



## NSBA's 101 Packets

The National School Boards Association's (NSBA) School Health Programs has a collection of "101" Packets with valuable information on specific school health issues such as asthma, healthy eating, and tobacco use prevention as well as on coordinated school health programs, ways to build community support for school health, and school health issues in communities of color. The Packets have recently been updated and include background information and guidance for policy and program development.

The packets offered are:

- Addressing Wellness Policies 101
- Asthma in Schools 101
- Building Community Support for Addressing School Health Issues 101
- Coordinated School Health Programs 101
- Food Safety 101
- Healthy Eating 101
- HIV/AIDS Policy Development 101
- Physical Activity 101
- School Health Issues in Communities of Color 101
- Sexual Orientation Issues for Schools 101
- Teen Pregnancy Prevention 101
- Tobacco Use Prevention 101

NSBA's School Health Programs is also pleased to announce a new release: Addressing Wellness Policies 101 Packet. This packet includes relevant information on overweight and obesity among youth, children's eating and physical activity behaviors and their health consequences, the link between wellness and learning, and guidance on developing and implementing wellness policies and programs.

Any of these packets may be requested using an online submission form on the National School Boards Association Web site at:

[http://nsba.org/site/page\\_schoolhealth\\_request\\_form.asp?DID=12023&CID=1117](http://nsba.org/site/page_schoolhealth_request_form.asp?DID=12023&CID=1117)