



**Orange County NuPAC** (Nutrition and Physical Activity Collaborative) is a county-wide collaborative whose mission is to lead coordinated efforts and maximize resources to decrease obesity and improve healthy eating and physical activity among OC families and communities.

## MOVE MORE, EAT HEALTHY OC

Congratulations on your commitment to the county-wide, multi-year NuPAC **"Move More, Eat Healthy OC"** campaign. Together we can help fight obesity within the communities we live, work and play. NuPAC recognizes this unique opportunity for facilitating a toolkit for organizations to build a healthier community. As we all know, creating a healthy community is about creating physical and policy changes to our environment. Furthermore, in this toolkit we have identified several resources by sector to assist you in helping your organization find the right programs, policies and best practices. As new resources become available we will update this toolkit. Remember, you can always count on NuPAC if you need technical assistance or further information or resources. Thank you for your commitment and good luck!

The *Move More, Eat Healthy OC* Campaign was created to help OC organizations commit to specific actions that together would help address obesity in our community. The NuPAC Obesity Prevention Plan and the California Obesity Prevention Plan support six key strategies identified by the CDC that have been shown to produce positive results.

- ❖ *Increase consumption of fruits and vegetables*
- ❖ *Increase physical activity*
- ❖ *Increase breastfeeding initiation, duration and exclusivity*
- ❖ *Decrease consumption of sugar-sweetened beverages*
- ❖ *Decrease consumption of high energy dense foods (foods that are high in calories but have low nutritional value)*
- ❖ *Decrease television viewing time*



The strategies can be implemented in a variety of ways through multiple sectors. The *Move More Eat Health OC* commitment forms list activities that support these strategies.

# SCHOOLS

## UPDATE YOUR DISTRICT SCHOOL WELLNESS COUNCIL AND POLICY

- This is the first step to helping fight obesity in the school environment, but everyone has to be on the same page. Re-establishing a School Wellness Council with oversight and accountability for implementing your School Wellness Policy and programs will ensure that everyone has the same goals and objectives.
- School Wellness Councils promote and advocate for school-based obesity prevention through nutrition education and physical activity; encouraging elementary classroom teachers to adopt nutrition education with integrated physical activity/physical education session increases student wellness and improves academic performance.
- Wellness Policy nutrition guidelines in secondary schools sets requirements for serving healthy foods and beverages before, during and after school.
- Secondary schools are required to provide 200 minutes a week of Physical Education (PE) to all students. Updating your Wellness Policy to require that there be equitable class sizes in PE and that a minimum of 50% of Physical Education class time is spent in Moderate-To-Vigorous Physical Activity has been shown to increase student fitness, academic test scores and student behavior.
- School Wellness Policy sets district guidelines on amount of physical activity, including physical education, students get as well as food policies for students and staff before, during and after school.
- Re-establishing an active District Wellness Council with community, Physical Education and Health teachers, student, food service, after school program and administrative representation and buy-in, supports successful implementation of District School Wellness Policies.
- For guidance, laws and regulations in the State of California school wellness policies visit [http://www.californiahealthykids.org/Pages/articles/guidance\\_for\\_wellness.pdf](http://www.californiahealthykids.org/Pages/articles/guidance_for_wellness.pdf)

## ADDITIONAL RESOURCES TO HELP YOUR WELLNESS COUNCIL BECOME A *MOVE MORE EAT HEALTHY SCHOOL*

- **Physical Activity and Physical Education Policy** - Programs that meet or exceed State mandates improve student health, fitness and academic performance. To find out more the state requirements for Physical Education follow this link <http://www.cde.ca.gov/be/ms/po/policy99-03-June1999.asp>.
- **Nutrition Policy** - Education, food and beverage policies, programs, and practices that meet or exceed State and Federal mandates. <http://www.cde.ca.gov/ls/nu/sn/mbnsdsnp082008.asp>
- **New improved School Wellness Policies** - To be a leader and go beyond what the state requires consider evaluating, updating and implementing new research-based nutrition and physical activity policies from the California School Board Association <http://www.csba.org/EducationIssues/EducationIssues/Wellness.aspx>

