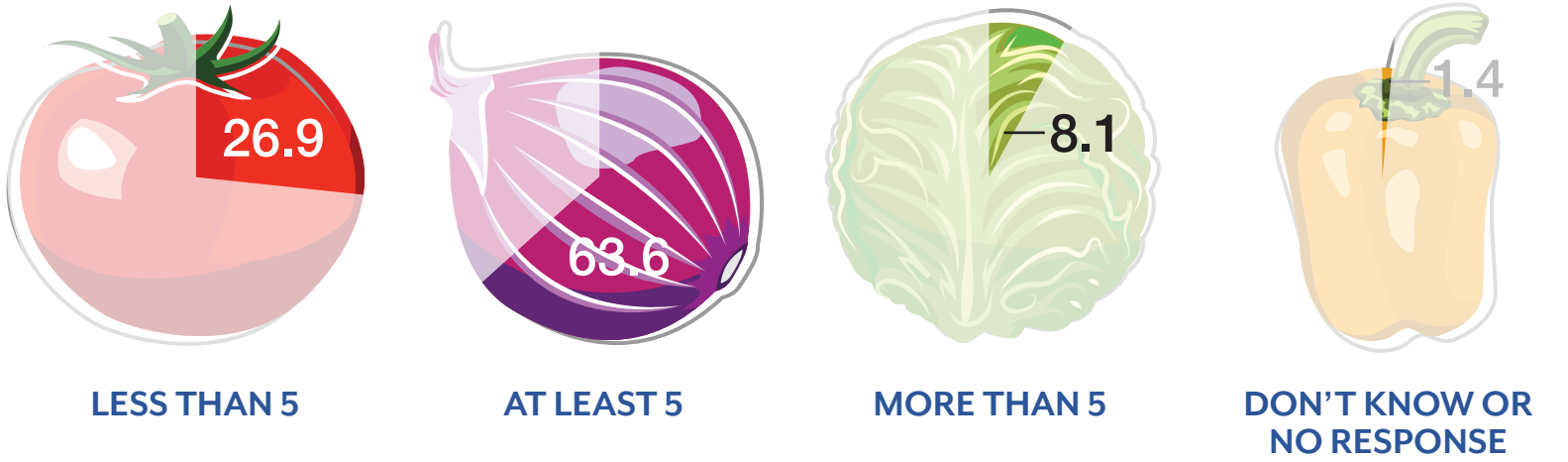
Has your physician expressed concerns about your child(ren)'s weight?			
Yes	No	I don't know	No Response
8.1%	90.7%	0.8%	0.4%

Do you have any concerns about your child(ren)'s weight?			
Yes	No	I don't know	No Response
17.4%	81.2%	1%	0.4%

Has your child(ren) expressed concerns with their body image?			
Yes	No	I don't know	No Response
27.5%	71.9%	0.4%	0.2%

Do you have concerns about your child(ren)'s body image?			
Yes	No	I don't know	No Response
13.6%	86%	0.2%	0.2%

## HOW MANY FRUITS AND/OR VEGETABLES DOES YOUR CHILD(REN) EAT EACH DAY?



# RESOURCE TOOLKIT FOR PHYSICAL ACTIVITY AND NUTRITION

COPAT realized a need to connect resources to the people as a result from survey responses from parents and teachers. These resources were compiled by research online, collaborating organizations, input from parents and teachers and suggestions from other childhood obesity prevention toolkits.

While these may not be an exhaustive list of all the resources available, they can serve to provide organizations with great ways to promote healthy eating and physical activity among the youth they serve. Some resources are provided at no charge, while others may have a cost or membership fee. Grants can become an important asset when an organization would see the need to purchase materials.

This toolkit will be an online resource as well and updated as needed. Thank you to the COPAT members, community and teachers for providing assistance in this toolkit. We hope it helps connect you to some new resources in your community. If you found this toolkit helpful or if you know of any additional resources that should be included in this toolkit please go to [www.purchasehealthconnections.com/copat](http://www.purchasehealthconnections.com/copat) to provide your feedback.

