



## National School Boards Association

### Efforts to Improve Child Nutrition June 2009



The National School Boards Association (NSBA), through its School Health Programs department, supports NSBA's commitment to help school policymakers and educators make informed decisions about health issues affecting the academic achievement and healthy development of students and the effective operation of schools. Services are provided with and through NSBA's member state associations of school boards, and in partnership with other national organizations such as the National Association of State Boards of Education, Alliance for a Healthier Generation, and Action for Healthy Kids.

#### **Web-based services through NSBA's School Health Programs webpage** ([www.nsba.org/SchoolHealth](http://www.nsba.org/SchoolHealth))

- “101” Packets on school health topics such as Wellness and Nutrition provide the data, background information, research and sample policies to support local school board decision making.
- “Promising District Practices” website provides the “stories” of how school districts have acted to address healthy eating and physical activity.
- “Updates and Special Announcements” alert school officials to new research and reports on a wide range of health topics, including nutrition, to inform decision making. Users can sign up to obtain the “Updates” via an RSS feed.
- Searchable database of research, information and sample policies on a wide variety of school health topics including nutrition.

#### **Educational Programming**

- NSBA's annual conference (April 4-7, 2009, San Diego, CA): several sessions focused on school nutrition were held in partnership with such organizations as the Alliance for a Healthier Generation, Action for Healthy Kids, and the School Nutrition Association.
- Symposium on Childhood Obesity (July 2008, Little Rock, AR): 12 state teams that included members of state boards of education and local school board members convened to develop action plans to drive childhood obesity initiatives/policy change in their states. Ongoing technical assistance is provided to these state teams. This activity is supported by Leadership for Healthy Communities, a national program of the Robert Wood Johnson Foundation.

#### **Publications**

- Special report in *American School Board Journal* (February 2009) on “Health and Leadership” focusing on childhood obesity. This report was produced with support from Leadership for Healthy Communities, a national program of the Robert Wood Johnson Foundation.
- Articles on nutrition, physical activity, health and wellness are frequently published in *American School Board Journal*.
- Participation in the development of *Action Strategies for Healthy Communities*, a new toolkit for state and local policymakers to develop policy measures addressing issues around childhood obesity, including nutrition in schools (in partnership with Leadership for Healthy Communities, a national program of the Robert Wood Johnson Foundation).