

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")

Why Support a Coordinated School Health Program, Council of Chief State School Officers
www.ccsso.org/publications/details.cfm?PublicationID=59

Physical Education and Physical Activity

A Report to the President: Promoting Better Health for Young People Through Physical Activity and Sports, U.S. Department of Health and Human Services and U.S. Department of Education, 2000, http://www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm

Fitnessgram/Activitygram: Fitness and Activity Assessments for Children and Youth, The Cooper Institute, <http://www.cooperinst.org/ftgmain.asp>

Moving Into the Future: National Standards for Physical Education, 2nd edition, National Association for Sport and Physical Education (NASPE), 2004, www.aahperd.org/naspe

Opportunity to Learn Standards for Elementary School Physical Education, National Association for Sport and Physical Education (NASPE), 2000, www.aahperd.org/naspe

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

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

- 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, chapter in *Preventing Childhood Obesity: Health in the Balance*, Institute of Medicine, Washington, DC: The National Academies Press, 2005
- 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
- VERB: It's What You Do!* Centers for Disease Control and Prevention, <http://www.cdc.gov/youthcampaign/index.htm>

Nutrition

- Changing the Scene—Improving the School Nutrition Environment*, U.S. Department of Agriculture, 2000, www.fns.usda.gov/tn/Resources/changing.html
- Dietary Guidelines for Americans 2005*, 6th Ed. US Department of Agriculture and US Department of Health and Human Services, 2005. <http://www.health.gov/dietaryguidelines/>
- Healthy School Meals Resource System*. United States Department of Agriculture, <http://schoolmeals.nal.usda.gov>
- 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
- Schools, chapter in *Preventing Childhood Obesity: Health in the Balance*, Institute of Medicine, Washington, DC: The National Academies Press, 2005
- 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
- United States Department of Agriculture 'MyPyramid' Food Guidance System, 2005, <http://www.mypyramid.gov/>

Tobacco

- CDC, Office on Smoking and Health, www.cdc.gov/tobacco
- Best Practices for Comprehensive Tobacco Control Programs*, Centers for Disease Control and Prevention, 1999, www.cdc.gov/tobacco/bestprac.htm
- Growing up Tobacco-free: Preventing Nicotine Addiction in Children and Youths*, Lynch BS, Bonnie RJ, editors, Committee on Preventing Nicotine Addiction in Children and Youths, Institute of Medicine, Washington DC: National Academy Press, 1994, www.nap.edu/catalog/4757.html
- Preventing Tobacco Use Among Young People: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 1994, http://www.cdc.gov/tobacco/sgr/sgr_1994/
- Reducing Tobacco Use: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 2000, www.nap.edu/catalog/4757.html
- Women and Smoking: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 2001, www.cdc.gov/tobacco/sgr/sgr_forwomen/index.htm
- The Health Consequences of Smoking: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 2004, www.surgeongeneral.gov/library/smokingconsequences

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
- Exemplary & Promising Safe, Disciplined, and Drug-free Schools*, U.S. Department of Education, Safe and Drug-free Schools Program, 2001, www.ed.gov/admins/lead/safety/exemplary01/exemplary01.pdf

