



NEW MEXICO PLAN TO

Promote Healthier Weight

Physical Activity and Nutrition Resource Kit for New Mexico Schools and Communities

This resource kit is brought to you by the New Mexico Healthier Weight Council, a collaborative group of public and private partners working together to improve the health and quality of life for New Mexicans.

This Resource Kit:

- Provides a list of the nutrition education and physical education and activity programs/curricula (elementary and secondary audiences) that are known to or used by our members.
- Provides an evaluation tool that can be used to help determine if a program is appropriate to your needs.
- Provides definitions of Evidence-Based Practice, Best Practice and Promising Approach to help users understand terms when claims are made.

The resource kit is not all-inclusive. You may find many other worthwhile programs that will fit your needs. It is not an endorsement of any one program

but rather a resource to help schools and communities select a program.

A resource guide of websites, books and materials can be found at

www.ndi-nm.org/pdf/Resource_Guide.pdf .

If you have questions about this resource kit, please contact Jennie McCary at mccary@aps.edu.

For more information about the Healthier Weight Council visit www.HealthierWeightNM.org

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Elementary and Secondary Programs/Curricula

Elementary Programs/Curricula

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Arianna’s Nutrition Expedition</p> <p>Students solve nutrition mysteries to learn about healthy eating and physical activity in Antarctica, on the Orient Express and at other exciting venues. During this eight-activity program that supports the USDA MyPyramid and supplements your language arts and health curricula, students record their global adventures in Nutrition Journals. Best Practice (teacher validated)</p> <p>Fourth Grade Free and downloadable Nutrition and Physical Activity-Linked to NM Standards and Benchmarks</p> <p>http://www.nutritionexplorations.org/ or contact Dairy MAX the local Dairy Council in NM. Check the Dairy MAX website for information on mapping lessons to NM Standards and Benchmarks, Go to http://www.dairymax.org/</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>BAM! Body and Mind</p> <p>BAM! Body and Mind is an online destination for kids 9-13 years old. BAM! Gives them information to help make healthy lifestyle choices. The site focuses on topics that kids said are important to them—such as stress and physical fitness—using kid-friendly lingo, games, quizzes, and other interactive features. BAM also serves as an aid to teachers, providing them with interactive, educational and fun activities that are linked to national education standards for science and health set by the National Research Council, the American Association for the Advancement of Science and the Joint Committee for National School Health Education Standards. Evidence-Based</p> <p>9-13 year olds. No cost Nutrition and Physical Activity</p> <p>Centers for Disease Prevention and Control http://www.bam.gov/site_terms.html</p>

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Body Works</p> <p>Body Works is a program designed to help parents and caregivers of young adolescent girls “tweens” improve family eating and activity habits. The program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. It uses a train-the-trainer model to distribute the Body Works Toolkit.</p> <p>Girls age 9 to 13 years. No cost Nutrition, Physical Activity</p> <p>Office of the Secretary, Office of Public Health and Science, Office on Women’s Health Web Address: http://www.womenshealth.gov/bodyworks/</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>CATCH - Coordinated Approach to Child Health</p> <p>The CATCH Program brings schools, families, and communities together to teach children how to be healthy for a lifetime. CATCH is effective because healthy behaviors are reinforced through a coordinated approach—in the Classroom, in the Cafeteria, in Physical Education, at Home, and After School. CATCH is research-based and has been successful in reducing fat, saturated fat and sodium in children’s diets, increasing physical activity, and improving children’s diet choices and aims to prevent tobacco use. And, most importantly, CATCH makes nutrition learning and physical activity FUN! Evidence-Based</p> <p>K-8 school based and K-5 after school Cost varies based on school attendance size Nutrition, Physical Education, Physical Activity – Linked to NM Standards and Benchmarks http://www.catchinfo.org/aboutcatch_csh.html</p>
<p>Curriculum Name</p> <p>Description</p>	<p>Cooking with Kids™</p> <p>“Cooking with Kids” engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore many</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>varieties of foods using all of their senses, to have fun, and to exercise choice. “Cooking with Kids” invites parent and volunteer participation to teach nutrition standards and food safety while preparing food. The children get to sample tomatoes, wheat, corn, nuts and other foods. Evidence-Based</p> <p>Elementary \$55.00 There are some free downloads of tasting lessons also available on their website. Nutrition - Linked to NM Standards and Benchmarks</p> <p>Cooking with Kids™ P.O. Box 6113 Santa Fe, NM 87502-6113 Email: contactus@cookingwithkids.net Web Address: http://cookingwithkids.net/What_s_Available/</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Diabetes Education in Tribal Schools:</p> <p>The DETS Project is part of a national effort to decrease the incidence and improve the care of type 2 diabetes among American Indian and Alaska Natives (AI/AN). The DETS Project is a K - 12 Curriculum that was developed using a multidisciplinary approach. The DETS Curriculum consists of units that incorporate National Science Education Standards, Inquiry-Learning (5E model), and AI/AN cultural and community knowledge.</p> <p>K-12 Free Physical activity & Nutrition</p> <p>http://www3.niddk.nih.gov/fund/other/dets/currsupplements.htm Resource type: Lessons/Curricula/Activities</p>
<p>Curriculum Name Description</p>	<p>Eagle Book Series</p> <p>The Eagle Books are written for children ages 5 to 8 years old and feature an eagle, rabbit and a coyote who share health messages with a Native American body names Rain That Dances. The Eagle Books animated series on DVD and on the website can be</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>used in many ways as an interactive tool with parents, teachers and communities to engage children in activities and discussions about healthy eating and the joy of being active.</p> <p>5 to 8 years No cost Nutrition and Physical Activity</p> <p>Centers for Disease Prevention and Control http://www.cd.gov/CDCTV</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Eat Well & Keep Moving; 2nd edition</p> <p>Eat Well & Keep Moving a health curriculum for 4th and 5th grade classrooms. It contains lessons which can be incorporated into math, science and social studies but also promote healthy living. The curriculum was created by some of the same Harvard researchers who created Planet Health for middle schoolers. The curriculum promotes healthy eating and physical activity as well as a reduction in 'screen time' to two hours a day. This curriculum can be taken as a whole or individual lesson plans can be used. Evidence-Based</p> <p>4th and 5th grade \$54.00 Nutrition, Physical Education, Physical Activity</p> <p>http://www.eatwellandkeepmoving.org</p>
<p>Curriculum Name Description</p>	<p>Empowering Youth</p> <p>Empowering Youth is a manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompters and more! Best Practice</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>11-18 years Available free online and upon request from Team Nutrition. Nutrition, Physical Activity</p> <p>Food and Nutrition Service, USDA and Food and Drug Administration, DHHS USDA's Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302 Fax: 703-305-2549 Email: teamnutrition@fns.usda.gov http://teamnutrition.usda.gov/Resources/empoweringyouth.html</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age Cost Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>empowerME@school</p> <p>Many schools are making positive changes in the drinks and snacks sold to students, but it can be tough. That's why the Alliance for a Healthier Generation developed empowerME@school to give you the tools to mobilize for change in your school.</p> <p>8-17 Free Physical activity & Nutrition</p> <p>http://www.empowerme2b.org/empowermeschool Resource type: Toolkit</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age Cost Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>empowerME4Life</p> <p>A fun and practical 8-session healthy living course equipping kids ages 8-12 with new attitudes, skills and knowledge about eating better and moving more—for life.</p> <p>8-17 Free Physical activity & Nutrition</p> <p>http://www.empowerme2b.org/empowerme4life</p>

