

PROGRAM RESOURCES

healthy eating • physical activity • healthy weight



Wisconsin Nutrition, Physical Activity and Obesity Program

GENERAL RESOURCES

1. State Nutrition and Physical Activity Plan

- There is a complete state plan and an executive summary for addressing obesity in Wisconsin. You can view these documents at: <http://dhs.wisconsin.gov/health/physicalactivity/StatePlan/>
- There is also State Plan Summary Report showing the status of the 83 objectives in this plan. <http://dhs.wisconsin.gov/health/physicalactivity/StatePlan/Stateplanreport2007final.pdf>
- Success Story: Meeting the Challenge of Obesity Prevention: http://www.chronicdisease.org/files/public/SSS_WI_state_plan_eval_WEB.pdf
- Wisconsin Nutrition, Physical Activity, and Obesity Program Summary - Updated quarterly and lists all the projects the program is currently working on.
- Coalition or group capacity building and planning resources <http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/General/Index.htm>
- An inventory of activities/projects/programs that are taking place in communities throughout Wisconsin. <http://dhs.wisconsin.gov/health/physicalactivity/QueryHome.htm>

2. Data and Surveillance Reports

- A full report and an executive summary showing data on the burden of obesity in Wisconsin will be released in June 2009.
- The Oral Health 3rd Grade Survey included height/weight measurement and the report will be released in 2009.

3. Footprints to Health-Franklin Neighborhood Initiative (a community-based intervention piloted with a local coalition and the state NPAO program in Wausau, WI)

- Full Intervention report <http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Footprints/Footprints%20Summary%20Report%203-2-09.pdf>
- Executive Summary of Intervention <http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Footprints/Footprints%20to%20Health%20Exec%20Summary%203-2-09.pdf>
- Case Study on Using the Social Ecological Model to Impact a Community <http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Footprints/Case%20Study%20SEM%202-26-09.pdf>
- Case Study on How Safe Routes to School and Bike/Pedestrian Planning Resulted from the Intervention

May 2009

Wisconsin Nutrition, Physical Activity and Obesity Program

<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Footprints/Bike%20Case%20Study%20Final.pdf>

4. Web Site and List Serve – the NPAO Program has an extensive web site and a list serve to communicate with partners.

- Website: <http://dhs.wisconsin.gov/health/physicalactivity/index.htm>
- Listserve: <https://lists.uwex.edu/mailman/listinfo/winpaw>

SETTING or TOPIC SPECIFIC RESOURCES

5. Community

Coalition Building

- Extensive webpages with resources for communities and coalitions to plan effective interventions.
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/General/Index.htm>

Active Community Environments

- What Works - Active Community Environments
- Active Community Environments Resource Kit
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/ACEs/index.htm>

Food Environments

- Fruit and Vegetable Access Toolkit – coming soon
- SRC Working with Restaurants: Tips, Examples, Resources, & Research
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Community/Restaurants/Index.htm>

6. Breastfeeding

- Ten Steps to Breastfeeding Friendly Child Care
http://dhs.wisconsin.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf
- Breastfeeding Friendly Health Departments in Wisconsin
<http://dhs.wisconsin.gov/health/Nutrition/Breastfeeding/departments.pdf>
- Building Breastfeeding Friendly Communities in Wisconsin
<http://dhs.wisconsin.gov/health/Nutrition/Breastfeeding/bffriendlycomm.htm>

7. Gardening

- Got Dirt Toolkit
<http://dhs.wisconsin.gov/health/physicalactivity/gotdirt.htm>
- Got Dirt? Gardening Initiative Success Story:
http://www.chronicdisease.org/files/public/SSS_WI_GOTDIRT_WEB.pdf

8. Healthcare

- What Works in Healthcare
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Healthcare/WhatWorksHealthcarefinal.pdf>

9. Schools

- What Works in Schools
http://dhs.wisconsin.gov/health/physicalactivity/pdf_files/WhatWorksSchoolsfinal.pdf
- Governor's Schools Health Award <http://www.schoolhealthaward.wi.gov/>
- Weighing and Measuring in Schools
http://dhs.wisconsin.gov/health/physicalactivity/Sites/School/To_Weigh_Measure.pdf

10. Worksites

- WI Worksite Wellness Resource Kit
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>
- What Works in Worksites
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Worksite%20pdfs/WhatWorksBusinessfinal.pdf>
- Governor’s Worksite Wellness Award
<http://www.fitness-health.wisconsin.gov/section.asp?linkid=1107&locid=132>
- WI Worksite Wellness Favorites – An inventory of worksite wellness initiatives submitted by worksites <http://dhs.wisconsin.gov/health/physicalactivity/Sites/WorksiteFavorites.htm>
- Success Story: Worksite Wellness-Improving Employee Health and the Bottom Line:
http://www.chronicdisease.org/files/public/SSS_WI_worksite_WEB.pdf
- Worksite Vending Case Study:
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Worksite%20pdfs/HowToVending.pdf>
- Promoting a Healthier Lifestyle Through Worksite Wellness Brief
http://www.wicancer.org/documents/surveillance%20briefs/SurvBr_v3n6_web.pdf
- Summary of Worksite Wellness Pilot Projects
<http://dhs.wisconsin.gov/health/physicalactivity/Sites/Worksite%20pdfs/HealthierWiWorksitesSummary1-08.pdf>

Resources Table

	Full Report	Executive Summary	Case Studies	Success Stories	Evaluation Reports	Toolkits / Manuals	“What Works”	Fact Sheets	Awards Program
General									
State Plan	X	X			X			X	
Data	X	X							
Footprints Intervention	X	X	2		X				
By Setting or Topic:									
Active Communities						X	X		
Breastfeeding						X			
Gardening				X		X			
Healthcare							X		
Schools						X	X		X
Worksites			3		X	X	X		X

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