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

- Injuries in the School Environment: A Resource Guide*, Children’s Safety Network at Education Development Center, Inc., Newton, MA: Education Development Center, 1997, www.childrensafetynetwork.org/ (click on “CNS Publications” and then “School Injuries”)
- Nine critical elements of promising violence prevention programs, Dusenbury L, Falco M, Lake A, Brannigan R, Bosworth K, *Journal of School Health*, 1997; 67:409–14
- Preventing School Injuries: A Comprehensive Guide for School Administrators, Teachers, and Staff*, Posner M, New Brunswick: NJ: Rutgers University Press, 2000, rutgerspress.rutgers.edu/
- Safe Schools, Safe Students: A Guide to Violence Prevention Strategies*, Drug Strategies, Washington, DC: Drug Strategies, 1998, www.drugstrategies.org/pubs.html
- Safeguarding Our Children: An Action Guide*, Dwyer K, Osher D, U.S. Departments of Education and Justice, American Institutes for Research, 2000, cecp.air.org/guide/aifr5_01.pdf
- Saving Children: A Guide to Injury Prevention*, Wilson MH, Baker SP, Teret SP, Shock S, Garbarino J, New York, NY: Oxford University Press, 1991, www.oup-usa.org/index/index.html
- School Safety and Security Toolkit: A Guide for Parents, Schools, and Communities*, National Crime Prevention Council, <http://www.ncpc.org/ncpc/ncpc/?pg=5882-2282-2570-12802>
- Unintentional injuries in childhood, *The Future of Children* (Whole Issue) vol 10 (1):1-188, 2000, www.futureofchildren.org
- Violence in American Schools: A New Perspective*, Elliot DS, Hamburg BA, Williams KR, New York, NY: Cambridge University Press, 1998, us.cambridge.org/
- Violence Prevention: An Important Element of a Health-promoting School*, World Health Organization, 1998, http://www.who.int/school_youth_health/media/en/93.pdf
- Web-based Injury Statistics Query and Reporting System (WISQARS)*, Centers for Disease Control and Prevention, www.cdc.gov/ncipc/wisqars
- Youth Violence: A Report of the Surgeon General*, U.S. Department of Health and Human Services, 2001, www.surgeongeneral.gov/library/youthviolence/toc.html

Asthma

- Addressing Asthma in Schools*. Centers for Disease Control and Prevention, Division of Adolescent and School Health, 2004, www.cdc.gov/healthyyouth/asthma/pdf/asthma.pdf
- 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://aafa.org/pdfs/AsthmaActionCardstudent.pdf>
- Asthma and Allergy Foundation of America*, <http://www.aafa.org/> (click on *Education* on top of screen)
- Asthma Fact Sheets*. Centers for Disease Control and Prevention, National Center for Health Statistics, <http://www.cdc.gov/nchs/fastats/asthma.htm>
- Asthma Initiative of Michigan*, http://getasthmahelp.com/intro_schools.asp
- Asthma Management in Educational Settings (AMES)*. American Lung Association of Washington. 2004, <http://www.alaw.org/asthma/ames/index.html>
- Asthma Wellness: Keeping Children with Asthma in School and Learning (Issue of School Governance and Leadership)* American Association of School Administrators, 2003, http://www.aasa.org/publications/sgl/Spring_2003.pdf
- Health in Action: Asthma in the School Community*. American School Health Association, 2003, <http://www.ashaweb.org/healthinaction.html>
- How Asthma-Friendly Is Your School?* National Institutes of Health, National Asthma Education and Prevention Program, <http://www.nhlbi.nih.gov/health/public/lung/asthma/friendhi.htm> (English & Spanish)
- Issue Brief on Asthma Management in the School Setting*. National Association of School Nurses, 2002, <http://nasn.org/briefs/2002briefasthma.htm>
- Managing Asthma in Connecticut Schools: A Resource Manual*. Connecticut Department of Public Health, 2002, http://www.dph.state.ct.us/BCH/new_asthma/Asthma_schl_manual_web.pdf

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

- Managing Asthma in Minnesota Schools.* Minnesota Department of Public Health, 2004,
<http://www.health.state.mn.us/divs/hpcd/cdee/asthma/schoolmanual.html>
- National Asthma Control Program.* Centers for Disease Control and Prevention, National Center for Environmental Health, <http://www.cdc.gov/asthma>
- National Asthma Education and Prevention Program.* National Heart, Lung, and Blood Institute, National Institutes of Health, <http://www.nhlbi.nih.gov/about/naepp/index.htm>
- School Health Policy and Programs Study: Asthma Fact Sheet.* Centers for Disease Control and Prevention, Division of Adolescent and School Health, 2004,
<http://www.cdc.gov/HealthyYouth/shpps/factsheets/pdf/asthma.pdf>
- World Asthma Day.* Global Initiative for Asthma (GINA), <http://www.ginasthma.com/WADIndex.asp>