If you are looking for additional resources in the Purchase Area to help with things like housing, food assistance, senior services, medical services, or even recreational opportunities please visit [www.purchasehealthconnections.com](http://www.purchasehealthconnections.com) and click on our Community Resource Guide! It is a fully searchable database of the resources in our area from various assistances to health to recreation. If you know of additional resources that should be added to the Online Resource Guide please submit them at our website!







# PHYSICAL ACTIVITY RESOURCES

## COLOR ME HEALTHY

**Target Audience:** School

**Age:** Pre-K

**Program Description/Objectives:** Get children excited about eating smart and moving more! Teacher's guide with 12 circle time lessons, music and Parent Newsletters in English and Spanish.

**Cost:** Prices vary from \$5 - 100

**Contact/Website:** [www.colormehealthy.com](http://www.colormehealthy.com)

## PARTNERSHIP FOR A FIT KENTUCKY CHILDCARE SETTING & PHYSICAL ACTIVITY MANUAL

**Target Audience:** Home, Community, School

**Age:** Pre-K

**Program Description/Objectives:** Guide with resources for active play while learning in childcare facilities at home or in community. Provides great resources.

**Cost:** Free Download

**Contact/Website:** <http://www.fitky.org/wp-content/uploads/sites/2/2014/09/Child-Care-Setting-and-PA-Manual.pdf>

## IMPLEMENTING PHYSICAL ACTIVITIES WITH CHILDREN IN MIXED-AGE GROUPS

**Target Audience:** School

**Age:** Pre-K

**Program Description/Objectives:** View this webinar to find ways to help mixed-age groups of children engage in physical activity. Learn how to offer movement opportunities to all children in your program.

**Cost:** Free webinar and resources at website

**Contact/Website:** <https://eclkc.ohs.acf.hhs.gov/browse/topic/physical-health?keyword=514>

# PHYSICAL ACTIVITY RESOURCES

## ACTIVE PLAY: HEALTH TIPS FOR FAMILIES

**Target Audience:** School

**Age:** Pre-K

**Program Description/Objectives:** This fact sheet includes tips families can use to help young children develop positive active play behaviors.

**Cost:** Free tip sheet to download

**Contact/Website:** <https://eclkc.ohs.acf.hhs.gov/browse/topic/physical-health?keyword=514>

## KIDS BOWL FREE

**Target Audience:** Home

**Age:** 2-15

**Program Description/Objectives:** Kids bowl 2 free games a day from designated dates set each year.

Check the website for participating bowling alleys and to register.

**Cost:** Registration is free and open for all summer

**Contact/Website:** [www.kidsbowlfree.com](http://www.kidsbowlfree.com)

## CATCH COORDINATED APPROACH TO CHILD HEALTH

**Target Audience:** Home, School, Community

**Age:** Pre-K to 8th grade

**Program Description/Objectives:** Brings schools, families and community together teach children how to be healthy for a lifetime/ to increase daily moderate and vigorous physical activity children engage in.

**Cost:** \$50 and up for kits. Grant help is available online.

**Contact/Website:** [www.catchinfo.org](http://www.catchinfo.org)

## SPARK - SPORTS, PLAY AND ACTIVE RECREATION FOR KIDS

**Target Audience:** Home, School, Community

**Age:** Pre-K to 12th grade

**Program Description/Objectives:** SPARK strives to improve the health of children, adolescents, and adults using evidence-based Physical Education, After School, Early Childhood and Safe & Healthy programs for teachers and recreation leaders.

**Cost:** \$50 and up for varied packages/kits. Grant help available.

**Contact/Website:** [www.sparkpe.org](http://www.sparkpe.org)

## BRAIN BREAKS: CLASSROOM FITNESS FOR CHILDREN

**Target Audience:** School

**Age:** Elementary

**Program Description/Objectives:** DVD with short videos of stretching, strength and endurance.

**Cost:** \$5-17.95

**Contact/Website:** <https://lpi.oregonstate.edu/healthyyouth/books-dvds/brain-breaks-classroom-fitness-children>



# PHYSICAL ACTIVITY RESOURCES

## TAKE 10

**Target Audience:** School

**Age:** K to 5th grade

**Program Description/Objectives:** A classroom-based physical activity developed by teachers for teachers to help break up long sitting time and integrate learning objectives.

