



SCHOOL EMPLOYEE WELLNESS

A Guide for Protecting the Assets of Our Nation's Schools

APPENDIX



RESOURCES FOR SCHOOL EMPLOYEE WELLNESS PROGRAMS

Funding Sources

CDC's Division of Adolescent and School Health maintains the Healthy Youth Funding (HY-FUND) Database, a continually updated database that offers timely, easily accessible information about federal, foundation, and state-specific funding opportunities for developing and improving a school health program (<http://apps.nccd.cdc.gov/HYFund/>).

These sites link to additional funding opportunities, give hints for contacting prospective funding sources, and provide assistance with proposal writing.

- <http://www.healthinschools.org/grants>
- <http://www.schoolgrants.org>
- <http://www.fundsnetservices.com/main.htm>
- <http://www.fdncenter.org>
- <http://www.grants.gov>

Publications

Worksite Health Promotion

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small presents the rationale for health promotion; links to the Healthy People 2010 objectives; tips for planning, implementing and evaluating a program; and an extensive list of health-promotion resources. It is available from the Partnership for Prevention, 1233 20th Street, NW, Suite 200, Washington, DC 20036-2362. Phone: (202) 833-0009. It can be downloaded at www.prevent.org.

The Guide to Community Prevention Services summarizes what is known about the effectiveness, economic efficiency, and feasibility of intervention to promote community health and prevent disease. One topic the guide addresses is promotion of worksite health. The reviews provide recommendations on worksite-specific policies and activities that can help employers choose among those health-promotion program components that have proven effective in changing the behavior and improving the health of employees. It is available from CDC at www.thecommunityguide.org/worksite/.

Coordinated School Health Programs, Including School Employee Wellness

Making the Connection: Health and Student Achievement. This PowerPoint presentation—developed by the Association of State and Territorial Health Officials (ASTHO) and the Society of State Directors of Health, Physical Education and Recreation (SSDHPER)—summarizes much of the research about the relationship between student achievement and health factors, including school employee wellness. It can be downloaded from SSDHPER's website at www.thesociety.org or from ASTHO's website at www.astho.org/?template=adolescent_school_health.html.

The School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Tool is designed to help schools identify the strengths and weaknesses of their health-promotion policies and programs; develop an action plan for improving student health; and involve teachers, parents, students, and the community in improving school policies and programs. It is available at www.cdc.gov/healthyyouth/SHI or it can be ordered by calling 1-800-CDC-INFO.

Fit, Healthy, and Ready to Learn: A School Health Policy Guide is designed to help schools develop, communicate, and implement policies. The guide contains research findings, excerpts from actual policies, and resource listings related to physical activity, healthy eating, preventing tobacco use, and preventing skin cancer. Download sample policies from www.nasbe.org/healthyschools/fithealthy.html or contact Safe and Healthy Schools Projects, National Association of State Boards of Education, 277 South Washington Street, Suite 100, Alexandria, VA 22314. Phone: (703) 684-4000. Fax: (703) 836-2313. E-mail: healthy@nasbe.org.

Health Is Academic: A Guide to Coordinated School Health Programs describes the links between health and learning, details the roles of the eight components of a coordinated school health program (including school-site health promotion for staff), and gives action steps for schools, districts, state education and health agencies, national education and health organizations, parents, and community organizations and members. It is available from Teachers College Press. Phone: (800) 575-6566.

Talking About Health Is Academic: Six Workshop Modules for Promoting a Coordinated Approach to School Health Programs. This toolkit contains narrative script, overheads, and handouts for presentations to support implementation of coordinated school health programs and their components. It is available from Teachers College Press. Phone: (800) 575-6566.

Step by Step to Health-Promoting Schools: A Guide to Implementing Coordinated School Health Programs in Local Schools and Districts (1998) and *Step by Step to Coordinated School Health: Program Planning Guide* (Revised 2005) examine factors that affect implementation of coordinated school health programs and provide guidelines, figures, worksheets, and checklists to track the process. Both documents are available from ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. Phone: (800) 321-4407. www.etr.org.

Stories from the Field: Lessons Learned About Building Coordinated School Health Programs, published by CDC, describes how nine communities have developed coordinated school health programs to improve the health status of students and staff to boost student achievement. The role of staff health promotion is highlighted at several sites. It is available from www.cdc.gov/healthyyouth. Phone: (800) CDC-INFO.

Changing the Scene: Improving the School Nutrition Environment, developed by the U.S. Department of Agriculture, is a toolkit that addresses the entire school nutrition environment, including pleasant eating experiences, quality school meals, other healthy food options, nutrition education, and marketing the issue to the public. The kit includes a variety of tools for use at the local level to raise awareness and address school environment issues that influence eating and physical activity practices. Ordering information is available at <http://www.fns.usda.gov/tn/Resources/changing.html>.

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