



About National Action For Healthy Kids

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students—and healthy students are better able to learn and achieve their true potential. AFHK fosters sharing and collaboration among diverse stakeholders to encourage and facilitate meaningful change in schools.

For information, valuable resources, and tools for action, please visit www.actionforhealthykids.org



Join Washington State Team!

The Washington State team meets twice a year. Most of the work on our action plan is completed by four sub-committees (see below). For more information on joining Washington AFHK and to get access to the "Members Only" sections of the national AFHK website, contact:

Ruth Abad (co-chair) ruth.abad@doh.wa.gov or 360.236.3702

Sue Anderson (co-chair) suea@chef.org or 800.323.2433

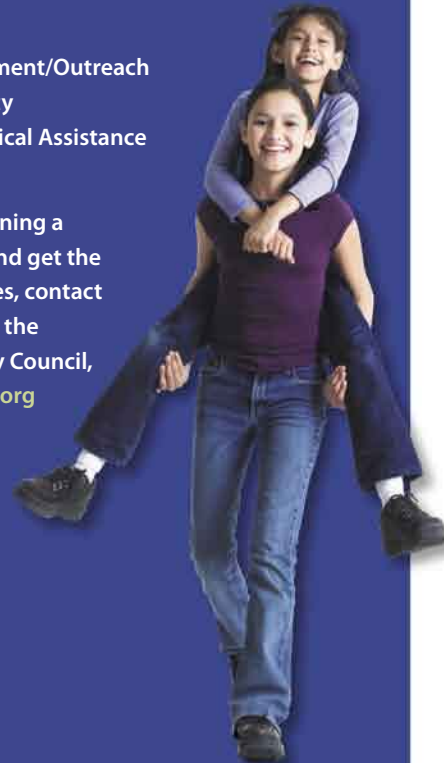
Be Involved – Join a Sub-Committee!

Four sub-committees meet to plan and implement activities to attain state goals and initiatives. The committees also provide leadership to the state team through an executive committee.

Committees:

- Team Development/Outreach
- Advocacy/Policy
- Training/Technical Assistance
- Evaluation

To learn about joining a sub-committee and get the meeting schedules, contact Mollie Langum at the Washington Dairy Council, Mollie@eatSMART.org or 425.744.1616, extension 205.



Washington State Action for Healthy Kids

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Mission

To improve children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting, and implementing state goals and initiatives.

Goals

1. School Nutrition: Adopt policies ensuring that all nutrition (foods and beverages) available on school campuses and at school events contributes toward eating patterns that are consistent with the Dietary Guidelines for Americans. Provide age-appropriate and culturally sensitive instruction that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain, and enjoy healthy eating habits.

2. Physical Education:

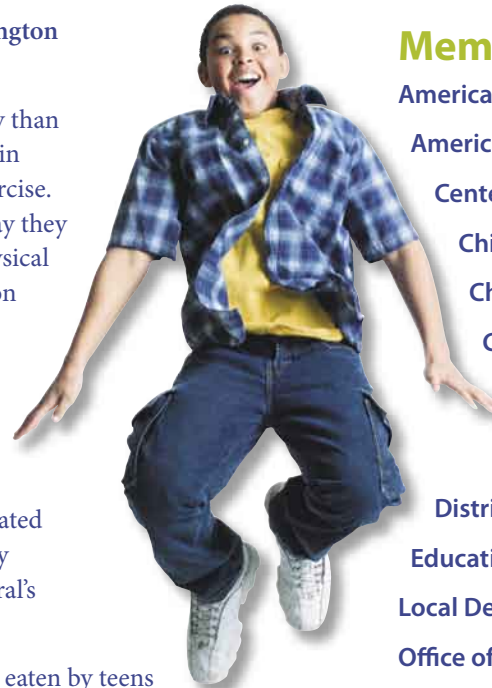
Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that provides age-appropriate and culturally sensitive instruction to help develop the knowledge, attitudes, skills, behaviors, and confidence needed to be physically active for life.

3. Advocacy & Policy: Provide leadership and advocacy for school nutrition, physical activity, and wellness policies to positively impact the health of children, from pre-kindergarten through grade 12.

Statistics

According to the 2004 Washington State Healthy Youth Survey:

- Older students are less likely than younger students to engage in vigorous cardiovascular exercise. About 82% of 6th graders say they participated in vigorous physical activity (meeting the Surgeon General's recommendation) compared to about 61% of 12th graders.
- Only about one-third of students in 8th, 10th, and 12th grade say they participated in moderate physical activity (meeting the Surgeon General's recommendation).
- One-fourth of all vegetables eaten by teens nationally are in the form of french fries.
- Only about one in four 8th graders and one in five 10th and 12th graders report that they eat fruits and vegetables five or more times a day.
- One in five adolescents in 8th, 10th, and 12th grade report drinking two or more sodas a day.
- About one-fourth of Washington adolescents are overweight or at risk for becoming overweight.
- About 37% to 42% of students surveyed indicate that they are trying to lose weight. From 11% to 13% of 8th, 10th, and 12th graders also report that they had fasted, taken diet medications without a doctor's advice, vomited, or taken laxatives to lose weight.
- Nearly one-third of 8th graders and about one-half of 12th graders say they do not usually eat dinner with their families.



Washington State Team Member Organizations

- American Cancer Society
- American Heart Association
- Center for Public Health Nutrition
- Children's Alliance
- Children's Hospital and Medical Center
- Citizens' Campaign for Commercial-Free Schools
- Comprehensive Health Education Foundation
- Distributive Education Clubs of America (DECA)
- Educational Service Districts
- Local Departments of Public Health
- Office of Superintendent of Public Instruction
- Steps to a HealthierUS: Various Washington communities
- WA Alliance For Health, Physical Education, Recreation & Dance (WAHPERD)
- WA Chapter of the American Academy of Pediatrics
- WA Coalition for Promoting Physical Activity
- WA School Districts
- WA School Nutrition Association
- WA State Board of Health
- WA State Dairy Council
- WA State Department of Health
- WA State PTA
- WA State School Directors' Association