

## *HEALTHY SCHOOL ENVIRONMENTS*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.kidshealth.org/parent/managing_diabetes/living/school_diabetes.html">http://www.kidshealth.org/parent/managing_diabetes/living/school_diabetes.html</a>	Useful information for parents to educate themselves, their children; links to other related articles.	Yes	No – a part of kidshealth.org	National	No – tips for parents with children who have diabetes	No	Parents with children who have diabetes and are going to school, links to articles for kids and teens
<a href="http://ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf">http://ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf</a>	Educational material for school personnel in managing students with diabetes.	Yes	No – a part of ndep.nih.gov	National	No – a guide for school personnel on helping students with diabetes	No	School personnel
<a href="http://www.actionforhealthykids.org/resources.php">http://www.actionforhealthykids.org/resources.php</a>	Educational material for school personnel in promoting a healthy school environment	Yes	No- resource page	National	Yes-information for grade-specific age groups	No	School personnel and parents.
<a href="http://schoolwalk.diabetes.org/site/PageServer?pagename=SW_teach">http://schoolwalk.diabetes.org/site/PageServer?pagename=SW_teach</a>	Easy to navigate, direct links to specific age groups, activities for schools to educate on diabetes, healthy eating.	Yes	No – a part of diabetes.org	National	Yes-information for grade-specific age groups	Yes	Teens and school personnel

## *GROWTH CHARTS & CALCULATING BMI*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.cdc.gov/growthcharts/">http://www.cdc.gov/growthcharts/</a>	Charts for all age groups (birth-20 years old), in different languages (Spanish, French).	Yes	No – a part of CDC website	National	No	No	Parents
<a href="http://kidshealth.com/kid/grow/body_stuff/bmi.html">http://kidshealth.com/kid/grow/body_stuff/bmi.html</a>	BMI calculator for kids to enter information themselves.	Yes	No – a part of kidshealth.com	National	Yes – vocabulary for kids, colorful graphics	No	Kids

### *KIDS FITNESS*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.kidnetic.com/">http://www.kidnetic.com/</a>	Bright colors, moving pictures and games to keep them interested.	Yes	Yes	National	Yes	Yes	Parents and kids
<a href="http://pbskids.org/zoom/activities/games/">http://pbskids.org/zoom/activities/games/</a>	Games ideas for kids to play indoor or outdoor (physically active).	Yes	No – a part of PBS website	National	Yes – examples of physical activity games that kids can play	No	Kids ages 4-12, and parents
<a href="http://pbrc.edu/pdf/PNS-physicalactivity.pdf">http://pbrc.edu/pdf/PNS-physicalactivity.pdf</a>	Ideas for parents to get kids active at home.	Yes	No – a part of pbrc.edu	National	Yes – good information for older kids, parents	No	Parents and older kids age 10-16

### *NUTRITION*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.mypyramid.gov/kids/index.html">http://www.mypyramid.gov/kids/index.html</a>	Main website on nutrition information for kids.	Yes	No – a part of MyPyramid.gov	National	Yes – Blast-off game for kids, printable coloring page	Yes	Kids ages 6-11
<a href="http://www.dole5aday.com/">http://www.dole5aday.com/</a>	Bright colors, pictures of fruits, veggies, interactive games.	Yes	Yes	National	Yes – good information for parents and teachers, games for kids (with appropriate vocabulary)	Yes	Parents, kids, and teachers
<a href="http://www.nutritionexplorations.org/">http://www.nutritionexplorations.org/</a>	Organized, easy to navigate and get to information needed quickly (links).	Yes	Yes	National	Yes – good information for parents, kids, school personnel	Yes – links to site just for kids, interactive games	Parents, kids, and school personnel