	Resource type: Lessons and Activities
Curriculum Name	Elementary Energizers: Classroom-based Physical Activities
Description	Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minutes) activities that classroom teachers can use to provide activity to children. (Lessons/Curricula/Activities)
Target Age	Elementary
Cost	Free
Category (Nutrition, PE, PA, etc.)	Physical activity http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf
Contact Address	Resource type: Lessons/Curricula/Activities
Curriculum Name	Fuel Up to Play 60
Description	The National Dairy Council and your local Dairy Council have huddled up with the National Football League to help America's students eat right and stay active with <i>Fuel Up to Play 60!</i> This student-led program focuses on empowering kids to make smart choices about their nutrition and physical activity. <i>Fuel Up to Play 60</i> inspires kids to get up and play for 60 minutes a day and to fuel up with the food groups kids don't get enough of – low-fat and fat-free dairy foods, fruits, vegetables and whole grains. The kit includes materials featuring fitness and healthy eating messages to use throughout the school as well as interactive online tools for students, teachers and parents.
Target Age	Target Age: 4-10 th grades
Cost	Cost: Free
Category (Nutrition, PE, PA, etc.)	Category: Nutrition and Physical Activity
Contact Address	Contact: www.fueluptoplay60.com or www.dairymax.org
Curriculum Name	HIP to BE Fit® SNACK (Student Nutrition Activity Curriculum for Kids)
Description	Hip to Be Fit® SNACK classes, curriculum and materials provide simple and fun exercises and games. Tied to NM State standards and student achievement, the curriculum is designed to get kids moving and having fun while simultaneously teaching

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>them about good nutrition. Promising Practice</p> <p>3rd-6th Grade Free within New Mexico Nutrition, Physical Activity- Linked to NM Standards and Benchmarks</p> <p>http://www.ndi-nm.org</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>HIP to BE Fit® Train the Trainer</p> <p>HIP to Be Fit® Train the Trainer workshops and materials provide a handful of very simple and fun exercises from NDI-NM's curriculum that can be used to teach movement in 10-30 minute blocks of activity in the classroom setting. Tied to NM State education, PE and dance standards and student achievement, the curriculum is designed to get kids moving while simultaneously teaching them core curriculum subjects including language arts, mathematics, social studies and science. Evidence-Based</p> <p>K-6 grade, special ed, arts, teachers, etc... Often offered free within New Mexico public schools; manuals \$65 for others, workshops vary depending on distance and number of participants. Nutrition, Physical Activity - Linked to NM Standards and Benchmarks</p> <p>http://www.ndi-nm.org</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.)</p>	<p>Kids Cook!</p> <p>Kids Cook! is a student nutrition, physical exercise and food education program that works to improve the health of children and their families. We involve elementary school students in hands-on learning about nutrition while preparing culturally diverse foods. Program activities use an integrated curriculum format that provides opportunities for interdisciplinary learning. Evidence-Based and proven Best Practice</p> <p>Grades K-6 Contact for cost of implementation Nutrition, Physical Activity</p>

Contact Address	7704-A Second Street N.W., Albuquerque, NM 87107 Phone: (505) 897-5700 ext. 132 Fax: (505) 899-5969 http://www.kidscook.us/index.html
Curriculum Name	Little D's Nutrition Expedition
Description	The importance of healthy eating and physical activity from Little D, the Five-Food-Group Dragon and his Royal Food Family friends. Ten story-based activities that help students develop reading, writing, listening and speaking skills support the USDA MyPyramid and supplement your language arts program. Best-Practice (teacher validated)
Target Age	Second Grade
Cost	Free and downloadable
Category (Nutrition, PE, PA, etc.)	Nutrition and Physical Activity
Contact Address	http://www.nutritionexplorations.org/ or contact Dairy MAX the local Dairy Council in NM. Check the Dairy MAX website for information on mapping lessons to NM Standards and Benchmarks, Go to http://www.dairymax.org/
Curriculum Name	Max's Magical Delivery: Fit for Kids
Description	Max's Magical Delivery: Fit for Kids is a fun, interactive DVD targeted to children ages 5-9 and their families. The DVD offers suggestion to: <ul style="list-style-type: none"> • Try to eat 5 fruits and vegetables a day. • Get away from the TV and computer screen and move around. • Find fun ways to be physically active inside and outside. There is separate section for parents on small, achievable steps they can take to encourage these healthy habits in their children and themselves.
Target Age	5-9 years
Cost	Free
Category (Nutrition, PE, PA, etc.)	Nutrition and Physical Activity

