



Action for Healthy Kids®

Because healthy kids learn better

The crisis has sparked alarm among parents, educators, health professionals and others. More than 30 percent of American children are obese or overweight. Poor nutrition is rampant; only two percent of school-age children consistently eat well. Kids are less active overall due to today's fast-paced but sedentary lifestyles. Low-income and minority children are disproportionately affected.

The implications are clear for our kids' learning and their lives. Good health leads to academic achievement, and our children's health is in jeopardy. Helping students learn to eat right and play every day will help them succeed in school.

A Healthy Response

Enter Action for Healthy Kids, created in 2002 in response to a call to action from Dr. David Satcher – then the U.S. Surgeon General – to prevent and decrease obesity. Action for Healthy Kids is now the largest volunteer network – 20,000 and growing – partnering with schools and families to help kids learn to eat right, be active every day, and stay ready to learn.

Action for Healthy Kids serves schools in every state with expertise, volunteers, a rich database of information, and programs and services. This approach helps schools develop and implement an action plan to improve nutrition and physical activity. By bringing together experts, professionals, parents and others; by offering programs and services to make school wellness a reality, and by providing an array of resources, Action for Healthy Kids is making an impact nationally, in local communities, and in our schools.

Why Support Action for Healthy Kids?

The connection between health and learning is clear, as are the staggering economic costs of obesity, poor nutrition and inactivity. Coupled with the searing injustice of children leading needlessly unhealthy lives, these factors compel a sustained effort to keep our children healthy, active and ready to learn.

To learn more about Action for Healthy Kids, including opportunities to join, lend support and help our kids be healthier, visit us online at www.actionforhealthykids.org or call us at 1-800-416-5136.

Making a Difference for Kids and Schools

Today, Action for Healthy Kids:

- ▶ Reaches 71 percent of U.S. schools – nearly 37 million children in kindergarten through 12th grade
- ▶ Works with increasing numbers of schools – especially in low-income, underserved communities
- ▶ Continues to develop and refine a portfolio of programs and services to meet the growing need
- ▶ Increases the number of volunteers engaged, schools reached and students served. During the 2009-2010 school year – thanks to generous grant support – Action for Healthy Kids reached more than 4.5 million kids in 9,200 schools in more than 1,300 school districts across the country.

Early accomplishments by Action for Healthy Kids included:

- ▶ Allying with national organizations and governmental agencies – about 70 today – and creating grassroots networks in every state and the District of Columbia
- ▶ Convening thought leaders, organizations and governmental agencies representing the best in health, education, nutrition and physical activity
- ▶ Influencing public policy at national and state levels, helping to pass legislation requiring schools to develop wellness policies

www.ActionforHealthyKids.org