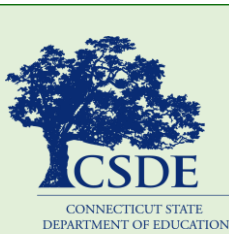


HEALTHY SCHOOL ENVIRONMENT RESOURCES

Health and Achievement

This list contains online resources on the connection between health and achievement. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to healthy school environments, see the CSDE's other resource lists on the [Resources for Child Nutrition Programs](#) webpage.



For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesachieve.pdf.

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- 3 Ways Nutrition Influences Student Learning Potential and School Performance (Extension, 2014):
<http://articles.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance>
- Achievement Gaps: Improve Achievement for All Students (National Education Association):
www.nea.org/home/AchievementGaps.html
- Active Education: Growing Evidence on Physical Activity and Academic Performance* (Robert Wood Johnson Foundation, Research Brief, January 2015): <http://activelivingresearch.org/ActiveEducationBrief>
- Addressing the Needs of the Whole Child: What Public Health Can Do to Answer the Education Sector's Call for a Stronger Partnership* (Preventing Chronic Disease: Public Health Research, Practice and Policy, volume 8(20)A44, March 2011): www.cdc.gov/pcd/issues/2011/mar/pdf/10_0014.pdf
- Better Academic Performance — Is Nutrition the Missing Link?* (Today's Dietitian, October 2014, Vol. 16 No. 10 P. 64): www.todaysdietitian.com/newarchives/100614p64.shtml
- Breakfast – Key to Academic Excellence* (B-1 Home) (CSDE and New England Dairy and Food Council, 2009):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/breakfast1_home.pdf
- Breakfast – Key to Academic Excellence* (B-2 School) (CSDE and New England Dairy and Food Council, 2009):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/breakfast2_sbp.pdf
- Breakfast: The Key to Learning (Academy of Nutrition and Dietetics):
www.eatright.org/resource/food/nutrition/eating-as-a-family/breakfast-the-key-to-learning
- Burn to Learn Infographic* (Centers for Disease Control and Prevention, 2013):
<https://www.cdc.gov/nccddphp/dch/multimedia/infographics/burntolearn.htm>
- Childhood Nutrition Facts (Centers for Disease Control and Prevention):
www.cdc.gov/healthyschools/nutrition/facts.htm
- Exercise Improves Executive Function and Achievement and Alters Brain Activation in Overweight Children: A Randomized Controlled Trial* (Davis, C., Tomporowski, P.D., McDowell, J.E., Austin, B.P., & Miller, P.H. Health Psychology, 30(1),91-98, 2011): www.ncbi.nlm.nih.gov/pubmed/21299297
- Facts About Healthy Students = Successful Learners* (Nemours Health and Preventative Services, 2009):
www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/school/healthacadem.pdf
- Good Food + Exercise = Good Grades* (Texas Department of Agriculture, 2006):
www.squaremeals.org/Portals/8/files/publications/School%20Meal%20Facts2.pdf
- Health and Academic Achievement* (Centers for Disease Control and Prevention, 2014):
www.cdc.gov/healthyschools/health_and_academics/pdf/health-academic-achievement.pdf
- Health and Academics (Centers for Disease Control and Prevention):
www.cdc.gov/HealthyYouth/health_and_academics/
- Health Education in Schools: The Importance of Establishing Healthy Behaviors in our Nation's Youth* (American Cancer Society, American Diabetes Association and American Heart Association, May 2008):
www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_308679.pdf
- Healthier Students Are Better Learners. A Missing Link in Efforts to Close the Achievement Gap* (Charles E. Basch, Campaign for Educational Equity, Teachers College, Columbia University, March 2010):
www.equitycampaign.org/events-page/equity-in-education-forum-series/past-events/healthier-students-are-better-learners-a-missing-link-in-efforts-to-close-the-a/12557_EquityMattersVol6_Web03082010.pdf
- How Are Student Health Risks & Resilience Related to the Academic Progress of Schools?* (WestEd, 2004):
<http://chks.wested.org/resources/EnsuringNCLB.pdf>

