

Contents

Introduction	page 2
HKC Acronyms and Terms	page 4
Take Healthy Action At-A-Glance	page 5
Step 1 Build...a team	page 7
Key KidLinks Take the Challenge Table - "Win/Wins".....	page 8
Activity Sheet: "Taking Action for Healthy Kids As I See It".....	page 11
Step 2 Look...at what exists	page 13
Call to Action, Schools.....	page 14
Call to Action, Programs.....	page 15
Step 3 DO...Take Healthy Actions	page 19
Sample Plan.....	page 22
Planning Form.....	page 28
Ten Easy Ideas for Taking Healthy Action.....	page 29
Step 4: Check...Measure Progress	page 30
Pre-Survey for Key KidLinks.....	page 32
Post-Survey for Key KidLinks.....	page 34
Step 5: Celebrate	page 36
Appendix	
Talking Points.....	page 38
Physical Activity Challenge.....	page 41
Healthy Kids Challenge Resources.....	page 42

At-A-Glance: The Process

5 Steps to Take Healthy Action!

1. **Build** - a team

Team-up! A team provides the foundation to coordinate, implement, and expand the changes made. It is the key to communication, support, and collaboration that makes healthy change effective, consistent, and durable.

2. **Look** - at what exists

Look at what you have and what is missing to support healthy choices. Use the one page assessment tool, *HKC Call to Action*, to check whether or not your school/program environment, policies, and practices are in alignment with recommendations to support kids in making healthy choices.

3. **Do** - plan and take healthy action

When your team is in place, take actions for environmental, policy, and practice changes that support healthy habits. Plan actions to:

- Hold a kick-off event
- Create awareness for motivation and appeal for change
- Change the environment
- Build skills for making healthy choices
- Cook-up cafeteria excitement to repeat skill building messages
- Connect with families

4. **Check** - measure progress

Who wants to journey on a path for long when they don't know where they are going or why? Check to see if your efforts are going in the right direction.

5. **Celebrate** - success

The next step after recognizing progress is celebrating it! People will be dropping off the path to change if you don't take time to "smell the roses" and recognize contributions.

Move into Action!

As with almost any new process, for most of us, concepts are just words on a page until we can see them in action and understand how they apply to "our" world. The checklists, examples and simple action ideas in this guide book will lead your team through each of the 5 steps to help you see the big picture.

If you can't take all the actions suggested, start where you are and do what you can!