



PROGRAM RESOURCES

healthy eating • physical activity • healthy weight



Wisconsin Chronic Disease Prevention Unit Nutrition, Physical Activity and Obesity

(Summarized below is a list of resources created by the program or in conjunction with partners)

GENERAL RESOURCES

- 1. Coordinating Efforts in Wisconsin to Promote Health & Prevent Chronic Disease**
<http://www.dhs.wisconsin.gov/publications/P0/p00587.pdf>
- 2. Wisconsin Nutrition, Physical Activity and Obesity State Plan**
 - There is a complete state plan and an executive summary for addressing obesity in Wisconsin. You can view these documents at: <http://www.dhs.wisconsin.gov/publications/P4/p40126.pdf>
- 3. Data and Surveillance Reports**
 - Healthiest Wisconsin 2020 Baseline and Health Disparities Report
<http://www.dhs.wisconsin.gov/hw2020/hw2020baselinereport.htm>
 - An integrated risk factor report for chronic disease is also available
<http://www.dhs.wisconsin.gov/tobacco/1398WIDHSRiskFactorReportFinal.pdf>
- 4. Web Site and List Serve** – the NPAO Program has an extensive web site and a list serve to communicate with partners.
 - Chronic Disease Prevention and Control Website: <http://www.dhs.wisconsin.gov/health/chronic-disease/>
 - NPAO Website: <http://www.dhs.wisconsin.gov/physical-activity/>
 - NPAO Listserve: <https://lists.uwex.edu/mailman/listinfo/winpaw>

SETTING or TOPIC SPECIFIC RESOURCES

5. Individual

- Changing Your Habits: Steps to Better Health, USDHHS, NIH, National Institute of Diabetes and Digestive and Kidney Diseases, June 2013,
http://win.niddk.nih.gov/publications/PDFs/Changing_Your_Habits.pdf
- Aim for a Healthy Weight. Maintaining a Healthy Weight on the Go – A Pocket Guide. USDHHS, NIH, National Heart, Lung, and Blood Institute, April 2010,
http://www.nhlbi.nih.gov/files/docs/public/heart/AIM_Pocket_Guide_tagged.pdf

6. Community

Coalition Building

- Coalition Information and Contacts: <http://www.dhs.wisconsin.gov/physical-activity/Resources/index.htm>
- Extensive webpages with resources for communities and coalitions to plan effective interventions.
<http://www.dhs.wisconsin.gov/physical-activity/Resources/index.htm>

Active Community Environments

- What Works - Active Community Environments
<http://www.dhs.wisconsin.gov/physical-activity/active-communities/index.htm>

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- Walk/Bike Audit tool
<http://www.dhs.wisconsin.gov/publications/p0/p00399.pdf>

Food System

- <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Index.htm>
- Got Access
- <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/FruitVegetable/index.htm>
- Check Out Healthy (grocery stores) <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/GroceryStores/Index.htm>
- Order Up Healthy (restaurants) <http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Restaurants/Index.htm>

7. Breastfeeding

- Ten Steps to Breastfeeding Friendly Child Care
<http://www.dhs.wisconsin.gov/publications/P0/P00022.pdf>

8. Early Care and Education (Childcare)

- Active Early Toolkit
<http://www.dhs.wisconsin.gov/publications/P0/P00280.pdf>
- Healthy Bites Toolkit
<http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/GotVeggies/index.htm>
- What Works in Early Care and Education
<http://www.dhs.wisconsin.gov/publications/P0/P00232.pdf>

9. Gardening

- Got Dirt Toolkit
<http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/GotDirt/index.htm>
- Got Veggies
<http://www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/GotVeggies/index.htm>

10. Healthcare

- <http://www.dhs.wisconsin.gov/physical-activity/Healthcare/index.htm>

11. Schools

- <http://www.dhs.wisconsin.gov/physical-activity/School/index.htm>
 - Active Schools: Core 4+
- Farm to School Toolkits for school nutrition directors and producers
<http://www.cias.wisc.edu/toolkits/>
- Weighing and Measuring in Schools
<http://www.dhs.wisconsin.gov/publications/P4/p40152.pdf>

12. Worksites

- <http://www.dhs.wisconsin.gov/physical-activity/Worksite/index.htm>
- Wisconsin Worksite Wellness Resource Kit
<http://www.dhs.wisconsin.gov/publications/P4/p40135.pdf>

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