Contact Address	Agency for Healthcare Research and Quality www.ahrq.gov/child/dvdobesity.htm of call AHRQ Publications Clearinghouse @ 1-800-358-9295 (Product # 04-0088-DVD)
Curriculum Name	Nutrition Expeditions
Description	This nutrition curriculum, intended for Family and Consumer Sciences classes for grades 7-12, is standards-based and web-enhanced. It covers a wide range of topics to educate and inspire the students. Topics covered include: advertising, food security and hunger, fast food, vegetarianism, eating disorders, healthy weight management, and MyPyramid.
Target Age	Grades 7-12
Cost	Available for free download online
Category (Nutrition, PE, PA, etc.)	Nutrition and Physical Activity
Contact Address	http://healthymeals.nal.usda.gov/hsmrs/Nutrition%20Expeditions/Introduction%20Nutrition%20Expeditions.pdf
Curriculum Name	Organ-Wise Guys
Description	Students (PreK-3) can play OrganWise-ology and win a trip to Healthy World...a super-fun place where kids learn all about making life-enhancing healthy choices. There are eight distinctive games that can be played over and over again and a multitude of rewards can be enjoyed.
Target Age	Early Childhood (2-5 yrs) Elementary School (6-8 yrs)
Cost	Price varies
Category (Nutrition, PE, PA, etc.)	Nutrition, Physical Activity
Contact Address	3838 Song River Circle Duluth, GA 30097 or call (800) 786-1730 http://www.organwiseguys.com/

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>President's Challenge Program</p> <p>The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Kids, teens and adults can participate in the program. The program is based on 3 simple requirements. 1) Be physically active 60 minutes each day 2) Commit to at least 5 days per week 3) Do the program for 6 weeks. The program focuses students on setting realistic goals to encourage fitness for a lifetime. A free recognition program for schools to become an "Active Lifestyle Model School" is available to schools that have a least 35%of school enrollment earn the Presidential Active Lifestyle Award 2 or more times during the school year.</p> <p>All Grades</p> <p>Free download of information and resources from website. Promotional items, lanyards, T-shirts etc. available at website for a fee.</p> <p>Physical activity, physical education</p> <p>http://www.presidentschallenge.org/</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Project Adventure</p> <p>A cutting edge physical education, health/wellness, and behavior management program offering workshops for professionals, challenge course design and installation, Adventure curriculums, and customized system-wide programs. The curricula format and outcomes are aligned with National and State Physical Education Standards. Implementation is made simple with clearly explained lesson plans comprised of activities designed to develop conflict resolution skills, leadership ability and problem solving skills. These curricula are designed as supplements to Physical Education programs or as curricula for Out of School Time programs. Best Practice</p> <p>Elementary, Middle and High School</p> <p>Price varies, see website</p> <p>Physical Education, Physical Activity</p> <p>http://www.pa.org/schools, 1-800-468-8898, or E-mail at info@pa.org</p>

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>ReCharge! Energizing After-School</p> <p>ReCharge! is a fun-for-kids after-school program designed for students in grades 3 to 6 to learn about and practice good nutrition and physical activity habits. ReCharge! focuses on four core concepts: "Energy In" (nutrition), "Energy Out" (physical activity), Teamwork and Goal-Setting. ReCharge! gets kids up and moving while they learn about eating healthy, staying active, setting goals and working as a team to reach them. The program promotes national standards for health education, physical activity and parent involvement, and the 2005 U.S. Department of Agriculture Dietary Guidelines. Best Practice</p> <p>Grades 3 to 6 Kit is \$225.00 Nutrition, Physical Activity</p> <p>Action for Healthy Kids 4711 Golf Road Suite 625 Skokie, 60076 Phone: 1-800-416-5136 E-mail: resources@actionforhealthykids.org Website: http://www.actionforhealthykids.org/special_after.php</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Safe Routes to School Guide</p> <p>A guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines for adult school crossing guards or tools to create school route maps.</p> <p>Target age: K-12 Cost: free Category – physical activity</p> <p>Contact: http://www.saferoutesinfo.org/guide/ Resource type: Guidebook</p>

