

ABOUT THIS GUIDE

The Physical Activity, Nutrition, Tobacco and Asthma (PANTA) Plus School Resource Guide was developed to update and expand in topic areas of the previous 2006 PANTA School Resource Guide. The Kentucky Department for Public Health (KDPH), the Kentucky Department of Education (KDE) and the Kentucky Department for Behavioral Health, Developmental & Intellectual Disabilities have partnered to provide the information in this updated and expanded guide. The purpose of this guide is to promote the:

- connection between health and academics,
- use of the Coordinated School Health Model,
- understanding of the six priority health risk behaviors of youth (injury and violence, alcohol and drug use, tobacco use, nutrition, physical activity, and sexual risk behaviors)
- understanding of two major areas of health impacting children : asthma and dental health
- provide resources

This guide is meant to assist school administrators, teachers, nurses, social workers, Family Resource and Youth Services Center Directors, counselors, school food service and other school staff as well as those community representatives that work with schools in creating a positive healthy school environment. We hope this resource guide will provide the tools to strengthen and expand local school wellness policies, school programs and practices and the inclusion of health as part of the comprehensive school improvement planning (CSIP) process. The PANTA Plus School Resource Guide also provides resources on School Wellness and/or Coordinated School Health Councils with model policies to serve as guidelines in formulating local policies. We have included information about:

- Health and academics
- Emerging, promising and best practices
- Designing and planning policies and programs
- Assessing the school health environment and use of data
- Encouraging environmental change
- Promoting overall health of students, staff and the school community

Please share the information in this guide with others in your community. By working together we can educate future generations to treasure their health; we can give them the tools to better care for themselves and their families, and we can create communities where healthy lifestyles are the norm.