## SIGN-UP FOR THE FREE *GOVERNOR'S CHALLENGE* OR *PRESIDENT'S CHALLENGE*

- ***Governor's Fitness Challenge***  
This is a FREE state-wide challenge for schools K-12 to get the students, teachers, and community healthy. You will need to designate a coordinator to be in charge of your school. Not only will this encourage individuals to become healthy and more active but it will also give your school a chance for prizes, awards and recognition. You must sign-up by May 4, 2011. Get the 2011 brochure at [http://media.calgovcouncil.org/pdf/2011\\_BrochureFull.pdf](http://media.calgovcouncil.org/pdf/2011_BrochureFull.pdf)
  - For an overview and Q & A, [http://www.calgovcouncil.org/challenge/new\\_Page1/](http://www.calgovcouncil.org/challenge/new_Page1/)
  - Sign-Up, <http://www.calgovcouncil.org/challenge/>
- ***President's Fitness Challenge***
  - Assist people of all ages and abilities in increasing physical activity and becoming healthy.
  - Four challenges to choose from:
    1. Physical Fitness Test, Adult Fitness Test
    2. Presidential Active Lifestyle Award Challenge
    3. Presidential Champions Challenge

For more information & to sign-up, <http://www.presidentschallenge.org/participate/index.shtml>

▪ **Sign up for the FREE *Let's Move In School Initiative***

- ***Let's Move In School Pledge:*** "Every kid has the right to grow-up healthy and be able to pursue their dreams".
- 33% of all California children are overweight or obese. This is a nation-wide challenge to get kids healthy give us, as a country, a goal to work together towards to change this.
- Principals, classroom and PE teachers can get free resources, program and lesson plans when you join the national AAHPERD and State CAHPERD - Let's Move in School initiative at <http://www.aahperd.org/letsmoveinschool/>
- Parents can help make schools healthier places to learn by supporting quality nutrition education and integrating physical activity into the classroom during the day, teaching children about the importance of embracing a healthy, active lifestyle (Let's Move, 2011).
- Sign-up your school at <http://www.letsmove.gov/schools.php>

▪ **Sign up for FREE Nutrition Education Programs at *Dairy Council of California***

▪ **Elementary, Secondary, and Parent Nutrition Education**

- The Dairy Council of California provides:
  - Information that you can use in your classroom to teach the students about being healthy. Parent education - Five booklets are available for free in English & Spanish to teach nutrition to parents.
  - Request all materials at <http://www.dairycouncilofca.org/>

▪ ***Fuel Up to Play 60***

- Fuel Up to Play 60 is a fun, National Football League-sponsored interactive program that allows YOU, the teachers and staff, to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active. Take fun Challenges with your classmates along the way to have the chance to earn prizes; you can even be recognized on our website for your efforts (Dairy Council, 2011). Fuel Up to Play 60 is your chance to make a commitment to healthy eating and 60 minutes of physical activity every day. Make a difference for yourself and make your school an even better place (Dairy Council, 2011). For more information visit: <http://www.fueluptoplay60.com/>

▪ **Sign up for FREE *Network for a Healthy California Program Activities***

- The *Network* Program includes nutrition education and physical activity promotion activities for students, as well as parents and is active throughout the county. To find out if your school district is an active *Network* partner, please contact Kari Tuggle @ [ktuggle@ocde.us](mailto:ktuggle@ocde.us)
- Participate in one or more of these *Network*-affiliated activities:
  - ***Harvest of the Month:*** Free resources to promote a fruit or vegetable every month in the classroom, cafeteria, and the overall school environment. Resources include recipes, newsletters, and classroom connection. For more information, visit [www.harvestofthemonth.com](http://www.harvestofthemonth.com)
  - ***Children's Power Play! Campaign:*** FREE nutrition education resources for 4th and 5th grades and community youth organizations. Resources are linked to CA State Content Standards, National Health Ed Standards, and can be counted towards the School Wellness Policy. On site teacher and youth leader trainings available, as well as fun promotions to encourage children to consume more fruits and vegetables and be physically active. Participating schools and community youth organizations may be eligible for FREE fruits and vegetables for their students! [www.networkforahealthycalifornia.net/powerplay](http://www.networkforahealthycalifornia.net/powerplay)

