

# Healthy Weight Toolkits

## For Schools, Parents Students and Communities



The North Dakota Healthy Weight Council (HWC) believes that weight is only one aspect of health and well-being. Wellness includes health in body, mind and spirit, all of which are important to children's success in school and life. The HWC "Weighing and Measuring Students in School Settings: A Position Paper" promotes healthy lifestyles that have the potential to benefit all students and staff, regardless of their weight status. The HWC continues to build on this concept of creating environments with the potential to improve the health of all who learn and work in schools by providing healthy weight toolkits for schools, parents, students and communities.



**Tools for Schools**



**Tools for Parents**



**Tools for Students**



**Tools for Communities**

The toolkits offer information and resources about healthy weight to all school staff, including school counselors, health education teachers, physical education teachers, family and consumer science teachers, elementary and high school teachers, school nurses, school foodservice directors and/or managers, administrators and others. Please share this resource with colleagues and staff, as well as with parents at parent teacher conferences, PTA, PTO, etc. The toolkit contains a wide range of topics, including healthy eating, physical activity, fundraising options, etc.

Access the toolkits on the Healthy North Dakota website at [www.healthynd.org/HealthyWeightCouncilToolkits.html](http://www.healthynd.org/HealthyWeightCouncilToolkits.html).

You may also learn how some North Dakota schools are successfully moving toward creating healthy environments by accessing the success stories link at [www.healthynd.org/HealthyWeightCouncilSuccessStories.html](http://www.healthynd.org/HealthyWeightCouncilSuccessStories.html).

For more information, contact Katherine Black, Healthy Weight Council chair, at 701.328.2496 or [kblack@nd.gov](mailto:kblack@nd.gov).