**Cost:** Varies from \$65 and up on materials from [flaghouse.com](http://flaghouse.com)

**Contact/Website:** [www.take10.net](http://www.take10.net)

## PEACEFUL PLAYGROUNDS

**Target Audience:** School, Community

**Age:** K to 8th grade

**Program Description/Objectives:** Provides blueprints, stencils and game guides for playgrounds.

**Cost:** Varies upon kit purchased

**Contact/Website:** [www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com)

## FUEL UP TO PLAY 60

**Target Audience:** Home, School, Community

**Age:** K to 12th grade

**Program Description/Objectives:** In-school nutrition & physical activity program impacting students, teachers, parents and community.

**Cost:** Grants available up to \$4000.

**Contact/Website:** [www.fueluptoplay60.com](http://www.fueluptoplay60.com)

# PHYSICAL ACTIVITY RESOURCES

## HEALTHY KIDS CHALLENGE

**Target Audience:** School, Community

**Age:** K to 12th grade

**Program Description/Objectives:** Healthy Kids Challenge helps schools and community programs problem-solve barriers and create plans for policies, practices and nutrition education.

**Cost:** Free online resources. SPARK partnership provides support and tools as well \$50 and up for various pkgs.

**Contact/Website:** [www.healthykidschallenge.com](http://www.healthykidschallenge.com)

## FITNESSGRAM®

**Target Audience:** School

**Age:** K to 12th grade

**Program Description/Objectives:** A non-competitive health-related fitness assessment based on scientific standards to help schools evaluate and grow their PE program to support the whole child.

**Cost:** Digital software \$549 initially, then \$149 renewal.

**Contact/Website:** <http://www.cooperinstitute.org/fitnessgram>

## MY SCHOOL IN MOTION

**Target Audience:** School, Community

**Age:** K to 12th Grade

**Program Description/Objectives:** The My School In Motion program is a school-wide daily fitness, nutrition, health and wellness program performed at the beginning of every school day. The program is grounded in the most current scientific research that links physical activity to improved student-learning outcomes. It features movement routines, set to a wide range of fun and engaging music, specifically designed to stimulate brain activity.

**Cost:** Various packages, contact site for costs.

**Contact/Website:** [www.myschoolinmotion.org](http://www.myschoolinmotion.org)

## THE WALKING CLASSROOM

**Target Audience:** Home, Community, School

**Age:** 3rd to 8th Grade

**Program Description/Objectives:** The program includes free online training and professional development, lesson plans, quizzes, and other teacher support materials. The curriculum includes over 100 pre-loaded educational podcasts.

**Cost:** Cost for teacher and student supplies. Public and after schools can apply for scholarships at no cost.

**Contact/Website:** <https://www.thewalkingclassroom.org/apply/>

# PHYSICAL ACTIVITY RESOURCES

## EAT WELL & KEEP MOVING

**Target Audience:** School

**Age:** 4th and 5th Grade

**Program Description/Objectives:** Eat Well & Keep Moving is a school-based program that equips children with the knowledge, skills, and supportive environment they need in order to lead healthier lives by choosing nutritious diets and being physically active. Designed for fourth- and fifth-grade students, its six interlinked components—classroom education, physical education, school-wide promotional campaigns, food services, staff wellness, and parent and community involvement—work together to create a supportive environment that promotes the learning of lifelong good habits.

**Cost:** \$65 with web resource included.

**Contact/Website:** <https://us.humankinetics.com/blogs/ewkm>

## WELLNESS IN KENTUCKY (WIN)

**Target Audience:** Home, School, Community

**Age:** 9 - 13

**Program Description/Objectives:** Series of ten lessons concentrating on nutrition and physical activity with a goal of improving health in Kentucky Youth and families. Includes curriculum with pre and post tests for each lesson and evaluation. Uses media and newsletters in small groups.