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- Hunger: Its Impact on Children's Health and Mental Health.* (Weinreb, L. et al., Pediatrics, 110(4): e41, October 2002): www.pediatrics.org/cgi/reprint/110/4/e41.pdf
- Improving Attendance, Health and Behavior: Moving Breakfast Out of the Cafeteria* (American Association of School Administrators, School Governance & Leadership, winter 2013, vol. 8 no. 1 2013): www.aasa.org/uploadedFiles/Childrens_Programs/School_Breakfast/School%20Breakfast_Winter2013.pdf
- Learning and Health: Healthy School Communities (ASCD): www.ascd.org/programs/learning-and-health/healthy-school-communities.aspx
- Learning For Life: Physical Education in Public Schools* (American Cancer Society, American Diabetes Association and American Heart Association, May 2008): www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_304865.pdf
- Making the Connection: Health and Student Achievement* PowerPoint presentation (Association of State and Territorial Health Officials (ASTHO) and Society of State Directors of Health, Physical Education and Recreation (SSDHPER), 2002): www.activeliving.org/node/112
- Making the Connection: Linking Academic Achievement to Policies to Promote Physical Activity* (Active Living Research, Robert Wood Johnson Foundation, 2011): <http://activelivingresearch.org/making-connection-linking-academic-achievement-policies-promote-physical-activity> .
- Nutrition, Physical Activity and Academic Achievement* (California Project Lean, 2005): www.californiahealthykids.org/articles/NPA_4.pdf
- Our Journey to Good Health* (School Administrator, January 2003): www.aasa.org/SchoolAdministratorArticle.aspx?id=9318
- Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement* (Centers for Disease Control and Prevention): www.cdc.gov/healthyyouth/health_and_academics/pdf/physical_inactivity_unhealthy_weight.pdf
- Policy Statement on School Health* (The Council of Chief State School Officers, 2004): www.ccsso.org/resources/publications/policy_statement_on_school_health.html
- Relationship of Nutrition and Physical Activity Behaviors and Fitness Measures to Academic Performance for Sixth Graders in a Midwest City School District* (Edwards, J.U., Mauch, L., & Winkelman, M.R. Journal of School Health, February 2011, 81(2): 65-73): www.ncbi.nlm.nih.gov/pubmed/21223273
- Research Brief: Breakfast for Learning* (Food Research & Action Center, October 2016): www.frac.org/wp-content/uploads/breakfastforlearning-1.pdf
- Role of Nutrition in Learning and Behavior: A Resource List for Professionals* (USDA Food and Nutrition Information Center, August 2011): https://www.nal.usda.gov/sites/default/files/fnic_uploads//learning.pdf
- Ten Ways to Promote Educational Achievement and Attainment Beyond the Classroom* (Child Trends, Research-to-Results Brief, Publication #2010-16, July 2010): www.mentoring.org/downloads/mentoring_1263.pdf
- The Association Between School-Based Physical Activity, Including Physical Education and Academic Performance* (Centers for Disease Control and Prevention, July 2010): www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf
- The Healthy School Communities Model: Aligning Health & Education in the School Setting* (ASCD, 2011): www.ascd.org/ascd/pdf/siteascd/publications/aligning-health-education.pdf
- The Learning Connection: The Value of Improving Nutrition and Physical Activity in our Schools* (Action for Healthy Kids, 2004): <http://nepc.colorado.edu/publication/the-learning-connection-the-value-improving-nutrition-and-physical-activity-our-schools>

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The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn (Action for Healthy Kids, 2013): www.actionforhealthykids.org/media-center/reports/706-the-learning-connection-what-you-need-to-know-to-ensure-your-kids-are-healthy-and-ready-to-learn

The School Environment and Adolescent Well-Being: Beyond Academics (Child Trends Research Brief, Publication 2008-#26, National Adolescent Health Information Center, 2008): www.childtrends.org/wp-content/uploads/2013/04/child_trends-2008_11_14_rb_schoolenviron.pdf

The Wellness Impact: Enhancing Academic Success through Healthy School Environments (GENYOUth Foundation, 2013): www.nationaldairycouncil.org/ChildNutrition/Documents/Wellness%20Impact%20Report.pdf

Why Education Matters to Health (Robert Wood Johnson Foundation, April 2014): www.rwjf.org/en/library/research/2014/04/why-education-matters-to-health.html