Healthy Wellness INITIATIVE

The Alabama State Department of Education and the Alabama Department of Public Health – Nutrition and Physical Activity Division are collaborating to provide nutrition, physical activity, and wellness information and training to the 21st Century Community Learning Programs.

The Healthy Wellness Initiative staff provides the following information and resources FREE:

TRAINING AND MATERIALS FROM EVIDENCE BASED YOUTH CURRICULA:

- CATCH Kids Club – an easy to use after school program that consists of a nutrition education component, a physical activity component and a snack component for children grades K-5 and 5-8.
- SPARK - after school curriculum focused on cooperation, fitness and sports for ages 5-14.

STAFF PROFESSIONAL DEVELOPMENT:

- Annual state-wide conference on issues related to nutrition, physical activity and wellness.
- Regional and local trainings on evidence-based curricula and use of different programs and nutrition topics.
- Training and resources on inclusion of students with disabilities.

STUDENT ACTIVITIES:

- In person physical activity and nutrition education encounters for students.

EDUCATIONAL MATERIALS:

(Can be provided electronically through email or website, or printed copies can be mailed to programs.)

- Quarterly newsletter located at: alabamapublichealth.gov/npa/hwi-newsletters.html.
- Various health topic informational flyers and incentives for health fairs and other hosted events.
- Have a Plant – Fruits & Veggies for Better Health: Brochures, recipes, coloring books and other materials aimed at encouraging increased intake of fruits and vegetables.

PARENT PROGRAMS:

- Nutrition, physical activity and wellness presentations and demonstrations.

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