



Adolescent Health Resources for Healthy Eating and Exercise for Out-of-School Time Providers

Adolescent Health: Think, Act, Grow® (TAG) is a national call to action to improve the health and healthy development of adolescents. The following is a list of free resource materials from government and nonprofit organizations that support better adolescent health outcomes. TAG is led by the HHS Office of Adolescent Health.

Physical Activity and Nutrition

Afterschool Programs: Health and Nutrition - Steps that afterschool programs can take to promote health and nutrition. <http://youth.gov/youth-topics/afterschool-programs/health-and-nutrition>

Simple Steps for Community Leaders - Resources and ideas for supporting good nutrition and activities. Let's Move Campaign. <http://www.letsmove.gov/community-leaders>

Healthy Eating - ChooseMyPlate.gov offers resources and tools for teens on nutrition education, and other teen-friendly nutrition information. U. S. Department of Agriculture. <https://www.choosemyplate.gov/teens>

NAA Healthy Eating and Physical Activity Standards - Standards for out-of-school-time programs to promote good nutrition and foster physical activity in programs. National AfterSchool Association. http://naaweb.org/images/NAA_HEPA_Standards_new_look_2015.pdf

Curricula and Toolkits for Healthy Out-of-School Time - Many online resources on topics such as healthy nutrition and physical activity. Healthy Out-of-School Time (HOST) <http://www.niost.org/HOST-Program/Curricula-and-Toolkits/>

SuperTracker U.S. Food and Drug Administration (FDA). Students can set up a personalized nutrition and activity plan: <https://www.supertracker.usda.gov/>

Materials to Share with Children and Teens - Online resources to share with adolescents to help them learn about eating right, being active, and reducing screen time to stay at a healthy weight. National Heart, Lung and Blood Institute - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/child-teen-resources.htm>

Media-Smart Youth: Eat, Think, and Be Active!® - An interactive after-school education program for youth ages 11 to 13. Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). <https://www.nichd.nih.gov/msy/about/Pages/default.aspx>

Healthier Environments

Live Healthier - Information and resources to help create healthier places for youth to spend their time. Alliance for a Healthier Generation. https://www.healthiergeneration.org/live_healthier/

Be Out There Movement - features special events, volunteer opportunities and practical resources, tips and tools to get outside. National Wildlife Federation <http://www.nwf.org/Be-Out-There.aspx>

Paving Way to Safe Neighborhoods - This report summarizes 'Strategic Approaches to Community Safe Initiative (SACSI) in 10 U.S. Cities: The Building Blocks for Project Safe Neighborhoods' U.S. Department of Justice Office of Justice Programs. <https://www.ncjrs.gov/pdffiles1/nij/216298.pdf>