

# Wellness Policy Implementation and Monitoring Resources

## General Evaluation and Implementation Resources

“Alaska School Wellness Toolkit.” State of Alaska, Department of Health and Social Services. 2006. 11 Dec. 2008.

<http://www.hss.state.ak.us/dph/chronic/school/pubs/AKSchoolWellness.pdf> (9.27 MB file).

“CDC Evaluation Working Group Resources.” Centers for Disease Control and Prevention. 2008. 11 Dec. 2008.

<http://www.cdc.gov/eval/resources.htm>

Provides basic background information on program evaluation and links to hundreds of manuals, tools, and resources from other organizations.

“Evaluating Community Programs and Initiatives.” Community Toolbox, University of Kansas. 2007. 11 Dec. 2008.

<http://ctb.ku.edu/en/Default.htm>

Please note the following sections for purposes of implementation and evaluation of wellness policies:

- **Do the Work**  
Toolkits outline key tasks, examples, and support for 16 core competencies or skill areas.
- **Solve a Problem**  
Troubleshooting guides identify common challenges in doing this work, reflection questions, and links to supports.

“Evaluating Local School Wellness Policies.” Wisconsin Department of Instruction. 11 Dec. 2008.

<http://dpi.state.wi.us/fscp/pdf/ne-eval-local.pdf>

When evaluating a local Wellness Policy, this resource provides general guidance on what needs to be addressed and what information needs to be collected at state and local levels.

“Evaluation Primer: An overview of education evaluation.” US Department of Education. 1993. 11 Dec. 2008.

<http://www.ed.gov/offices/OUS/PES/primer1.html>

“Framework for Program Evaluation in Public Health.” Centers for Disease Control and Prevention. MMWR 1999; 48(No. RR-11). 11 Dec. 2008.

<http://www.cdc.gov/eval/framework.htm>

“Local Wellness Policies One Year Later: Showing Improvements in School Nutrition and Physical Activity.” Action for Healthy Kids. 2007. 11 Dec. 2008.

<http://www.actionforhealthykids.org/filelib/WPAnalysisMay2007.pdf>

“Maintain, Measure and Evaluate the School Wellness Policy.” Montana Team Nutrition. 2006. 11 Dec. 2008.

<http://www.opi.mt.gov/pdf/schoolfood/MaintainMeasureEvaluate.pdf>

A handout consisting of seven suggestions that will serve as a guide in setting up an effective evaluation of school wellness policies.

“Maryland’s Healthy School Toolkit: Your Guide to Building a Foundation of Wellness.” Maryland State Department of Education. 2006.

<http://www.marylandpublicschools.org/NR/rdonlyres/BCF6A6DC-D1EE-4AB5-AFAB-F7FD8B1EE303/13094/ToolKitfinalwithlinks.pdf>

“Nutrition Education: Principles of Sound Impact Evaluation.” U.S. Department of Agriculture. 2005. 11 Dec. 2008.

<http://www.fns.usda.gov/oane/MENU/Published/NutritionEducation/Files/EvaluationPrinciples.pdf>

“Policy in Action: A Guide to Implementing Your Local School Wellness Policy.” California Project LEAN. 2006. 11 Dec. 2008.

<http://www.californiaprojectlean.org/resource/library/default.asp>

Scroll down and click on School Wellness Policy Tools, and then Policy in Action guide.

A user-friendly guide designed to serve as a roadmap for implementing school nutrition and physical activity policies, including local wellness policies. Includes helpful hand-outs to develop a plan of action for policy implementation.

“Progress or Promises? What’s Working For and Against Healthy Schools.” Action for Healthy Kids. 2008. 11 Dec. 2008.

[http://www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

“School Wellness Resource Kit.” Coalition for Activity and Nutrition to Defeat Obesity. 11 Dec. 2008.

<http://www.candoonline.org/school/>

## **Physical Activity / Physical Education**

“Health & PE.” Maryland Voluntary State Curriculum. 2006. 11 Dec. 2008.

<http://www.mdk12.org/instruction/curriculum/health/index.html>

“Moving into the Future: National Standards for Physical Education.” National Association for Sport and Physical Education. 2004. 11 Dec. 2008.

<http://www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html>

“Opposing Substitution and Waiver/Exemptions for Required Physical Education.” [Position Paper]. National Association for Sport and Physical Education. (2006). 11 Dec. 2008.

[http://www.aahperd.org/naspe/pdf\\_files/pos\\_papers/OpposingSubstitutionWaiverExemptions.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/OpposingSubstitutionWaiverExemptions.pdf)

“Physical Activity Evaluation Handbook.” Centers for Disease Control and Prevention. 2002. 11 Dec. 2008.

<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

“Physical education is critical to a complete education.” [Position paper]. National Association for Sport and Physical Education. 2001. 11 Dec. 2008.

[http://www.aahperd.org/Naspe/pdf\\_files/pos\\_papers/pe\\_critical.pdf](http://www.aahperd.org/Naspe/pdf_files/pos_papers/pe_critical.pdf)

“Position on Dodgeball in Physical Education.” [Position paper]. National Association for Sport and Physical Education. 11 Dec. 2008.

[http://www.aahperd.org/Naspe/pdf\\_files/pos\\_papers/dodgeball.pdf](http://www.aahperd.org/Naspe/pdf_files/pos_papers/dodgeball.pdf)

“Recess for elementary school students.” [Position paper]. National Association for Sport and Physical Education. 2006. 11 Dec. 2008.

[http://www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RecessforElementarySchoolStudents.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RecessforElementarySchoolStudents.pdf)

“The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds.” Kenneth R. Ginsburg and the Committee on Communications and the Committee on Psychosocial Aspects of Child and Family Health. Pediatrics. 2007; 119; 182-191. 11 Dec. 2008.

<http://pediatrics.aappublications.org/cgi/reprint/119/1/182>

“Understanding the Difference: Is It Physical Education Or Physical Activity?” National Association for Sport and Physical Education. 11 Dec. 2008.

[http://www.aahperd.org/aahperd/pdf\\_files/PEvsPA.pdf](http://www.aahperd.org/aahperd/pdf_files/PEvsPA.pdf)

“What constitutes a quality physical education program?” [Position paper]. National Association for Sport and Physical Education. 2003. 11 Dec. 2008.

[http://www.aahperd.org/Naspe/pdf\\_files/pos\\_papers/qualityPePrograms.pdf](http://www.aahperd.org/Naspe/pdf_files/pos_papers/qualityPePrograms.pdf)