**Cost:** None

**Contact/Website:** Your local cooperative extension service.

## SCHOOLS VS. CANCER ACTIVITY GUIDE

**Target Audience:** School

**Age:** Middle School

**Program Description/Objectives:** Publication with ideas and resources for starting activity events or ways to include physical activity in your school.

**Cost:** Free to download, local American Cancer Society and Kentucky Cancer Program can be a resource.

**Contact/Website:** [https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/schools-vs-cancer/WF0802.22\\_SVC-Middle-School-Activity-Guide.pdf](https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/schools-vs-cancer/WF0802.22_SVC-Middle-School-Activity-Guide.pdf)

## PADUCAH PARKS & RECREATION

**Target Audience:** Community

**Age:** All Ages

**Program Description/Objectives:** Provides youth soccer club for city schools to learn the fundamentals of soccer. Volleyball and Dance for youth in planning. Parks and activities for all ages.

**Cost:** Low cost

**Contact/Website:** <http://paducahky.gov/parks-recreation-department>

# PHYSICAL ACTIVITY RESOURCES

## GET MOVING KENTUCKY!

**Target Audience:** Home, School, Community

**Age:** All Ages

**Program Description/Objectives:** A tool for communities to encourage physical activity with small groups using handouts and powerpoints. Tools can be used to complement other programs or handouts.

**Cost:** None

**Contact/Website:** Your local county cooperative extension service

## CHEER: COMMUNITY HEALTH EDUCATION & EXERCISE RESOURCES

**Target Audience:** Home, School, Community

**Age:** All Ages

**Program Description/Objectives:** Provides online resources in health and wellness for individuals with disabilities. Certification available for those interested.

**Cost:** Check with organization

**Contact/Website:** <http://www.wellness4ky.org/project-cheer/>

## ENERGIZERS FOR SCHOOL

**Target Audience:** School

**Age:** All Ages

**Program Description/Objectives:** Classroom-based physical activities for teachers, 10 minute activities for elementary, middle and after school programs.

**Cost:** None

**Contact/Website:** <https://www.eatsmartmovemorenc.com/energizers/energizersforschools.html>

## “BEE” ACTIVE WITH SWARM (STUDENTS WITH ACTIVE ROLE MODELS)

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** Rewards teachers and school staff with Go 365 points for participating in physical activity with students throughout the school year. To qualify, teachers and at least one students tracks one activity each week for a total of 30 minutes for 10 weeks. Swarm tracking tool available

**Cost:** None, must participate in KEHP

**Contact/Website:** [www.LivingWell.ky.gov](http://www.LivingWell.ky.gov) | Click on Programs, then SWARM submission

## HEALTHYCHILDREN.ORG

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** This website provides articles and information approved by pediatricians on nutrition and physical activity.

**Cost:** Free articles

**Contact/Website:** [www.healthychildren.org](http://www.healthychildren.org)

# PHYSICAL ACTIVITY RESOURCES

## PLAYWORKS

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** Playworks is a non profit organization that has support for increasing children's physical activity in play. The website offers ideas for games and activities and so much more!

**Cost:** Free resources, consulting onsite costs, provides grant information.

**Contact/Website:** <https://www.playworks.org/game-library/>

## ACTION FOR HEALTHY KIDS

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Provides tools and resources for schools health & wellness initiatives and grants to achieve them!

**Cost:** Free resources and grants available in fall for activities

**Contact/Website:** [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

## COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM (CSPAP)

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** CDC, in collaboration with SHAPE America, developed a step-by-step guide for schools and school districts to develop, implement, and evaluate comprehensive school physical activity programs.

**Cost:** Membership fees include support, professional development and resources for physical activity. Grants available

**Contact/Website:** [www.Shapeamerica.org](http://www.Shapeamerica.org)

## PARENTS FOR HEALTHY SCHOOLS

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** Drawing from research and best practices from schools across the country, the CDC created strategies for parent engagement in school health to give schools a framework for engaging parents in school health activities.

