

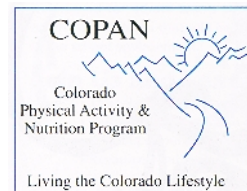


Colorado Department of Public Health and Environment's
Colorado Physical Activity and Nutrition Program
School Site Task Force and Colorado Action For Healthy Kids™ Team

Action for Healthy Kids™ is an integrated, national-state effort that is addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in the school environment. The Colorado Department of Public Health and Environment's Colorado Physical Activity and Nutrition Program (COPAN) is dedicated to reducing the incidence of overweight and obesity in Coloradans. In an effort to reduce duplication and to maximize resources, the Colorado Action For Healthy Kids™ State Team and the COPAN School Site Task Force function as the same team.

Colorado Physical Activity and Nutrition State Plan 2010, School Site Strategies

- Build awareness and encourage positive role modeling among administrators, teachers, food service staff, coaches, nurses, parents, students, other school staff and community leaders about the contribution of proper nutrition to the maintenance of lifelong healthy weight.
- Develop and implement policies ensuring that all foods and beverages available on school campuses, and at school events, contribute toward healthful eating patterns that are consistent with the Dietary Guidelines for Americans.
- Provide age-appropriate and culturally sensitive instruction in physical education programs to help students develop the knowledge, attitudes, skills and behaviors needed to adopt, maintain and enjoy a physically active lifestyle.
- Provide opportunities for physical activity that help students develop the knowledge, attitudes, skills and behaviors needed to adopt, maintain and enjoy a physically active lifestyle.



Colorado Adolescents and Children

According to the 2003 Youth Risk Behavior Survey, which uses *self-reported* data on height and weight from 9-12th graders:

- 9.5 percent of 9-12th graders in the survey were overweight.
- 10.9 percent of 9-12th graders in the survey were at risk for overweight.
- Males were more likely to be overweight than females.
- The proportion of overweight was higher in the earlier grades.

The Colorado Department of Public Health and Environment is currently collecting data on heights and weights of children ages 2-14 through the first statewide Child Health Survey. The data are *self-reported* by the child's parent or family member.

COPAN School Site Task Force/COAFHK State Team Activities

- Conduct Colorado Healthy School Summit and regional trainings.
- Provide mini-grants to schools to implement physical activity and/or nutrition interventions or policies.
- Promote and implement *Walk to School Colorado* programs, www.cdphe.state.co.us/pp/COPAN/grants/walktoschool.pdf.
- Develop and promote an interactive Web-based Nutrition Literacy Tool Kit and evaluation tool, www.cde.state.co.us/nltk/default.asp.
- Promote the School Site Resource Kit for school use to implement nutrition and/or physical activity policies and interventions, <http://www.cdphe.state.co.us/pp/COPAN/grants/SchoolSiteResourceKit.pdf>.
- Develop and distribute the Nutritious Vending: Step-By-Step Implementation Guide based on Senate Bill 04-103, www.cde.state.co.us/cdenutritran/nutriSB04-103.htm.
- Create a resource guide to support the WIC Reauthorization/Child Nutrition Wellness Policy requirement for schools.
- Create the *Benefits of Recess Before Lunch* promotional flyer.

Nutrition Priorities:

- Nutrition education/information
- School breakfast and lunch promotion
- 5 A Day/fruits and vegetables promotion
- Nutritious food options throughout school
- Calcium/ dairy promotion
- "Party" guidelines and nonfood fundraisers
- Recess before lunch

Physical Activity Priorities:

- Quality, daily physical education
- Decreased television viewing time
- Colorado On The Move™
- Walk to School Colorado
- Extracurricular and after school activity opportunities
- Staff wellness

For more information visit www.cdphe.state.co.us/pp/copan/copan.html and www.actionforhealthykids.org or call the Colorado Physical Activity and Nutrition Program at (303) 692-2514.