- **Share the “Rethink Your Drink” message**

- In recent years, the number, variety and portion size of beverages has increased significantly. Beverages account for over 20% of daily calories consumed and soda is one of the top five sources of energy for children. The *Rethink Your Drink* (RYD) initiative is helping residents to 1) read food labels, 2) select appropriate portion sizes and 3) make healthier choices. Resources include:
- RYD core lesson plans – developed by NuPAC, [www.ochealthinfo.com/nupac](http://www.ochealthinfo.com/nupac)
- Beverages: Make Every Sip Count – developed by NuPAC and the Dairy Council of California
- English [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count.pdf)
- Spanish [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count\\_Spanish.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count_Spanish.pdf)
- Vietnamese [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count-vietnamese\\_web.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count-vietnamese_web.pdf)
- Handouts, resources and more from the Centers for Disease Control and Prevention (CDC): [www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

For more information, contact Dawn Robinson, *Network for a Healthy California–Orange County Region* at (714) 834-7984 or [drobinson@ochca.com](mailto:drobinson@ochca.com)

- ❖ **Orange County Resources**

- The **Network for a Healthy California** is lead by the California Department of Public Health and represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity. Regional Network partners in Orange County include:
  - Regional Collaboration – bringing trainings and coordination to partners
  - Children’s Power Play Campaign – reaching children
  - Latino Campaign – reaching Latino adults and families
  - Retail Program – reaching grocery stores and shoppers in low-income areas
  - Worksite Program – reaching low wage earners

Several school districts and the County of Orange Health Care Agency also support Network efforts.

For more information, contact Anna Luciano Acenas, *Network for a Healthy California–Orange County Region* at (714) 834-8673 or [aluciano@ochca.com](mailto:aluciano@ochca.com).

- **Kid Healthy** –Steps to Healthy Living which is a in School partnership with the Power Play Campaign which a component of the physical activity with useful tools to increase physical activity. For more information on Kid Healthy please visit: [www.mykidhealthy.org](http://www.mykidhealthy.org)
- **KID HEALTHY—Padres** en Accion which is a partnership with Jennifer’s Chavez’s Network for a Healthy CA. Champion Moms and the SAUSD. The first 6 Moms were trained and now they are doing the Peer to Peer Training in the school. They do a 6 week training of parents in individual schools (using the Popular Education Model) that educates them on their schools wellness policy and empowers them to be active in evaluation the lunches and Physical Activity. For more information on Kid Healthy Padres en Accion please visit: <http://www.mykidhealthy.org/padres.html>
- The **Healthy for Life** campaign’s goal is to provide children, youth, schools and communities with the tools and resources to help them maintain a healthier lifestyle with a multi-tiered approach includes fitness and nutritional and lifestyle components. For more information: <http://www.stjhs.org/SJHSPPrograms/healthyforlife>
- **PE4Me** is an innovative health and fitness program that addresses the rising trend in childhood obesity through a school-based intervention model. The program is offered through the St. Joseph Health System and the Orange County Chapter of the American Academy of Pediatrics (CA4, AAP). For more information please visit, <http://www.pe4meonline.com/index.html>
- **Lean Kids** is committed to provide a solution to a growing and serious problem that threatens our children’s futures and society. By addressing the issue with children and their families, the risk of obesity and its related comorbidities into adulthood can be reduced. For more information please visit: <http://www.leankids.net/aboutus.asp>