**Cost:** Free guide to download

**Contact/Website:** <https://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm>

# PHYSICAL ACTIVITY RESOURCES

## LOCAL SCHOOL WELLNESS POLICY OUTREACH TOOLKIT

**Target Audience:** School

**Age:** K to 12th grade

**Program Description/Objectives:** Ready-to-go communication tools to engage school staff and parents to improve school wellness.

**Cost:** None

**Contact/Website:** <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

## WELLNESS SAT:2.0

**Target Audience:** School

**Age:** K to 12th grade

**Program Description/Objectives:** Wellness School Assessment tool for schools to help form and improve their wellness policies and identify areas to improve on health & physical activity education.

**Cost:** None

**Contact/Website:** <http://www.wellsat.org/evaluation>







# NUTRITION RESOURCES

## LETSGO!

**Target Audience:** Home, School, Community

**Age:** Birth to 18

**Program Description/Objectives:** Our programs use evidence-based strategies to increase healthy eating and physical activity among children from birth to 18. The foundation for change is our 5-2-1-0 healthy habits message, developed here in Maine and recognized nationally.

**Cost:** Free resources to download. Cost to order

**Contact/Website:** <https://mainehealth.org/lets-go/childrens-program.org>

## DIETARY GUIDELINES FOR AMERICANS 2010

**Target Audience:** Home, School, Community

**Age:** 2 and older

**Program Description/Objectives:** Provides the basics for healthy diet and habits to reduce the risks of chronic diseases.

**Cost:** None

**Contact/Website:** [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

## GROW IT, TRY IT, LIKE IT! NUTRITION EDUCATION KIT FEATURING MYPLATE

**Target Audience:** Home, School

**Age:** Pre-K

**Program Description/Objectives:** Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

**Cost:** Free download or order.

**Contact/Website:** <https://www.fns.usda.gov/tn/grow-it>

# NUTRITION RESOURCES

## COLOR ME HEALTHY

**Target Audience:** School

**Age:** Pre-K

**Program Description/Objectives:** Get preschoolers excited about eating smart and moving more!

Teacher's guide with 12 circle time lessons, music and Parent Newsletters in English and Spanish.

**Cost:** Prices vary from \$5-\$100

**Contact/Website:** [www.colormehealthy.com](http://www.colormehealthy.com)

## ORGAN WISE GUYS

**Target Audience:** Home

**Age:** Pre-K to Elementary

**Program Description/Objectives:** The OrganWise Guys is America's #1 nutrition education organization.

The OrganWise Guys helps schools, parents and firms learn about good nutrition, physical activities and healthy lifestyles with the goal of preventing childhood obesity.

**Cost:** Free resources available. Kits range from \$17.95 and up on educational materials.

**Contact/Website:** [www.organwiseguys.com](http://www.organwiseguys.com)

## SNAP-ED TOOLKIT | PICK A BETTER SNACK

**Target Audience:** School

**Age:** K - 3rd Grade

**Program Description/Objectives:** Monthly Nutrition Education lessons introducing students to new fruits and vegetables and other nutrition education. Provides family newsletters and other resources.

**Cost:** None

**Contact/Website:** <https://snapedtoolkit.org>

## WELLNESS IN KENTUCKY (WIN)

**Target Audience:** Home, School, Community

**Age:** 9 - 13

**Program Description/Objectives:** Series of ten lessons concentrating on nutrition and physical activity with a goal of improving health in Kentucky Youth and families. Includes curriculum with pre and post tests for each lesson and evaluation. Uses media and newsletters in small groups.

**Cost:** None

**Contact/Website:** Your local cooperative extension service.

## SUPERKIDS NUTRITION

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Provides free nutrition curriculum for the classroom to help students learn healthy eating and being active. Supercrew kids website provides fun, online learning.

