

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

California 5 a Day

Be Active Resource Directory

Kern County



Kern County • Internet Resources

PROGRAM / ORGANIZATION	WEBSITE	DESCRIPTION
Action For Healthy Kids	http://www.actionforhealthykids.org	Action for Healthy Kids is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment.
Active Living Research	http://www.activelivingresearch.org/	Investigating policies and environment to support active communities
American Cancer Society	http://www.cancer.org	The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.
American Diabetes Association	http://www.diabetes.org/home.jsp	Tips on how to cure diabetes, weight loss and exercise, nutrition and recipes, diabetes prevention, research, advocacy resources
American Diabetes Association - Nutrition and Recipes - Sweeteners and Desserts	http://www.diabetes.org/nutrition-and-recipes/nutrition/sweeteners.jsp	Tips on how to reduce or substitute sweeteners.
American Diabetes Association - Youth Zone	http://www.diabetes.org/youthzone/youthzone.jsp	Inside you'll find all kinds of great stuff to help you manage your diabetes. You'll also find fun games, tips, and links. Includes nutrition and physical activity , interactive games
American Dietetic Association	http://www.eatright.org	Provides nutrition education. Research and tips on nutrition.
American Heart Association	http://www.americanheart.org	Provides tips on preventing cardiovascular disease and healthy recipes. Also children nutrition education and physical activity.
American Society for Clinical Nutrition	http://www.ascn.org	The primary focus of the is the publication of basic and clinical studies relevant to human nutrition.
American Society for Nutrition	http://www.asns.org	To develop and extend knowledge of nutrition of all species through fundamental, multidisciplinary, and clinical research; facilitate contact among investigators in nutrition, medicine and related fields of interest; support the dissemination and application of nutrition science to improve public health and clinical practice worldwide; promote graduate education and training of physicians in nutrition; provide reliable nutrition information to those who need it, and advocate for nutrition research and its application to development and implementation of policies and practices related to nutrition.



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Body Mass Index Calculator	http://nhlbisupport.com/bmi/bmicalc.htm	Calculates body mass index.
California 5 a Day	http://www.dhs.ca.gov/ps/cdic/cpns/ca5aday/	5 a Day Programs, Nutrition Network, Resources
California Adolescent Nutrition and Fitness Program (CANFIT)	http://www.canfit.org/	Provides nutrition education to communities to improve nutrition and physical activity. Also provides training and technical assistance to youth serving organizations, government entities, and consultants.
California Center for Physical Activity	http://www.caphysicalactivity.org/	The California Center for Physical Activity creates opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikeable communities
California Department of Education Nutrition Services Division	http://www.cde.ca.gov/re/di/or/division.asp?id=nsd	List of links
California Food Policy Advocates	http://www.cfpa.net/	California Food Policy Advocates is a statewide public policy and advocacy organization dedicated to improving the health and well being of low-income Californians by increasing their access to nutritious and affordable food.
California Foundation for Agriculture in the Classroom	http://www.cfaitc.org/	Works to increase awareness and understanding of agriculture among California's educators and students.
California Healthy Kids Resource Center	http://www.hkresources.org/c/@ILOpl09zVWcxo/Pages/index.html	Healthy Kids resource center
California Nutrition Network	http://www.dhs.ca.gov/ps/cdic/cpns/network/default.htm	Link to directories
California Project LEAN	http://www.californiaprojectlean.org/	California Project Lean provides you with a wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity.
California School Nutrition Association	http://www.csfsa.org	California School Nutrition Association
California Walk to School	http://cawalktoschool.com/success.php	Walk to school week - positive steps for California's communities.
Calorie Control Council	http://www.caloriecontrol.org/calcalcs.html	Calculate your calories.
Centers for Disease Control and Prevention (CDC) - Division of Nutrition and Physical Activity	http://www.cdc.gov/nccdphp/dnpa/index.htm	Physical activity good nutrition, dietary guidelines, Q & As
Centers for Disease Control and Prevention (CDC) - Healthy Youth!	http://www.cdc.gov/HealthyYouth/Nutrition/	Tips for youth: alcohol, sexual behavior, drugs, tobacco, violence, mental health, nutrition and physical activity.
Centers for Disease Control and Prevention (CDC) - Healthy Youth! Publications and Links	http://www.cdc.gov/HealthyYouth/publications/index.htm	CDC's publications and link site on various topics including nutrition and physical activity for healthy youth.