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Skillastics™</p> <p>A program of standards based, health-related, all about fun, fitness games that enable 1 to 100 children of varied ages and fitness levels to participate at one time! This can be implemented in large physical education classes, after-school programs and camps. Skillastics aligns to national Physical Education standards. Best Practice</p> <p>K-8</p> <p>Price varies, see website</p> <p>Physical Education, Physical Activity</p> <p>http://www.skillastics.com, or call 888-842-7746.</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>S.M.A.R.T.—Student Media Awareness to Reduce Television</p> <p>SMART is a classroom curriculum designed to motivate children to reduce their television watching and video game usage. The curriculum is intended to be used over the course of the school year and includes all the lesson plans and tools needed to implement the program.</p> <p>3rd and 4th grade</p> <p>Youth curriculum—(Teachers manual and CD/ ROM \$199.00)</p> <p>Physical activity</p> <p>The Health Promotion Resource Center Stanford Prevention Research Center 211 Quarry Road, Suite 229 Stanford, CA 94305-5705 http://hprc.stanford.edu</p>
<p>Curriculum Name</p> <p>Description</p>	<p>SPARK - Sports, Play & Active Recreation for Kids</p> <p>The focus of SPARK is the development of healthy lifestyles, motor skills and movement knowledge, and social and personal skills. It is expected that SPARK Physical</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Education/Physical Activity students will:</p> <ul style="list-style-type: none"> • Enjoy and seek out physical activity. • Develop and maintain acceptable levels of physical fitness. • Develop a variety of basic movement and manipulative skills so they will experience success and feel comfortable during present and future physical activity pursuits. • Develop the ability to get along with others in movement environments (e.g., share space and equipment, employ the "golden rule" of competition-be a good sport, and demonstrate cooperative behavior). <p>When a school decides to implement a SPARK Program, a team of educators, researchers and staff assist in any way possible to ensure success. Evidence-Based</p> <p>Elementary, Middle and High School and After School K-8 Contact for cost Physical Education - Linked to NM Standards and Benchmarks</p> <p>http://www.sparkpe.org, e-mail: spark@sparkpe.org, or call 1-800-SPARKPE for a free cost analysis.</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>TAKE 10! Teacher Toolkit</p> <p>The goal of TAKE 10![®] is to reduce long periods of inactivity in the classroom. The program provides integrated lessons that not only promote physical activity, but also reinforce academic learning objectives.</p> <p>K-5 Each Grade Specific Materials Kit \$82.00 Physical activity</p> <p>http://www.take10.net/whatistake10.asp?page=new Resource type: Lessons/Curricula/Activities</p>

Secondary Programs/Curricula

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>BAM! Body and Mind</p> <p>BAM! Body and Mind is an online destination for kids 9-13 years old. BAM! Gives them information to help make healthy lifestyle choices. The site focuses on topics that kids said are important to them—such as stress and physical fitness—using kid-friendly lingo, games, quizzes, and other interactive features. BAM also serves as an aid to teachers, providing them with interactive, educational and fun activities that are linked to national education standards for science and health set by the National Research Council, the American Association for the Advancement of Science and the Joint Committee for National School Health Education Standards. Evidence-Based</p> <p>9-13 year olds. No cost Nutrition and Physical Activity</p> <p>Centers for Disease Prevention and Control http://www.bam.gov/site_terms.html</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Body Works</p> <p>Body Works is a program designed to help parents and caregivers of young adolescent girls “tweens” improve family eating and activity habits. The program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. It uses a train-the-trainer model to distribute the Body Works Toolkit.</p> <p>Girls age 9 to 13 years. No cost Nutrition, Physical Activity</p> <p>Office of the Secretary, Office of Public Health and Science, Office on Women’s Health Web Address: http://www.womenshealth.gov/bodyworks/</p>

<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>CATCH - Coordinated Approach to Child Health</p> <p>The CATCH Program brings schools, families, and communities together to teach children how to be healthy for a lifetime. CATCH is effective because healthy behaviors are reinforced through a coordinated approach—in the Classroom, in the Cafeteria, in Physical Education, at Home, and After School. CATCH is research-based and has been successful in reducing fat, saturated fat and sodium in children’s diets, increasing physical activity, and improving children’s diet choices and aims to prevent tobacco use. And, most importantly, CATCH makes nutrition learning and physical activity FUN! Evidence-Based</p> <p>K-8 school based and K-5 after school Cost varies based on school attendance size Nutrition, Physical Education, Physical Activity - Linked to NM Standards and Benchmarks http://www.catchinfo.org/aboutcatch_csh.html</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Destination: Wellness-You're in the Driver's Seat</p> <p>Destination: Wellness-You're in the Driver's Seat gives students the “keys” of discernment, respect, direction and action to help them find reliable information and apply it in their own life for better health. One milestone for students this age is getting their driver’s license and often their own car. An analogy of giving students “keys” in order that they can “take the wheel” serves as a metaphor for the overall theme of taking control of their personal nutrition and fitness. Print materials include overhead transparencies, PowerPoint presentations, and lesson outlines. Promising Approach</p> <p>High School Available for free download online Nutrition</p> <p>Judy Dzimiera, Nutrition Education Specialist Maryland State Department of Education 200 West Baltimore Street Baltimore, MD 21201 Telephone: 410-767-0204 TTY/TDD 410-333-6442 Fax: 410-333-2635/410-333-2619</p>

	<p>Email: jdzmiera@msde.state.md.us http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition/Destination_Wellness.htm</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Diabetes Education in Tribal Schools:</p> <p>The DETS Project is part of a national effort to decrease the incidence and improve the care of type 2 diabetes among American Indian and Alaska Natives (AI/AN). The DETS Project is a K - 12 Curriculum that was developed using a multidisciplinary approach. The DETS Curriculum consists of units that incorporate National Science Education Standards, Inquiry-Learning (5E model), and AI/AN cultural and community knowledge.</p> <p>K-12 Free Physical activity & Nutrition</p> <p>http://www3.niddk.nih.gov/fund/other/dets/currsupplements.htm Resource type: Lessons/Curricula/Activities</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>Empowering Youth</p> <p>Empowering Youth is a manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompters and more! Best Practice</p> <p>11-18 years Available free online and upon request from Team Nutrition. Nutrition, Physical Activity</p> <p>Food and Nutrition Service, USDA and Food and Drug Administration, DHHS USDA's Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302 Fax: 703-305-2549</p>

