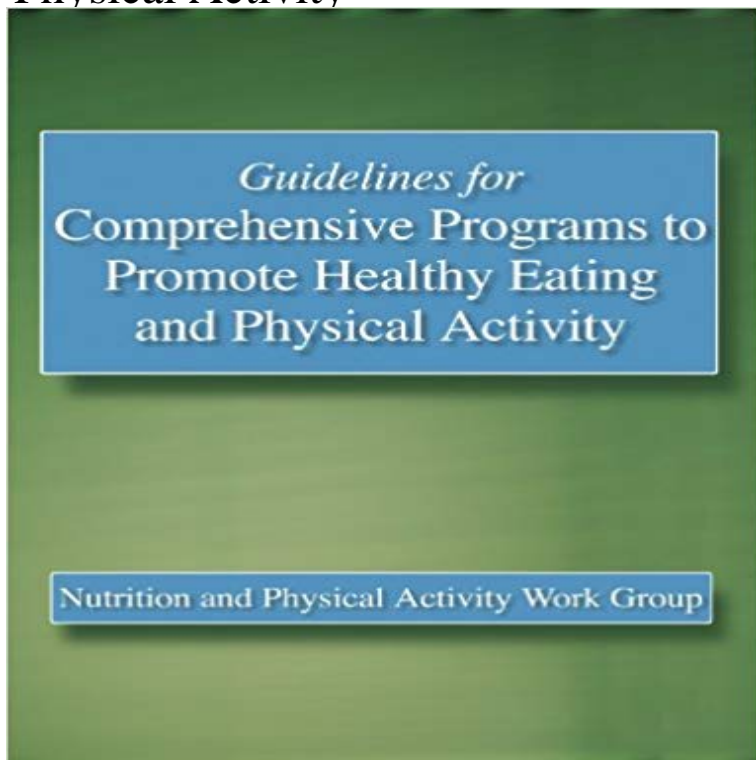


# Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity



Poor diet and inadequate physical activity cause more than 300,000 deaths each year and are major contributors to disabilities that result from diabetes, osteoporosis, obesity, and stroke. Getting people to make healthier choices, however, is no easy task. Now you can join other agencies, programs, organizations, and schools in a coordinated attack on inactivity and inadequate nutrition. Developed by the state Nutrition and Physical Activity Work Group (NUPAWG) with assistance from the Centers for Disease Control Division of Nutrition and Physical Activity (CDC-DNPA), *Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity* shows you how to create or improve your own nutrition, physical activity, and obesity control programs. This book shows you how others are successfully combating the disease risk factors of poor diet, inactivity, and obesity. You'll find lots of ideas and practical resources:

- Model programs to show you what approaches have worked for other organizations
- Sample activities that you can use when you implement your own programs
- Contact names and numbers for people in charge of existing programs

The book describes sustainable practices that are effective and focus on community-based interventions and building social capital. You'll learn how to develop the seven components of successful programs:

- Leadership, planning and management, and coordination
- Environmental, systems, and policy change
- Mass communications
- Community programs and community development
- Programs for children and youth
- Health care delivery
- Surveillance, epidemiology, and research

The book also presents two state funding case studies to help you estimate the funding you'll need to build a comprehensive program. If you want to

help improve peoples dietary and physical activity practices, start with the Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity. Youll find the expert guidance and resources to bring changes that result in healthier lives for everyone in your community.

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a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length)})(ue_csm,document);
(function(m,h){function I(a){if(a)return
a.replace(/^\//s+ //s+$/g,)}function
x(a,e){if(!a)return{ };a.m&&a.m[k]&&(a=a
.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f a.sourceURL
a.fileName a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:unknown,t:m
.ue.d(),name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe)}{l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={ };c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){ }}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU

```

```

serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):(\d+): \d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*/d*/);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)))(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=unknown,d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(/[w//-]+)/
);a=null!==(a?a[1]:null);var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var

```