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Centers for Disease Control and Prevention (CDC) - Overweight and Obesity	http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm	Define over weight and obesity, health consequences, FAQ's BMI
Centers for Disease Control and Prevention (CDC) - Physical Activity and Health, Adolescents	http://www.cdc.gov/nccdphp/sgr/adoles.htm	This is a great web site for physical activity for all ages.
Centers for Disease Control and Prevention (CDC) - Physical Activity for Everyone	http://www.cdc.gov/nccdphp/dnpa/physical/index.htm	Everything you wanted to know about physical activity and nutrition from the CDC.
Centers for Disease Control and Prevention (CDC) - Powerful Bones. Powerful Girls	http://www.cdc.gov/powerfulbones/index.html	Website for girls to promote physical activity
Click on Heart Attack Signs	http://www.nhlbi.nih.gov/actintime/index.htm	There are two heart attack survivors who talk about their experiences
Cost of Obesity Topline Report	http://www.dhs.ca.gov/ps/cdic/cpns/press/downloads/CostofObesityToplineReport.pdf	Topline report on economic costs of physical activity inactivity, obesity and overweight.
Dairy Council of California	http://www.dairycouncilofca.org/	Dairy Nutrition Composition, Milk Myths, CA Fluid Milk Standards, Links, Calcium Quiz and Lessons.
Dietary Guidelines 2005	http://www.healthierus.gov/dietaryguidelines/	Tips for healthy choices, nutrition, physical activity and preventive screening
Division of Nutrition Research Coordination (DNRC)	http://dnrc.nih.gov	The mission of the Division of Nutrition Research Coordination (DNRC) is to coordinate Nutritional Sciences-related research and research training across the National Institutes of Health (NIH) and among Federal Agencies by providing mechanisms to communicate research, research training, policy, and education initiatives. The DNRC facilitates the exchange of information, coordinates workshops and seminars on critical issues, encourages collaborations, and serves as the NIH primary point of contact for the Department of Health and Human Services (DHHS) and other agencies, departments, and organizations in matters pertaining to Nutritional Sciences and Physical Activity. Through its dedicated efforts of review, research stimulation, and technical support, the DNRC strives to better define the role of Nutritional Sciences and Physical Activity in the promotion and maintenance of health and in the prevention and treatment of disease.
Dole 5 A Day	http://www.dole5aday.com/	Provides nutrition education for parents, teachers, and children.



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Eat Smart Play Hard	http://www.fns.usda.gov/eatsmartplayhard/	Eat Smart. Play Hard.™ is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active
Eatfit	http://efnep.ucdavis.edu http://fsnep.ucdavis.edu	Teacher Curriculum. University of California for Middle School (adapt for High School)
Eating Well, Living Well	http://www.sdcoe.net/eatingwell/	The nutrition education website for adult ESL programs.
Exercise Daily	http://www.exercisedaily.org	Exercise Daily! is a free online wellness magazine. Our promise is to provide year-around research news and information on the latest discoveries in exercise, fitness, health, nutrition & wellness. Our goal is to create an information source in a practical format that is freely & readily available to the public at large.
Food & Nutrition Information Center: Lifecycle Nutrition	http://www.nal.usda.gov/fnic/etext/000100.html	resources on food and nutrition
Food and Nutrition Information Center for Teachers	http://www.nal.usda.gov/fnic/educators.html	Food and Nutrition resources for teachers
Food and Nutrition Information Center: Resource List	http://www.nal.usda.gov/fnic/resource_lists.shtml	A complete list of resources from the Food and Nutrition Information Center (FNIC) of the National Agricultural Library/USDA
Food Stamp Program	http://www.fns.usda.gov/fsp	The Food Stamp Program serves as the first line of defense against hunger. It enables low-income families to buy nutritious food with Electronic Benefits Transfer (EBT) cards. Food stamp recipients spend their benefits to buy eligible food in authorized retail food stores.
Gatorade Sports Science Institute	http://www.GSSIweb.org/	Sharing knowledge on sports nutrition and exercise science.
Get Moving Kern	http://www.getmovingkern.org	Health Education active living
GirlsHealth.gov	http://www.4girls.gov	This site was created to help girls (ages 10-16) learn about health, growing up, and issues they may face. It focuses on health topics that girls are concerned about and helps motivate them to choose healthy behaviors by using positive, supportive, and non-threatening messages. The site gives girls reliable, useful information on the health issues they will face as they become young women and tips on handling relationships with family and friends, at school and at home.