	<p>Email: teamnutrition@fns.usda.gov http://teamnutrition.usda.gov/Resources/empoweringyouth.html</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>empowerME@school</p> <p>Many schools are making positive changes in the drinks and snacks sold to students, but it can be tough. That's why the Alliance for a Healthier Generation developed empowerME@school to give you the tools to mobilize for change in your school.</p> <p>8-17 Free Physical activity & Nutrition</p> <p>http://www.empowerme2b.org/empowermeschool Resource type: Toolkit</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age</p> <p>Cost</p> <p>Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>empowerME4Life</p> <p>A fun and practical 8-session healthy living course equipping kids ages 8-12 with new attitudes, skills and knowledge about eating better and moving more—for life.</p> <p>8-17 Free Physical activity & Nutrition</p> <p>http://www.empowerme2b.org/empowerme4life Resource type: Lessons and Activities</p>
<p>Curriculum Name</p> <p>Description</p>	<p>Fuel Up to Play 60</p> <p>The National Dairy Council and your local Dairy Council have huddled up with the National Football League to help America's students eat right and stay active with <i>Fuel Up to Play 60!</i> This student-led program focuses on empowering kids to make smart choices about their nutrition and physical activity. <i>Fuel Up to Play 60</i> inspires kids to get</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>up and play for 60 minutes a day and to fuel up with the food groups kids don't get enough of – low-fat and fat-free dairy foods, fruits, vegetables and whole grains. The kit includes materials featuring fitness and healthy eating messages to use throughout the school as well as interactive online tools for students, teachers and parents.</p> <p>Target Age: 4-10th grades Cost: Free Category: Nutrition and Physical Activity</p> <p>Contact: www.fueluptoplay60.com or www.dairymax.org</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age Cost Category (Nutrition, PE, PA, etc.)</p> <p>Contact Address</p>	<p>HIP to BE Fit ® SNACK (Student Nutrition Activity Curriculum for Kids) HIP to BE Fit ® SNACK classes, curriculum and materials provide simple and fun exercises and games. Tied to NM State standards and student achievement, the curriculum is designed to get kids moving and having fun while simultaneously teaching them about good nutrition. Promising Practice</p> <p>3rd-6th Grade Free within New Mexico Nutrition, Physical Activity - Linked to NM Standards and Benchmarks</p> <p>http://www.ndi-nm.org</p>
<p>Curriculum Name</p> <p>Description</p> <p>Target Age Cost</p>	<p>HIP to BE Fit ® Train the Trainer</p> <p>HIP to Be Fit Train the Trainer workshops and materials provide a handful of very simple and fun exercises form NDI-NM's curriculum that can be used to teach movement in 10-30 minute blocks of activity in the classroom setting. Tied to NM State education, PE and dance standards and student achievement, the curriculum is designed to get kids moving while simultaneously teaching them core curriculum subjects including language arts, mathematics, social studies and science. Evidence-Based</p> <p>K-6 grade, special ed, arts, teachers, etc... Often offered free within New Mexico public schools; manuals \$65 for others, workshops vary depending on distance and number of participants.</p>

Category (Nutrition, PE, PA, etc.)	Nutrition, Physical Activity - Linked to NM Standards and Benchmarks
Contact Address	http://www.ndi-nm.org
Curriculum Name	Jump Start Teens: Interactive, Cross-Curricular Lessons for High School Teachers and School Nutrition Staff
Description	These cross-curricular lessons encourage students to eat healthy, keep moving, and become smart consumers and involved citizens. Complete, easy-to-follow lessons and worksheets are teacher and student tested, integrates nutrition and physical activity with language arts, math, science, social studies and more! Most hands-on lessons are short, easily taught in one class period, with links to community service through optional extensions. Lessons support team building among teachers, coaches and nutritional staff, as well as parents, local business, and the greater community. Evidence-Based
Target Age	High School
Cost	\$20
Category (Nutrition, PE, PA, etc.)	Nutrition
Contact Address	Phone: 916-552-9907 vberends@dhs.ca.gov http://www.californiaprojectlean.org/resourcelibrary/default.asp
Curriculum Name	Kids Cook!
Description	Kids Cook! is a student nutrition, physical exercise and food education program that works to improve the health of children and their families. We involve elementary school students in hands-on learning about nutrition while preparing culturally diverse foods. Program activities use an integrated curriculum format that provides opportunities for interdisciplinary learning. Evidence-Based and proven Best-Practice
Target Age	Grades K-6
Cost	Contact for cost of implementation
Category (Nutrition, PE, PA, etc.)	Nutrition, Physical Activity
	7704-A Second Street N.W., Albuquerque, NM 87107

Contact Address	Phone: (505) 897-5700 ext. 132 Fax: (505) 899-5969 http://www.kidscook.us/index.html
Curriculum Name	Media-Smart Youth: Eat, Think, and Be Active!
Description	Media-Smart Youth is an after-school program that encourages healthy behaviors in children ages 11 to 13 by helping them navigate our complex media world and empowering them to make thoughtful decisions about nutrition and physical activity. Best Practice
Target Age	Middle School
Cost	Free to download or order from Web site.
Category (Nutrition, PE, PA, etc.)	Nutrition, Physical Activity
Contact Address	Telephone: 1-800-370-2943 Email: MediaSmartYouth@mail.nih.gov Web Address: http://www.nichd.nih.gov/msy/program_materials.htm
Curriculum Name	Middle School Energizers: Classroom-based Physical Activities
Description	Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minutes) activities that classroom teachers can use to provide activity to children.
Target Age	Middle school
Cost	Free
Category (Nutrition, PE, PA, etc.)	Physical activity
Contact Address	http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf Resource type: Lessons/Curricula/Activities
Curriculum Name	My Bright Future: Physical Activity and Healthy Eating for Young Women
Description	This program is designed to encourage better health among women across their lifespan. There are specifically designed physical activity and healthy eating tools to address the