**Cost:** Free resources and grants available in fall for activities

**Contact/Website:** [www.superkidsnutrition.com](http://www.superkidsnutrition.com)

# NUTRITION RESOURCES

## GOT VEGETABLES?

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** Curriculum consisting 2 units structured and developed to critical thinking approach. Unit one focuses on what parents should do regarding increasing vegetable consumption and physical activity and Unit 2 focuses on positive environment increased vegetables and physical activity should be offered.

**Cost:** None

**Contact/Website:** Your local cooperative extension service.

## 5-2-1-0

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** Campaign designed for those working with children by encouraging healthy behaviors. Free materials are available to order: stickers, posters, brochures, coloring and activity sheets and tools to track progress.

**Cost:** None

**Contact/Website:** Phone:502-564-9358 | Fax orders; 502-227-7191

## HEALTHY FOR LIFE 20 BY 20

**Target Audience:** After School, Home, Community

**Age:** Adolescents and Adults

**Program Description/Objectives:** American Heart Association evidence-based community nutrition. It is a wellbeing program that empowers people to make healthy food, nutrition and lifestyle choices. It aims to change food and health attitudes and behaviors, equips with new skills for healthy living, healthy food, nutrition and lifestyle choices. The program incorporates healthy cooking demonstrations, shopping skills presentations and nutrition and heart health workshops. The Healthy for Life® Educational Experiences guide organizations interested in teaching people in their community how to make healthy food, nutrition and lifestyle choices. Resources will: Prepare and promote the program, Deliver the educational experiences, & share successes.

**Cost:** Free to sign up as facilitator, downloadable materials

**Contact/Website:** <https://www.heart.org/en/healthy-living/company-collaboration/healthy-for-life>

## FAMILY STYLE DINING IN EARLY CARE

**Target Audience:** Home

**Age:** All ages

**Program Description/Objectives:** This handout provides a quick guide to best practices around family style dining. The Kentucky Department for Public Health recognizes and supports family style dining when done safely and appropriately.

**Cost:** Free handout

**Contact/Website:** [http://www.fitky.org/wp-content/uploads/sites/2/2017/02/Family-Style-Dining\\_](http://www.fitky.org/wp-content/uploads/sites/2/2017/02/Family-Style-Dining_)

# NUTRITION RESOURCES

## KIDS HEALTH & TEEN HEALTH

**Target Audience:** Home, School, Community

**Age:** All Ages

**Program Description/Objectives:** Doctor-reviewed advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years. Separate sections for parents, kids, and teens, each created with your questions in mind. Easy-to-follow articles, slideshows, videos, and health tools designed to help families learn, grow, and be their best. Free lesson plans and programs for teachers and early childhood educators.

**Cost:** None

**Contact/Website:** [www.kidshealth.org](http://www.kidshealth.org)

## HEALTHY CONCESSIONS GUIDE

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Supports healthy message across the board at sports and parks events.

**Cost:** None

**Contact/Website:** <https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/healthyconcession.pdf>

## HEALTHY VENDING GUIDE

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Support healthy message across the board at schools, communities, worksites and more.

**Cost:** None

**Contact/Website:** <https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/resource/healthyvending.pdf>

## CREATING HEALTHY CONCESSIONS: A RESOURCE GUIDE

**Target Audience:** Community

**Age:** All ages

**Program Description/Objectives:** This guidebook is designed to be a resource for community groups, local and state officials, nonprofit organizations and other partner agencies interested in bringing healthy food resources to their communities, improving their local parks and building community capacity.

**Cost:** Free download

**Contact/Website:** <https://cspinet.org/resource/creating-healthy-concessions-resource-guide>

# NUTRITION RESOURCES

## EAT SMART KENTUCKY: GUIDELINES FOR HEALTHY FOODS & BEVERAGES

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** This tool is for anyone who is in charge of food-related events. Making simple changes to food and drink you offer at group and community events gives Kentuckians disease-fighting foods and the energy boost they may need without worrying about too many calories or too much unhealthy fat.

**Cost:** Free

**Contact/Website:** <http://www.fitky.org/wp-content/uploads/sites/2/2014/12/Eat-Smart-Kentucky.pdf>

## KENTUCKY FARM TO SCHOOL HANDBOOK

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** This manual is designed to be a practical tool for school food service directors, farmers and community members interested in feeding Kentucky food to Kentucky kids in Kentucky schools. It is chock full of realistic advice and the most helpful tools we could find to make this important task easier and more commonly practiced.