## COMMUNITY-BASED ORGANIZATIONS

- **Make program meals/snacks healthier by providing fresh fruits and vegetables and switching from sugar-sweetened beverages to water, milk and non-sugar-sweetened beverages.**
  - Fresh fruits and vegetables boost your energy, immune system, and brain. Use them in your organization to boost your program.
  - Ideas for healthy snacks, [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)
- **Incorporate healthy living messages in programming to encourage healthy eating habits and encourage physical activity at home, school, and parks and in the community.**
  - Ideas of messages to incorporate into your program, [www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Healthy\\_message\\_campaign?OpenDocument](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Healthy_message_campaign?OpenDocument)
  - Healthy lifestyles include; healthy snacking, better choices for beverages, and different and fun ways to get active.
- **Adopt the *Rethink Your Drink* or Parent “Champion for Change”**
  - **Share the “Rethink Your Drink” message**
    - In recent years, the number, variety and portion size of beverages has increased significantly. Beverages account for over 20% of daily calories consumed and soda is one of the top five sources of energy for children. The *Rethink Your Drink* (RYD) initiative is helping residents to 1) read food labels, 2) select appropriate portion sizes and 3) make healthier choices. Resources include:
      - RYD core lesson plans – developed by NuPAC, [www.ochealthinfo.com/nupac](http://www.ochealthinfo.com/nupac)
      - Beverages: Make Every Sip Count – developed by NuPAC and the Dairy Council of California
      - English [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count.pdf)
      - Spanish [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count\\_Spanish.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count_Spanish.pdf)
      - Vietnamese [www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count-vietnamese\\_web.pdf](http://www.dairycouncilofca.org/PDFs/Beverages-make-every-sip-count-vietnamese_web.pdf)
      - Handouts, resources and more from the Centers for Disease Control and Prevention (CDC): [www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)
  - For more information, contact Dawn Robinson, *Network for a Healthy California–Orange County Region* at (714) 834-7984 or [drobinson@ochca.com](mailto:drobinson@ochca.com)
  - **Support Parent “Champions for Change”**
    - NuPAC partners are working to teach parents, especially those from low-income areas, about nutrition and ways to make changes to improve the health of their families and neighborhoods. Over 20 OC parents have been recognized as “Champion Moms” and they have shared their knowledge and experience with other parents and policymakers.
    - To learn ways to eat more fruits and vegetables, be active and make changes in your community visit: *Network for a Healthy California* - Champions for Change - [www.cachampionsforchange.net](http://www.cachampionsforchange.net)
    - For more information, contact Anna Luciano Acenas, *Network for a Healthy California–Orange County Region* at (714) 834-8673 or [aluciano@ochca.com](mailto:aluciano@ochca.com).
- **Staff Wellness**
  - Employee Health and Fitness Month is May find out how to provide activity in your organization, <http://www.physicalfitness.org/>
  - A resource guide to assist you making activities and to find out award information, <http://www.aahperd.org/>
  - Wellness proposals, a free guide to helping you make your goal, <http://www.wellnessproposals.com/>
- **Additional Resources**
  - **The Network for Healthy California – Latino Campaign** is a public health initiative led by the California Department of Public Health. Its purpose is to empower low-income Latino adults and their families to consume the recommended amount of fruits and vegetables and enjoy physical activity every day. For more information please contact, Maria Rosas, Latino Campaign Coordinator (714) 899-3684, ext. 5316.
  - Adopt policies or practices available in the **“Fit Business Toolkit”** published by the California Department of Public Health. This may include but is not limited to providing healthier snack choices at events. (<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-CheckforHealth.pdf>)