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>needs of adolescent girls. The goals of these tools are to increase adolescent girls use of preventive services, empower them to share in health care decision-making, and encourage them to practice daily prevention through physical activity and healthy eating.</p> <p>Girls age 12- 18 years Free Nutrition and Physical Activity.</p> <p>Health Resources and Services Administration http://www.hrsa.gov/womenshealth/mybrightfuture/menu.html</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Nutrition Essentials: Teaching Tools for Healthy Choices, Nutrition Education Ideas for Secondary School Teachers</p> <p>Nutrition Essentials is a series of lessons will help you make healthful eating and physical activity choices. It provides several tools which give you information you need to make educated choices. Nutrition Essentials contains 5 posters: Food for a Day, How Much Do You Eat, Move It, MyPyramid, and Read It. Nutrition Essentials also includes an interactive CD, NutritionDecision, with games and nutrition education information.</p> <p>High School Available free online and upon request from Team Nutrition Nutrition</p> <p>Food and Nutrition Service, USDA and Food and Drug Administration, DHHS USDA's Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302 Fax: 703-305-2549 Email: teamnutrition@fns.usda.gov Web address: http://www.fns.usda.gov/tn/Resources/nutritionessentials.html</p>
<p>Curriculum Name Description</p>	<p>Nutrition Expeditions</p> <p>This nutrition curriculum, intended for Family and Consumer Sciences classes for grades</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>7-12, is standards-based and web-enhanced. It covers a wide range of topics to educate and inspire the students. Topics covered include: advertising, food security and hunger, fast food, vegetarianism, eating disorders, healthy weight management, and MyPyramid.</p> <p>Grades 7-12 Available for free download online Nutrition and Physical Activity</p> <p>http://healthymeals.nal.usda.gov/hsmrs/Nutrition%20Expeditions/Introduction%20Nutrition%20Expeditions.pdf</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition & Physical Activity</p> <p>This innovative health curriculum for middle school educators was developed by the Harvard School of Public Health. Integrates four health themes into physical education, language arts, math, science, and social studies classes in keeping with curriculum standards. Tool includes a book and curriculum guide. The curriculum contains 35 lesson plans and 31 micro units. There are also tools included to help students track their physical activity and healthy eating goals throughout the school year, as well as tools to track their inactivity and screen time, with hopes of reducing screen time and increasing physical activity. This would be a useful tool for any middle school classroom interested in promoting healthy lifestyle choices to their students. Can be easily incorporated into a class without taking significant time away from scheduled lessons. Evidence-Based</p> <p>Middle School \$49.00 Nutrition, Physical Activity</p> <p>Web Address: http://www.planet-health.org</p>
<p>Curriculum Name Description</p>	<p>President's Challenge Program</p> <p>The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Kids, teens and adults can participate in the program. The program is based on 3 simple requirements. 1) Be physically active 60 minutes each</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>day 2) Commit to at least 5 days per week 3) Do the program for 6 weeks. The program focuses students on setting realistic goals to encourage fitness for a lifetime. A free recognition program for schools to become an “Active Lifestyle Model School” is available to schools that have a least 35%of school enrollment earn the Presidential Active Lifestyle Award 2 or more times during the school year.</p> <p>All Grades Free download of information and resources from website. Promotional items, lanyards, T-shirts etc. available at website for a fee. Physical activity, physical education</p> <p>http://www.presidentschallenge.org/</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Project Adventure</p> <p>A cutting edge physical education, health/wellness, and behavior management program offering workshops for professionals, challenge course design and installation, Adventure curriculums, and customized system-wide programs. The curricula format and outcomes are aligned with National and State Physical Education Standards. Implementation is made simple with clearly explained lesson plans comprised of activities designed to develop conflict resolution skills, leadership ability and problem solving skills. These curricula are designed as supplements to Physical Education programs or as curricula for Out of School Time programs. Best Practice</p> <p>Elementary, Middle and High School Price varies, see website Physical Education, Physical Activity</p> <p>http://www.pa.org/schools, 1-800-468-8898, or E-mail at info@pa.org</p>
<p>Curriculum Name Description</p>	<p>ReCharge! Energizing After-School</p> <p>ReCharge! is a fun-for-kids after-school program designed for students in grades 3 to 6 to learn about and practice good nutrition and physical activity habits. ReCharge! focuses on four core concepts: "Energy In" (nutrition), "Energy Out" (physical activity), Teamwork and</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Goal-Setting. ReCharge! gets kids up and moving while they learn about eating healthy, staying active, setting goals and working as a team to reach them. The program promotes national standards for health education, physical activity and parent involvement, and the 2005 U.S. Department of Agriculture Dietary Guidelines. Best Practice</p> <p>Grades 3 to 6</p> <p>Nutrition, Physical Activity</p> <p>Action for Healthy Kids 4711 Golf Road Suite 625 Skokie, 60076 Phone: 1-800-416-5136 E-mail: resources@actionforhealthykids.org Website: http://www.actionforhealthykids.org/special_after.php</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>Safe Routes to School Guide</p> <p>A guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines for adult school crossing guards or tools to create school route maps.</p> <p>Target age: K-12 Cost: free Category – physical activity</p> <p>Contact: http://www.saferoutesinfo.org/guide/ Resource type: Guidebook</p>
<p>Curriculum Name Description</p>	<p>Skillastics™</p> <p>A program of standards based, health-related, all about fun, fitness games that enable 1</p>