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Got Milk Site	http://www.gotmilk.com/	Research on how Calcium helps PMS, improve sleep, helps reduce cavities, and stats and overview on why girls need to eat breakfast.
Guide to Quackery, Health Fraud, and Intelligent Decisions	http://www.quackwatch.org/	Links to Health Frauds and Intelligent Decisions
Harvest of the Month - Growing Healthy Students	http://www.harvestofthemonth.com/	Provides the tools and resources to give students hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables.
Health & Appearance for Teens -- List of Sites	http://www.brick.net/~classact/ngenhealth.htm	Tips for personal hygiene.
Health, Nutrition, and PE resources/lesson plans	http://www.cloudnet.com/~edrbsass/edpe.htm	Links to health, nutrition, PE, lesson plans.
Healthy Choices for Kids Online	http://www.healthychoices.org/	Created by the growers of Washington state apples. Nutrition education program materials in English and Spanish. Lesson plans and activities available.
Healthy Transportation Network	http://healthytransportation.net/	The Healthy Transportation Network provides information, connections, and direct assistance that you'll find useful while working to improve the health of your community
Heart Attack Risk Calculator What are your risks?	http://hin.nhlbi.nih.gov/atp/iii/calculator.asp?usertype=pub	Heart Attack calculator. What are your risks?
Just for Kids	http://www.bcm.edu/cnrc/resources/kids.html	Nutrition Information sites for kids
Kidnetic.com	http://www.kidnetic.com	Interactive physical activity challenges and information for kids.
KidsClick! Sports and Recreation	http://sunsite.berkeley.edu/kidsclick!/topspor.html	Web search for kids by librarians: sports and recreation.
KidsGardening!	http://www.kidsgardening.com/	Sponsored by the National Gardening Association. Teaches kids how to garden.
KidsHealth	http://kidshealth.org/index.html	KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. KidsHealth has separate areas for kids, teens, and parents — each with its own design, age-appropriate content, and tone.
National Agriculture Library	http://www.nal.usda.gov/outreach/resources.htm	Education Resources for teachers and parents
National Association for Health and Fitness	http://www.physicalfitness.org/	Promotes and encourages physical activity and healthy lifestyles.
National Dairy Council	http://www.nationaldairycouncil.org/	Nutrition and Diet information.



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National Eating Disorders Association	http://nationaleatingdisorders.org/p.asp?WebPage_ID=337	NEDA is dedicated to expanding public understanding of eating disorders and promoting access to quality treatment for those affected along with support for their families through education, advocacy and research.
National Heart, Lung, and Blood Institute - Obesity Education Initiative	http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm	Aiming for a healthy weight.
Nutrition Explorations	http://www.nutritionexplorations.org/	Provides nutrition education materials and information to parents and teachers.
Nutrition Explorations: Educators	http://www.nutritionexplorations.org/educators/classroom-links.asp	Nutrition Education Links for Teachers
Nutrition Fact Panels	http://www.cfsan.fda.gov/~dms/foodlab.html	How to read food labels
Nutrition for Kids	http://nutritionforkids.com/	All types of kid-friendly services, including books, teaching kits, and other resources. Free Feeding Kids newsletter.
Nutrition Quackery at the Diet Channel	http://www.thedietchannel.com/quack.htm	Advice on diets, and exercise. Provides links and articles.
Nutrition, Learning and Behavior in Children	http://www.nal.usda.gov/fnic/service/learnpub.html	A resource list for professionals provided by the Food and Nutrition Information Center of the National Agricultural Library/USDA.
Operation Fit Kids	http://www.operationfitkids.org	Provides information on how to improve the health and fitness of America youth through enhanced education for healthy life style and increased opportunities for physical activities.
Partnership for Essential Nutrition	http://www.essentialnutrition.org/	The Partnership for Essential Nutrition is a broad-based group of non-profit consumer, nutrition and public health organizations formed in 2004 to promote programs, policies and research that will advance public understanding about the essentials of a nutritionally balanced diet for weight loss and beyond...
PE Central	http://www.pecentral.org/	Provides information on health and physical education for teachers.
Portion Distortion	http://hin.nhlbi.nih.gov/portion/	Portion distribution, how food portions have changed
Risk Calculator for Osteoporosis	http://www.in.gov/isdh/programs/osteoporosis/risk.htm	Osteoporosis risk management calculator
Risk Calculator for Osteoporosis	http://www.mountcarmelhealth.com/118.cfm	How dense are your bones? Calculator
Rope Skipping . BE	http://www.rope-skipping.be/index.asp	Belgian interactive website that discusses rope skipping, materials, supplies, and events relating to the sport.
Shape Up America	http://www.shapeup.org/	Non-profit site with on-line quizzes, childhood obesity, 10,000 steps program
SMART-MOUTH.ORG	http://www.smart-mouth.org	Tips on healthy alternative snacks.