**Cost:** None

**Contact/Website:** <http://www.fitky.org/wp-content/uploads/sites/2/2014/09/FarmToSchool-Handbook.pdf>

## COOKING MATTERS

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals.

**Cost:** Free downloads & training.

**Contact/Website:** [www.cookingmatter.org](http://www.cookingmatter.org)

## LINUS PAULING INSTITUTE HEALTHY YOUTH PROGRAM

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** Free classroom curriculum for healthy eating & physical activity that can be used with any school subject!

**Cost:** Free resources for downloading

**Contact/Website:** <https://lpi.oregonstate.edu/healthyyouth/lessons-manuals/youth-programs>

# NUTRITION RESOURCES

## CHOOSE MY PLATE

**Target Audience:** Home, School, Community

**Age:** All ages

**Program Description/Objectives:** Combat the obesity epidemic and help consumers make healthier food choices. Has resources for print that shows a healthy plate; can enter diet information for analysis of food group servings.

**Cost:** Free online tools

**Contact/Website:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

## ALLIANCE FOR A HEALTHIER GENERATION

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** Explore videos, printables, websites, and curricula designed to help you make healthy changes at your school or in an out-of-school time environment.

**Cost:** Free resources to download

**Contact/Website:** [www.healthiergeneration.org](http://www.healthiergeneration.org)

## SUPERKIDS NUTRITION

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Provides free nutrition curriculum for the classroom to help students learn healthy eating and being active. Supercrew kids website provides fun, online learning.

**Cost:** Free resources and grants available in fall for activities

**Contact/Website:** [www.superkidsnutrition.com](http://www.superkidsnutrition.com)

## FARM TO SCHOOL WEBSITE

**Target Audience:** School, Community

**Age:** All ages

**Program Description/Objectives:** Farm to school has resources for starting a farm to school program, lesson plans and recipes for implementing a taste testing in school to learning about plant growth.

**Cost:** Free to download

**Contact/Website:** [www.farmtoschool.org](http://www.farmtoschool.org)

## TEAM NUTRITION -USDA

**Target Audience:** School

**Age:** All ages

**Program Description/Objectives:** Team Nutrition print materials are available only to schools and child care centers that participate in the Federal Child Nutrition Programs. All others are welcome to download our materials from our Website at [teamnutrition.usda.gov](http://teamnutrition.usda.gov).

**Cost:** None

**Contact/Website:** <https://pueblo.gpo.gov/TN/TNPubs.php>



## NEXT STEPS

COPAT will continue to expand on the efforts that were started this past year by working towards the goals that were identified during our strategic planning process.

Goals include:

### 1. Increase Community Buy-In:

- Continue to grow COPAT membership and promote it as the comprehensive resource for increasing awareness of the benefits of healthy eating, active lifestyles, and reducing childhood obesity.
- Share the Childhood Obesity Prevention Toolkit with two new partners in each county across the Purchase area.
- Collaborate with all schools in the Purchase area in promoting healthy eating and active lifestyles by providing the toolkit at our upcoming Healthy Kids Summit and becoming a resource for updates in wellness policies.

### 2. Share meaningful data related to Body Mass Index (BMI) and effects of childhood obesity throughout the Purchase area.

- Data Reports included in the Toolkit and shared with schools to increase participation in future BMI measurements and surveys to assess the extent of obesity in our area among youth.
- Create social media messaging to increase the reach of the data report and encourage network members to share this information with their organization and partners.

These goals will serve as guidelines for our upcoming three years to grow our network, improve our communication among members and in the community and help develop consistent messaging across the Purchase area to make the healthy choice the easy choice. The toolkit will be housed online to maintain a current document and updated as needed.

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Childhood Obesity Prevention Action Team

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[www.purchasehealthconnections.com](http://www.purchasehealthconnections.com)