



**School-Based Health Technical Assistance and Evaluation Office**

Robert C. Byrd Center for Rural Health  
1600 Medical Center Drive, Suite 1400  
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## **Obesity Notebook Table of Contents Summer 2007**

This Obesity Notebook is developed for School Based Health Centers (SBHC). It has 4 main sections that the SBHC can use and share with their schools in an effort to develop a comprehensive approach to obesity through physical activity and nutrition. With the plethora of obesity information available, this notebook is not intended to be all inclusive. Instead was developed to provide samples of good resources for SBHC. For a copy of the electronic documents please visit [www.wvsbha.org](http://www.wvsbha.org) and choose the technical assistance and evaluation tab.

### **Section 1: General Information & Contact Information**

Marshall University SBHC TA Flyer  
Child Nutrition and WIC Reauthorization Act of 2004 Summary

### **Section 2: School Information**

WV Checklist: Changing the Scene - School Improvement Checklist  
Changing the Scene Support Materials  
SPAN Survey 4<sup>th</sup> Grade  
SPAN Survey 8-11<sup>th</sup> Grade

### **Section 3: Teacher Information**

Weight Matters – Schools Fight for Student Fitness  
Sample Teacher Lesson Plans for Nutrition and Physical Activity: Math, Language and Miscellaneous  
Walk America Guidebook  
Junior Master Gardner  
My Pyramid

### **Section 4: SBHC Information**

Obesity CQI Tool  
Obesity Related Forms / Documentation Tool: SBHC Patient Management – Weight and Nutrition  
SBHC BMI Report for Parents  
5-2-1-Almost None Description (Nemours)  
5-2-1 Almost None Parent Survey  
Nutrition Questionnaire – Bright Futures  
Physical Activity Questionnaire – American Medical Association  
Body Basics – An Adolescent Provider Toolkit  
NICHQ Recommendations



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Some of the resources listed in this manual can be found on the following websites. For those documents not available on the internet an electronic version is available on the [www.wvsbha.org](http://www.wvsbha.org) or by contacting Paula Fields, MSN RN with the Marshall University School-Based Health Technical Assistance and Evaluation Office at [pfields4@yahoo.com](mailto:pfields4@yahoo.com) or 304-846-9739.

- 1b. Child Nutrition and WIC Reauthorization Act of 2004 Summary  
<http://www.gop.gov/Committeecentral/bills/s2507.asp>
- 2a. Gather the Portion Sizes Facts  
[http://www.eatsmartmovemoreenc.com/resources/documents/modules/portionizes/ps\\_gatherfacts.pdf](http://www.eatsmartmovemoreenc.com/resources/documents/modules/portionizes/ps_gatherfacts.pdf)
- 2c. Changing the Scene Support Materials  
<http://www.fns.usda.gov/TN/Resources/support.pdf>
- 3c. Walk America Guidebook  
<http://www.saferoutestoschools.org/Forms/WalkBikeGuide2006.pdf>
- 4d. 5-2-1-Almost None Description (Nemours)  
<http://www.nemours.org/no/filebox/nhps/onepage.pdf>
- 4e. 5-2-1 Almost None Parent Survey  
[www.nemours.org/no/filebox/nhps/parentsurvey.pdf](http://www.nemours.org/no/filebox/nhps/parentsurvey.pdf)
- 4f. Nutrition Questionnaire – Bright Futures  
<http://www.brightfutures.org/nutrition/pdf/pocket.pdf>
- 4g. Body Basics – An Adolescent Provider Toolkit  
[http://ahwg.net/resources/Body%20Basics%20\(changed%20version\).pdf](http://ahwg.net/resources/Body%20Basics%20(changed%20version).pdf)



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**Sample Teacher Lesson Plans  
for Nutrition and Physical Activity  
May 2006**

**Resources:**

EdutopiaDec/Jan 2006 (from the George Lucas Educational Foundation: *Weight Matters – Schools Fight for Student Fitness*)

[http://www.edutopia.org/magazine/ed1article.php?id=Art\\_1420&issue=dec\\_05](http://www.edutopia.org/magazine/ed1article.php?id=Art_1420&issue=dec_05)

PBS resources: <http://www.pbs.org/teachers/healthfitness/>

Lesson plans: <http://www.lessonplanspage.com>

**Specific Documents:**

Language Arts: Instead of assigning that boring old way of writing the spelling words however many times each, why not do a little physical activity? (Grades 1-6)

<http://www.lessonplanspage.com/LAPEJumpingJackSpellingBeeldea16.htm>

Math: Comparing Calories in Fast Food Burgers and Chicken (Grades 5-8)

<http://www.pbs.org/teachersource/mathline/concepts/health/activity2.shtm>

Math: Exercising Trends Over the Past 12 Years (Grades 3-6) PBS Website no longer available

<http://www.pbs.org/teachersource/mathline/concepts/sportsandmath/act2wks.pdf>

Math: Boxed Ball Throw (Grade K-4)

<http://www.lessonplanspage.com/MathBoxedBallThrowGameIdeaK4.htm>

Math: Hopping Equations (Grade 2-5)

<http://www.lessonplanspage.com/PEMathHoppingEquationsIdea25.htm> PBS Website no longer available

Nutrition / Units: Teachers who plan to incorporate the Leafy Greens Lesson Plans into their classroom studies can receive free materials such as book covers, trading cards, brochures and posters, (while supplies last). PBS Website no longer available

<http://www.leafy-greens.org/lessonplans.html>

Favorite Food Survey: <http://www.abcteach.com/Food/survey.htm>

Favorite Food Graph: <http://www.abcteach.com/Food/foodgraph.htm>