

# TECHNICAL ASSISTANCE

[http://www.wvsbha.org/muta/ta\\_evaluation.php](http://www.wvsbha.org/muta/ta_evaluation.php)

*The place to go for resources, assistance and training related to school-based health centers and school-based behavioral health programs in West Virginia*

# **CHILD NUTRITION AND WIC REAUTHORIZATION ACT**

*Includes information on the Childhood Obesity Prevention Act and the requirement for local wellness policies*

# CHANGING THE SCENE SCHOOL IMPROVEMENT CHECKLIST

*This document can be used to assess the schools:*

- 1. Commitment to Nutrition and Physical Activity*
- 2. Quality Meals*
- 3. Other Healthy Food Options*
- 4. Pleasant Eating Experience*
- 5. Nutrition Education*
- 6. Marketing*
- 7. Commitment to Physical Education and Physical Activity*

*In addition to the checklists it also includes sample handouts, letters, meeting notice, press release and articles.*

# SPAN

**(SCHOOL PHYSICAL ACTIVITY AND NUTRITION PROJECT)**

*The SPAN project is utilized to monitor for overweight children. It was developed in Texas. A representative sample of students from 4<sup>th</sup>, 8<sup>th</sup> and/or 11<sup>th</sup> grade were asked to participate in a survey that asks about nutritional choices and physical activity. Heights and weights were also measured. This information is very useful when assessing for the types of interventions needed. There are two versions of the survey. One is for 4<sup>th</sup> grade and one version is for 8<sup>th</sup>/11<sup>th</sup> grade. For TA needs, including surveying, data compiling and analysis contact the WV School Health Technical Assistance and Evaluation Center at Marshall University.*

# FREE

# SAMPLE LESSON PLANS

*These are sample lesson plans that are free of charge and can be used by teachers or others who are leading a group such as a classroom, after school program or camp.*

*It is also suggested that contact be made with the local school to see what resources they have.*

# MISCELLANEOUS

# LANGUAGE

**MATH**



# **JUNIOR MASTER GARDNER**

*This youth gardening program is designed to engage kids in individual hands on and group learning experiences to promote a love of gardening and an appreciation for the environment.*

# **WALK & BIKE ACROSS AMERICA**

*This interactive web-based game promotes physical activity. Students track the miles they walk and bike and then combine those miles with their classmates to accumulate enough miles to reach their destination.*

# MY PYRAMID

*Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs. MyPyramid for Kids educational material brings the messages of MyPyramid to elementary school children. Teachers can easily teach MyPyramid for Kids by using the classroom materials, including lesson plans, an interactive game, and a MyPyramid for Kids Poster. The fun, colorful MyPyramid for Kids graphic will attract children's attention and encourage them to learn more about MyPyramid for Kids. The nutrition and physical activity messages included throughout the materials are designed to help children 6 to 11 years old make healthy eating and physical activity choices.*

*MyPyramid materials available from Team Nutrition for middle and high school students consist of the MyPyramid poster and mini-poster and the handout, Anatomy of MyPyramid. Team Nutrition is developing additional MyPyramid educational material for middle and high school students which will be posted to the website as soon as it is completed.*

# OBESITY CQI TOOL

*The Obesity Continuous Quality Improvement (CQI) tool includes recommendations for identification and management of students at risk for or who are overweight.*

# FLOW SHEET

*The Weight and Nutrition Flow Sheet can be used for school-based health center patient management.*

# BMI LETTER

*The tool can be used to send home to parents following a BMI screening. An explanation and recommendations are included.*

# 5-2-1-ALMOST NONE

*5-2-1-Almost None is a tool that can be used with patients and their parents. It is an easy way to remember the basics about healthy eating and physical activity. 5-2-1-Almost None calls for eating at least five servings of fruits and vegetables a day, watching two or fewer hours of screen time a day, getting one or more hours of physical activity a day, and drinking almost no sugary beverages.*

# QUESTIONNAIRES

*Nutrition Questionnaire by Bright Futures in Practice and Physical Activity Questionnaire by the American Medical Association tools can be utilized to learn more about your patient and their habits. It may be useful to have a patient and/or parent complete the survey(s) while waiting.*



# BODY BASICS

*The Adolescent Provider Toolkit is a collection of resources for health care providers who work with adolescents. The Toolkit incorporates adolescent health care best practices and includes resources for providers, parents, and teens.*

*The Toolkit modules contain screening tools, brief office interventions and counseling guidelines, community resources and referrals, health education materials for teens and their adult caregivers, literature reviews and internet resources.*

*The Adolescent Health Working Group from California developed and tested this tool.*