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SPARK Sports, Play & Active Recreation for Kids	http://www.sparkpe.org/index.jsp	SPARK grades K-12 Guidebook is a collection of lesson plans, assessment tools, and more.
Stay Fit. Eat Right.	http://www.stayfiteatright.org	Nutrition and Physical Activity Challenges
Student Wellness	http://www.csba.org/PS/hf.htm	The California School Boards Association and California Project LEAN have developed a new Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide for school governance leaders.
TeachFree.org - Healthy School Nutrition	http://www.teachfree.com/HealthySchoolNutrition.aspx	Nutrition and Physical Activity Tips
Teen Health and the Media	http://depts.washington.edu/thmedia/view.cgi?section=bodyimage	The Teen Health and the Media Web site is a virtual meeting place for teens, parents, educators, health professionals, and others who share a strong commitment to teen health. Using the power of media literacy, we encourage young people to make healthy choices and to interact with the media both as critical viewers and creators.
Test your Food Label Knowledge	http://www.cfsan.fda.gov/~dms/flquiz1.html	Questions and answers on food label knowledge
Top Ten Tips to Spot Nutrition Quackery	http://www.dietitian.com/quack.html	Top ten tips to spot nutrition quackery
United States Department of Agriculture (USDA) - School Nutrition & Physical Activity Assessment	http://www.fns.usda.gov/tn/healthy/changing.html	A USDA website featuring Team Nutrition and tips on "Changing the Scene: Improving the School Nutrition Environment." Lots of information and resources and links to other good sites.
United States Department of Agriculture (USDA) - Team Nutrition: The Power of Choice	http://www.fns.usda.gov/TN/Resources/power_of_choice.html	USDA Food and Nutrition Services
United States Department of Health and Human Services (HHS) - Educators/Teachers	http://www.hhs.gov/kids/teachers.html	This page is a listing of many sites for teachers and students on all sorts of educational topics...a one stop shop of government websites.
United States Department of Health and Human Services (HHS) - Health Finder	http://www.healthfinder.gov/	HHS search engine site for just about any health question. Information can be accessed for age, sex, ethnicity, parents, caregivers, and professionals.
United States Department of Health and Human Services (HHS) - Kids' Web Sites	http://www.hhs.gov/children/index.shtml#kids	Great site for kids to explore all sorts of topics including physical activity and nutrition. Lots of links to other government kids pages.



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University of California Agriculture and Natural Resources	http://ucanr.org/index.shtml	The Division of Agriculture and Natural Resources (ANR) is a statewide network of University of California researchers and educators dedicated to the creation, development and application of knowledge in agricultural, natural and human resources.
University of California Cooperative Extension	http://cekern.ucdavis.edu	University of California Cooperative Extension (UCCE), ANR's outreach arm, has farm, 4-H, and nutrition, family and consumer sciences advisors based in more than 50 county offices. As a land-grant institution, the Cooperative Extension mandate is tied to the welfare, development, and protection of California agriculture, natural resources, and people.
US FDA - Dietary Supplements Overview	http://www.cfsan.fda.gov/~dms/supplmnt.html	Recent Announcements and Overview on Dietary Supplements.
VERB Activity Campaign	http://www.cdc.gov/youthcampaign/	The VERB campaign encourages young people ages 9–13 (tweens) years to be physically active every day.
Walk & Bike to School Day	http://www.walktoschool-usa.org/	The USA website for International Walk to School Events and for promoting safe walking and bicycling to school throughout the year.
WebMD	http://www.webmd.com/	WebMD provides valuable health information, tools for managing your health, and support to those who seek information.
Women, Infant, & Children Nutrition Program (WIC)	http://www.fns.usda.gov/wic	Nutrition education and supplemental food checks for pregnant and breast-feeding women at risk; also for infants and children up to 5 years at risk.

Funding is provided by the California Nutrition Network through the Food Stamp Program of the U.S. Department of Agriculture. This institution is an equal opportunity provider and employer.

Cooperative Extension Work in Agriculture and Home Economics - U. S. Department of Agriculture, University of California, and Fresno County Co-operating
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