<p>Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>to 100 children of varied ages and fitness levels to participate at one time! This can be implemented in large physical education classes, after-school programs and camps. Skillastics aligns to national Physical Education standards. Best Practice</p> <p>K-8 Price varies, see website Physical Education, Physical Activity</p> <p>http://www.skillastics.com, or call 888-842-7746.</p>
<p>Curriculum Name Description Target Age Cost Category (Nutrition, PE, PA, etc.) Contact Address</p>	<p>SPARK - Sports, Play & Active Recreation for Kids</p> <p>The focus of SPARK is the development of healthy lifestyles, motor skills and movement knowledge, and social and personal skills. It is expected that SPARK Physical Education/Physical Activity students will:</p> <ul style="list-style-type: none"> • Enjoy and seek out physical activity. • Develop and maintain acceptable levels of physical fitness. • Develop a variety of basic movement and manipulative skills so they will experience success and feel comfortable during present and future physical activity pursuits. • Develop the ability to get along with others in movement environments (e.g., share space and equipment, employ the "golden rule" of competition-be a good sport, and demonstrate cooperative behavior). <p>When a school decides to implement a SPARK Program, a team of educators, researchers and staff assist in any way possible to ensure success. Evidence-Based</p> <p>Elementary, Middle and High School and Afterschool K-8 Contact for cost Physical Education - Linked to NM Standards and Benchmarks</p> <p>http://www.sparkpe.org, e-mail: spark@sparkpe.org, or call 1-800-SPARKPE for a free cost analysis.</p>

Curriculum Name	The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions; A Leader's Guide
Description	<p>The Power of Choice was developed by HHS' Food and Drug Administration and USDA's Food and Nutrition Service. It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. The publication contains 10 interactive sessions based on four posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards. The CD contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens. Best Practice</p>
Target Age Cost Category (Nutrition, PE, PA, etc.)	Middle School Available free online and upon request from Team Nutrition Nutrition, Physical Activity
Contact Address	Food and Nutrition Service, USDA and Food and Drug Administration, DHHS USDA's Team Nutrition 3101 Park Center Drive, Room 632 Alexandria, VA 22302 Fax: 703-305-2549 Email: teamnutrition@fns.usda.gov Web Address: http://www.fns.usda.gov/tn/Resources/power_of_choice.html



NEW MEXICO PLAN TO
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Evaluation Tool

Evaluation Tool

Making a Decision – What Curriculum is Best For You

This tool can be used for you to determine if a program is appropriate to your needs.

Scoring for Essential Criteria:

- Criteria were fully met = 3 points
- Criteria were partially met = 1 point
- Criteria were not met at all = 0 points

Tally the scores then divide by the number of criteria evaluated (excluding those that were not applicable or did not have information), and then multiplied by 100 for the total score.

SAMPLE EVALUATION FORM

Name of Approach/Program: _____

Reviewer Name: _____

Essential Criteria – Standards Assessment for School-Based Approaches to Increasing Physical Activity and Good Nutrition

Points Met
(place X in box)

No (0) Partial (1) Yes (3)

	No (0)	Partial (1)	Yes (3)
1. The approach is based on professional theories and is consistent with professional and/or national standards of practice.			
2. The approach is practical and realistic.			
3. The goal/purpose of the approach is clearly stated and easy to understand by multiple audiences.			
4. The approach has specific and measurable objectives that address one or more of the following: a. Knowledge b. Attitudes c. Skills d. Behaviors e. Policy f. School environment			
5. The approach is: a. Age or developmentally appropriate b. Culturally relevant			
6. The approach is: a. Engaging to students b. Interactive c. Skills-based			
7. The approach can be adapted to a variety of situations and environments.			
8. The approach can be assessed and monitored and includes an evaluation component.			
9. The goals of the approach are supported by results from evaluation data.			

10. The approach supports easy implementation by providing the following: a. Clearly written and user-friendly instructions b. Training resources c. Contact information to obtain technical support or additional resources d. Instructions or materials in languages in addition to English			
Total points for Essential Criteria by column:			
Essential Criteria Total Points:			
Critical Criteria – Adoptability/Implementation Assessment	Points Met (place X in box)		
	No	Partial	Yes
	(0)	(1)	(3)
1. The approach is cost-effective and resources (staff, budget, grant dollars) are available for its implementation.			
2. The approach fits into required school mandates, has a positive effect on student achievement outcomes and would help to meet state nutrition and physical activity standards.			
3. The approach can be integrated across curricula, feasibly implemented within a school schedule, and aligned with a coordinated school health model.			
4. The approach has strong support from critical audiences (e.g., students, parents, teachers and administrators) and all relevant stakeholders were involved with its planning.			
5. The approach is sustainable, not just a one-time or irregularly implemented event.			
Total points for Critical Criteria by column:			
Critical Criteria Total Points:			
Grand Total Score - add all points, divide by the number of criteria evaluated (excluding those that were not applicable or did not have information), multiply by 100 for Total Score:			
Type of curriculum (no points)	evidence-based	best practice	promising approach

SCORING RESULTS AND INTERPRETATION:

- 250 to 300 points: Excellent
- 200 to 249 points: Makes the grade
- 150 to 199 points: Shows potential

Resource: Adapted by Action for Health Kids Evaluation of the “What’s Working” Database.