## FAITH BASED ORGANIZATIONS

- **Nourish the Body**
  - Make congregational and child care program meals/snacks healthier by providing fresh fruits and vegetables and switching from sugar-sweetened beverages to water, milk and non-sugar-sweetened beverages.
    - For ideas about beverages check out *Rethink Your Drink*, [http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)
    - Ideas for healthy snacks, [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)
    - "Fit Business Toolkit", this may include but is not limited to providing healthier snack choices at events. (<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-CheckforHealth.pdf>)
- **Educate in Faith**
  - Incorporate healthy living messages in youth curriculum to encourage healthy habits connected with teaching in your faith's tradition.
  - Educating your congregation on practicing healthier lifestyle choices and increasing physical activity will disseminate the message throughout different families and generations.
    - Ideas of messages to incorporate into your program, [http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Healthy\\_message\\_campaign?OpenDocument](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Healthy_message_campaign?OpenDocument)
- **Serve the Community**
  - Provide access to your facilities for local schools or youth groups to safely engage in physical activity opportunities after school and on week-ends.
  - Have a designated physical activity area where members can exercise or teach others about nutrition.
    - Find out how to provide activity in your organization, <http://www.physicalfitness.org/>
- **Be Faithful to Fitness**
  - Host a family physical activity in your congregation, such as a walk, fun run or other activity and incorporate physical activity in your youth programs.
    - A resource guide to assist you making activities and to find out award information, <http://www.aahperd.org/>
    - Wellness proposals, a free guide to helping you make your goal, <http://www.wellnessproposals.com/>
- **Reach out to the Vulnerable**
  - Healthy options may not be affordable for many of your members. Host a food pantry that includes healthy options for members of your Congregation. This will increase availability of healthier options as well as educating members about them.
    - Local food banks will help you execute a food drive, just ask.
      - Orange County Food Bank, <http://www.capoc.org/>
      - Second Harvest Food Bank, <http://feedoc.org/>

## HEALTHCARE SECTOR

### ❖ **Commit to Register with Baby Friendly Hospital**

- Take this initiative and Complete Discovery Phase by December 31, 2011. Get information at, [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

### ❖ **Partner with California Department of Public Health (CDPH) Birth and Beyond Program**

- Do this by December 31, 2011. For more information visit, [www.cdph.ca.gov/programs/breastfeeding](http://www.cdph.ca.gov/programs/breastfeeding)

### ❖ **Partner with the American Academy of Pediatrics (AAP)**

- For more information please visit: <http://www.aapca4.org>

### ❖ **Join the Orange County Breastfeeding Coalition**

- The OCBFC supports and promotes breast feeding for all infants and young children. To learn more please visit: <http://www.ocbreastfeedingcoalition.org/Home.html>

### ❖ **Establish obesity reduction as a priority in Community Benefit Plan**

#### ▪ **Learn more about obesity**

- The CDC on obesity, <http://www.cdc.gov/obesity/index.html>
- The American Heart Association, [www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Obesity/Obesity-Information\\_UCM\\_307908\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Obesity/Obesity-Information_UCM_307908_Article.jsp)

#### ▪ **To learn more about ways to reduce obesity**

- *Rethink Your Drink*, click on the following links: <http://www.ochealthinfo.com/nupac>, federal website from the first lady, [http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)
- Ideas for healthy snacks, [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)
- "Fit Business Toolkit", this may include but is not limited to providing healthier snack choices at events. (<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-CheckforHealth.pdf>)

### ❖ **Promote healthy lifestyles in community screenings and health fairs**

- A healthy lifestyle can include but is not limited to, a healthy Body Mass Index (BMI), a healthy weight, non-sedentary lifestyle, a healthy blood pressure, little to no stress, and eating healthy foods. For more information about these healthy life signs check out,
  - BMI and Healthy Weights, <http://www.cdc.gov/healthyweight/assessing/bmi/>
  - Ways to be active, <http://www.physicalfitness.org/> , <http://www.wellnessproposals.com/> , [www.letsmove.gov](http://www.letsmove.gov)
  - Healthy Eating, [http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf) , [http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)

### ❖ **Other Information for Health Care Providers**

- Every interaction with a patient is an opportunity to educate them on the importance of healthier food choices and physical activity.
- Support and educate patients about breastfeeding or BMI screening is vital to decreasing obesity at a community level.
- Promote and implement preventative standards of care that support regular physical activity and healthy eating in a manner sensitive to culture, age and individual abilities. Encourage referral to community resources that can assist in the prevention and treatment of overweight individuals.