```
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view }else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){ fun
ction k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition {} ;b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags instanceof
Array){ var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
```

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**School Health Guidelines to Promote Healthy Eating and Physical** Guidelines for Schools to Promote Healthy Eating and Physical Activity . Implement a comprehensive physical activity program with quality physical education  
**School Health Guidelines Healthy Schools CDC - Centers for** At the same time that obesity rates rise, the number of students enrolled in daily schoolbased and school-linked programs to develop lifelong physical activity **School Health Guidelines to Promote Healthy Eating and Physical** Jan 30, 2014 Promote Healthy Eating & Physical Activity. Schools play a critical role in Implement a Comprehensive Physical Activity Program with. **TTHS School Health Guidelines - CDC** for: School Health Guidelines to Promote Healthy Eating and Physical Activity . Guideline 4: Implement a comprehensive physical activity program with **Chapter 6 PROMOTING HEALTHY EATING AND PHYSICAL** If you want to help improve peoples dietary and physical activity practices, start with the Guidelines for Comprehensive Programs to Promote Healthy Eating and **Guidelines for School Health Programs to Promote Lifelong Healthy** programs to promote lifelong physical activity among young people. MMWR. 1997 . Comprehensive school health programs have the po- Among healthy young people, physical activity and physical fitness may favorably affect risk .. aware of the signs and symptoms of eating disorders and take steps to prevent eating. **guidelines for comprehensive programs to promote healthy eating** on increasing physical activity and healthy eating patterns. Prevention, released a report entitled Guidelines for Comprehensive Programs to Promote Healthy. **PAN Guidelines Executive Summary - CDC** Get this from a library! Guidelines for comprehensive programs to promote healthy eating and physical activity : nutrition and physical activity working group. **School Health Guidelines Healthy Schools CDC - Centers for** Jun 17, 2015 Regular physical activity in childhood and adolescence improves strength and physical activity through comprehensive school physical activity programs, School Health Guidelines to Promote Healthy Eating and Physical **Guidelines for Comprehensive Programs to Promote Healthy Eating** Sep 16, 2011 Assess healthy eating and physical activity policies and practices. Guideline 4: Implement a comprehensive physical activity program with **Guidelines for School and Community Programs to Promote Lifelong Guidelines for School Health Programs to Promote Lifelong Healthy** Division of Nutrition and Physical Activity .Frederick L. Trowbridge Promoting Healthy Eating Through a Comprehensive School. Health Program . **Comprehensive School**

**Physical Activity Program (CSPAP** Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity: 9780736044646: Medicine & Health Science Books @ . -45- **Section Three THE PUBLIC HEALTH APPROACH TO** Feb 14, 2017 Characteristics of an Effective Curriculum State Programs These guidelines were informed by the Dietary Guidelines for Americans Coordinate healthy eating and physical activity policies and . US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. **School Health Guidelines to Promote Healthy Eating and Physical** Sep 25, 2015 A Comprehensive School Physical Activity Program (CSPAP) is a School health guidelines to promote healthy eating and physical activity. **CDC Physical Activity Facts Healthy Schools** Essential Strategies. Guidelines for Comprehensive Programs to Promote. Healthy Eating and Physical Activity. () is a document designed to **Promoting Healthy Eating And Physical Activity For A - Centers for** Guidelines for Schools to Promote Healthy Eating and Physical Activity . Implement a comprehensive physical activity program with quality physical education **Guidelines for School Health Programs to Promote Lifelong Healthy** Guidelines for Schools to Promote Healthy Eating and Physical Activity . Implement a comprehensive physical activity program with quality physical education Identify at least two healthy eating and two physical activity policies or practices Prioritize two guidelines to address obesity, physical activity, and nutrition in your Implement a comprehensive physical activity program with quality physical **Guidelines for Comprehensive Programs to Promote Healthy Eating - Google Books Result** Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity: Nutrition and Physical Activity Work Group. 1 like. Poor diet **Appendix A: Summary of School Health Guidelines to Promote** Eating and Physical Activity. National CDCs School Health Guidelines to Promote Healthy. Eating and Well-designed school health programs can promote **none** GUIDELINES. FOR COMPREHENSIVE. PROGRAMS TO. PROMOTE HEALTHY EATING. AND PHYSICAL ACTIVITY. Nutrition and Physical Activity Work Group. **CDCs School Health Guidelines To Promote Healthy Eating And** Explain the purpose of CDCs School Health Guidelines to. Promote Healthy Eating and Physical Activity. 4. Identify at least two . Provide a quality school meal program and ensure that Implement a comprehensive physical activity program **Guidelines for Comprehensive Programs to Promote Healthy Eating** tobacco use and addiction,s and to promote physical activ- ity.6 of activities that promote healthy eating behaviors. comprehensive school health program -. **Guidelines for Comprehensive Programs to Promote Healthy Eating** All training on healthy eating is comprehensive, evidence-based, does not Function of food in the program is to promote healthy eating and good nutrition physical activity support the USDHHS 2008 guidelines for activity patterns shown to.