### *READING FOOD LABELS*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://diabetes.org/nutrition-and-recipes/nutrition/foodlabel.jsp">http://diabetes.org/nutrition-and-recipes/nutrition/foodlabel.jsp</a>	Easy to read for parents and older kids, with tips for diabetics, sample of a food label.	Yes	No – a part of ADA website	National	Yes – but good for older kids, teens to learn how to read a food label	No	Kids ages 10 and older, and parents/adults
<a href="http://www.kidshealth.org/kid/nutrition/food/labels.html">http://www.kidshealth.org/kid/nutrition/food/labels.html</a>	Bright colors, simple words, sample of a food label.	Yes	No – a part of kidshealth.org website	National	Yes – vocabulary for kids	No – but have links to tips, games for kids	Kids ages 6 and older

### *OVERWEIGHT CHILDREN*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.kidshealth.org/parent/general/body/overweight_obesity.html">http://www.kidshealth.org/parent/general/body/overweight_obesity.html</a>	Recommendations for parents for their kids, according to their age group, alternative for healthier snacks and meals.	Yes	No – a part of kidshealth.org website	National	No – but does have tips for preventing overweight in kids – age-specific	No	Parents
<a href="http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm">http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm</a>	Tips for parents, useful, bulleted information for easy reading.	Yes	No – a part of CDC website	National	No – but have links to games for kids to play	No – not on this site, but links to other site with games for kids	Parents

### *RESOURCES FOR KIDS WITH DIABETES*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://www.diabetes.org/youth-zone/youth-zone.jsp">http://www.diabetes.org/youth-zone/youth-zone.jsp</a>	Educational information for kids and teens, games incorporating healthy eating ideas.	Yes	No – a part of ADA website	National	Yes – information for kids with diabetes for better understanding	Yes	Kids ages 8 and older
<a href="http://www.jdrf.org/">http://www.jdrf.org/</a>	Managing diabetes in for parents, kids in school, and college students. Current news in the area of diabetes.	Yes	Yes	National	Yes – information for all ages: adults, teens, kids	No	Parents, teens, kids; Good website for teens and kids to interact with others who have diabetes

### *STRATEGIES & RESOURCES*

	<b>Reason for choosing website</b>	<b>Website active?</b>	<b>Is this the main site?</b>	<b>Nebraska vs. National?</b>	<b>Kid-friendly?</b>	<b>Learning Games?</b>	<b>Target Age Group</b>
<a href="http://123ActionNow.org/">http://123ActionNow.org/</a>	Action Now website, geared more for adults.	Yes	No – a part of HPI website	Nebraska-specific	No	No	Parents
<a href="http://www.lincolninmotion.org/">http://www.lincolninmotion.org/</a>	Lincoln in Motion, tips for getting more physically active and moving.	Yes	Yes	Nebraska-specific	No	No	Parents
<a href="http://cdc.gov/HealthyYouth/KeyStrategies/">http://cdc.gov/HealthyYouth/KeyStrategies/</a>	Strategies for getting the students in school to be more active and healthy eating.	Yes	No – a part of CDC website	National	No	No	School personnel
<a href="http://www.ihs.gov/MedicalPrograms/Diabetes/index.asp">http://www.ihs.gov/MedicalPrograms/Diabetes/index.asp</a>	Information geared for American Indians, Native Americans	Yes	No – a part of ihs.gov	National	No	No	Adults – American Indians, Native Americans
<a href="http://www.smallstep.gov/">http://www.smallstep.gov/</a>	Information on healthy lifestyles, geared for preventing obesity	Yes	Yes	National	No	No	Parents, teens
<a href="http://www.diabetesa1c.org/">http://www.diabetesa1c.org/</a> <a href="http://www.midiabetesa1c.org/">http://www.midiabetesa1c.org/</a>	Information on diabetes care, such as HA1c (English and Spanish)	Yes	Yes	National	No	No	Parents
<a href="http://ndep.nih.gov/diabetes/pubs/Youth_ResDirectory.pdf">http://ndep.nih.gov/diabetes/pubs/Youth_ResDirectory.pdf</a>	Good information about program for diabetics and special population groups	Yes	No – a part of ndep.nih.gov	National	No	No	Parents