



## Nutrition & Physical Activity

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### Action For Healthy Kids



It's a fact: healthy kids learn better.

Washington schools are helping kids be healthier by eliminating sugary soft drinks from vending machines, adding salad bars to lunch lines, and through physical education that teach kids to be fit for life. The Washington Action For Healthy Kids team supports schools and communities to be places where students can be physically active and choose healthy foods. The team is part of the National Action For Healthy Kids with a goal of reducing the number of overweight and obese children. Washington's team of 210 members represents local schools and communities, advocacy groups, state and local government, health-care providers, and non-profit agencies.

[Action for Healthy Kids](#)

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#### RELATED INFORMATION

[WA OSPI Child Nutrition](#)

[WA OSPI - Health and Fitness](#)

[School District Map](#)

[National Action For Healthy Kids](#)

[Washington Coordinated School Health](#)

#### Resources we offer:

- **Healthy Schools WA** – online resources about school nutrition and physical activity: [www.healthyschoolswa.org](http://www.healthyschoolswa.org)
- **Revenue Replacement Toolkit** help schools create alternatives to selling unhealthy foods
- **Governor's School Health Challenge** awards to Washington schools that involve students and the community in creating and carrying out model nutrition and physical education policies
- Survey to collect the **best physical education practices** in Washington schools
- **Kellogg Grant Project** provides training and support to ten Tacoma and Seattle schools on how to integrate physical activity opportunities into the school day.
- **Technical Assistance and Training** that

highlight successes and strategies other schools use to create a healthy school environment

For more information or to become a member of Action For Healthy Kids:  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

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Send inquires about the Nutrition and Physical Activity Programs to the [Health Consumer Assistance Office](#).  
Comments or questions regarding this web site? Send mail to Gary Holt; email: [gary.holt@doh.wa.gov](mailto:gary.holt@doh.wa.gov).

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