## GOVERNMENT OFFICIALS

### ❖ Endorse the HEAL Campaign or Let's Move Campaign

- **HEAL Campaign**, <http://www.healcitiescampaign.org/>
  - Policy makers play an essential role in community nutrition, access to healthier food choices and other factors that contribute to decreasing obesity. Enforcing these policies can move whole cities in the direction of a healthier lifestyle
  - The Healthy Eating Active Living Cities (HEAL) Campaign strives to improve nutrition and increase areas for physical activity.
  - Government officials can adopt policies that focus on land use, healthy food, and employee wellness.
    - By planning the use of land with physical activity as a priority, cities can provide more exercise friendly zones.
    - Cities have the opportunity to attract healthy food retailers therefore increasing the availability of healthier food options.
    - Fighting obesity in the workplace can lower healthcare costs for employers as well as employees and maximize worker productivity.
  - The Campaign designates cities based on which policies the city chooses to focus on and how many policies that city would like to adopt, therefore the cities can be designated as an Eager City, Active City or Fit City. [http://www.healcitiescampaign.org/eager\\_active\\_fit\\_cities.html](http://www.healcitiescampaign.org/eager_active_fit_cities.html)
- **Let's Move Campaign** [www.letsmove.gov/](http://www.letsmove.gov/)
  - First Lady, Michelle Obama, launches this initiative in an attempt to change the path of obese children by educating parents on the issue as well as creating environments that support healthy choices, and therefore ensuring families across the nation have access to affordable, healthy food.
  - Help your city become a *Let's Move* city by helping parents make healthy family choices, creating healthy schools, and providing access to healthy and affordable food and promoting physical activity. [http://www.letsmove.gov/pdf/TAKE\\_ACTION\\_MAYOR\\_ELECTED\\_OFFICIALS.pdf](http://www.letsmove.gov/pdf/TAKE_ACTION_MAYOR_ELECTED_OFFICIALS.pdf)
  - This holistic approach makes an impact in several areas of the community that play a vital role in the lifestyles of families and their nutritional habits.

### ❖ Establish/ continue model planning, land use and transportation policies

- This includes practices that promote physical activity and/or nutrition and lead to reduced obesity.
- Implement community policies and general plan language that promotes walking, biking and public transportation use.
- Develop complete streets, build paths and trails and connect sidewalks in order to promote physical activity.
- Increase access to water in all public facilities and public space.
- For more information on how to complete your cities projects,
  - Leadership for Healthy Communities: <http://www.leadershipforhealthycommunities.org/content/view/294/128/>
  - Planning from the DOT, <http://www.dot.ca.gov/hq/tpp/faqs.html>
  - NACCHO, <http://www.naccho.org/topics/environmental/landuseplanning/toolbox.cfm>

## **ADDITIONAL ONLINE AND PUBLICATION RESOURCES**

Orange County Department of Education  
<http://HealthySchools.ocde.us>

Center for Disease and Control and Prevention, CDC Overweight and Obesity  
<http://www.cdc.gov/obesity/index.html>  
<http://www.cdc.gov/healthycommunitiesprogram/>

OC Health Needs Assessment Partnership on Health  
<http://www.ochna.org/publications/documents/Final5aDay.pdf>

Communities of Excellence in Nutrition, Physical Activity & Obesity Prevention  
<http://www.ca5aday.com/cx3/>

Robert Wood Johnson Foundation Child Obesity  
<http://www.rwjf.org/childhoodobesity>

Healthy Eating Active Communities  
[http://www.healthyeatingactivecommunities.org/ca\\_convergence.php](http://www.healthyeatingactivecommunities.org/ca_convergence.php)

California Convergence  
[http://www.californiaconvergence.org/national\\_convergence.php](http://www.californiaconvergence.org/national_convergence.php)

### **If you have any questions regarding the Campaign please contact:**

NuPAC- Obesity Prevention Plan

Michele Martinez, Director

[mmartinez@capoc.org](mailto:mmartinez@capoc.org)

(714) 899-3684 Ext. 5307

11870 Monarch St. Garden Grove, CA 92841

<http://www.ocobesitypreventionplan.com/>

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