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Definitions

Evidence-Based Practice, Best Practice and Promising Approach

Definitions of Evidence-Based Practice, Best Practice and Promising Approach

	EVIDENCE-BASED PRACTICE <i>(evidence-based, research-based, exemplary)</i>	BEST PRACTICE <i>(best practice, effective, promising)</i>	PROMISING APPROACH <i>(promising, emerging)</i>
Definition	Interventions, techniques, methodologies, or curricula that, through scientific research and formal evaluation, have proven effective.	Interventions, techniques, methodologies, or curricula that, through experience or research, have proven to reliably lead to desired results that demonstrate efficiency, sustainability, collaboration and integration.	Interventions, techniques, methodologies, or curricula that have anecdotal evidence and professional wisdom to show positive outcomes.
Evaluation	Practices that are science based and theory-based, have sound research methodology, and can prove that effects are clearly linked to the program itself and not to extraneous events. Results from science-based programs may be positive, neutral or negative. Practices that have been reviewed by experts in the field according to predetermined standards of empirical research.	Practices that are in areas where there are enough outcome data (or that have been sufficiently evaluated) to be deemed best practices and have demonstrated success through following tangible results (e.g., improvements in beneficiary physical or mental well-being).	Promising approaches also have indicators or evidence of positive results and have demonstrated success through the following tangible results (e.g., improvements in beneficiary physical or mental well-being).
Characteristics	Includes or has the following: <ul style="list-style-type: none"> • based on a clear and well-articulated theory • has associated methods of ensuring fidelity can be evaluated • addresses cultural diversity and different populations • can be used by staff with a wide diversity of backgrounds and training 	Includes or has the following: <ul style="list-style-type: none"> • vision that is clearly articulated and understood mission, values, and strategic direction • there have been sufficient studies and evaluations to indicate that the practice is promising and is most likely beneficial for consumers and their families • can be used by staff with a wide diversity of backgrounds and training 	Meets the following criteria: <ul style="list-style-type: none"> • collaboration • innovation • responsiveness • some qualitative and quantitative evidence that the practice improves the target outcomes

Note: There are several terms that are used to describe curricula: evidence-based, research-based, exemplary, best practice, effective, promising, emerging. Some terms are used interchangeably.



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References

References

An Action for healthy kids report: Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition & Physical Activity – Executive Summary

An Action for Healthy Kids Report: Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity:
[Suhttp://www.actionforhealthykids.org/resources_search.php?frmAction=search&term=guidelines%20evidence%20based%20criteria&isplaytype=whats_workingmmary](http://www.actionforhealthykids.org/resources_search.php?frmAction=search&term=guidelines%20evidence%20based%20criteria&isplaytype=whats_workingmmary)

An Action for Healthy Kids: Information and Resources

http://www.actionforhealthykids.org/resources_search.php?frmAction=search&term=guidelines+evidence+based+criteria&submit.x=21&submit.y=11

Florida Department of Education, July 2007: Best Practices Criteria:
<http://www.fldoe.org/cc/Retention/help2.asp>

Council for Exceptional Children: Evidence-Based Practice—Wanted, Needed and Hard to Get---
<http://www.cec.sped.org/AM/Template.cfm?Section=Home&CONTENTID=6515&TEMP>

IDENTIFYING AND IMPLEMENTING EDUCATIONAL PRACTICES SUPPORTEDBY RIGOROUS EVIDENCE: A USER FRIENDLY GUIDE
December 2003, U.S. Department of Education Institute of Education Sciences National Center for Education Evaluation and Regional Assistance;
Prepared for the Institute of Education Sciences, Grover J. Whitehurst, Director by the COALITION FOR EVIDENCE-BASED POLICY A Project
Sponsored by The Council for Excellence in Government

Promising Practice Profiles – Communities & families Clearinghouse Australia CAFCA, <http://www.aifs.gov.au/cafa/ppp/criteria.html>

Evaluation Methodology – Explore Fermilab’s Science Adventures;
URL www-ed.fnal.gov/eval_meth.html
http://ed.fnal.gov/trc/program_docs/eval_meth.html

Developing an Evidence-Based Guide to Community Preventive Service ----Methods, Peter A. Briss, Stephanie Zaza , Marguerite Pappaloanou et al., American Journal of Preventive Medicine, Vol 18, No 1S, pp. 35-43, @ 2000 by American Journal of Preventive Medicine.

CDC Methods--- <http://www.thecommunityguide.org/methods/default.htm>

Healthcare: Best Compliance Practice, 2007, Best Practices Selection Criteria:
http://www.compliance_programs.com/best_practices/bp-criteria_audit.html

Medicaid/SCHIP Quality Promising Practice Nomination: MedicaidPromisingPractices@cms.hhs.gov

Best Practices: An Outcomes-Based Approach to Decisions about Drug Coverage Policies in British Columbia, Steve Morgan, Ph.D., Ken Bassett, M.D., Ph.D., Barbara Mintzes, Ph.D.
http://www.ssrbc.org/best_practice_spreadsheet_modeling_standards_approval_criteria.html

Association of State and Territorial Dental Directors: Best Practices Definitions & Criteria--
<http://www.astdd.org/index.php?template=html>

Into the Light, Volume II – II: Discussion of Best Practice Elements & Criteria:
<http://www.slhi.org/IntoTheLight/Volume%20II/discussion.html>

Institute for Mental Health Research: Definitions of Best & Promising Practices –
<http://www.imhr.org/knowledge-defintions.html>

Identifying and Implementing Educational Practices Supported by Rigorous Evidence: A User-Friendly Guide---Appendix A: Where to find evidence-based interventions---

The What Works Clearinghouse (<http://www.w-w-c.org/>)

The Promising Practices Network (<http://www.promisingpractices.net/>)

Blueprints for Violence Prevention (<http://colorado.edu/csp/blueprints/index.html>)

The International Campbell Collaboration (<http://www.campbellcollaboration.org/Fralibrary.html>)

Social Programs That Work (<http://www.excelgov.org/displayContent.asp?Keyword-prppcSocial>)