



Montana Action for Healthy Kids (MTAFHK) Team Mission

Montana Action for Healthy Kids Team is dedicated to improving the health and wellness of our children in schools and communities through nutrition and physical activity where children learn, participate in, and enjoy healthy lifestyle behaviors.

State Team Goals

Goal 1 Provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.

Goal 2 Ensure that healthy snacks are provided in vending machines, student stores and other venues within the school's control.

Goal 3 Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Past & Present Opportunities to Support Local Action

- 2002- Distributed Fit Kids = Happy Kids Poster and Handout to schools, childcare programs and other agencies to reach parents with positive action steps in helping children develop a healthy body weight.
- 2003-Grants were distributed to School Parent Organizations to take action to create healthy school environments directed towards MAFHK's goals. A Montana Parents & Teachers Taking Action for Healthy Kids Idea Guide from the mini-grant program is being distributed to parent organizations, schools, and community groups around the state and nation.
- 2006-Present Support after school programs to teach students healthful eating skills through physical activities through distribution of ReCharge Curriculum.
- Local community groups like Billings Action for Healthy Kids Team & Great Falls Action for Healthy Kids Teams are helping to facilitate positive changes at the local level through working with a wide variety of local stakeholders.
- The Team is working with the Office of Public Instruction and other agencies to assist local schools with implementing the school wellness policy mandate.

State Team Meetings Times and Locations for 2008

Quarterly Meetings (March 5, June 6, September 17, and December 3) are held through via videoconferencing around the state or in Helena.



EAT RIGHT MONTANA
A coalition promoting healthy eating and active lifestyles

Check out the National Action For Healthy Kids Website:
www.actionforhealthykid.org

The following organizations are represented on our State Team:

- ✓ Office of Public Instruction, Health Enhancement, which includes School Nutrition Programs, Montana Team Nutrition Program and Health Enhancement
- ✓ Office of Public Instruction, Division of Special Education which includes Montana Behavioral Initiative
- ✓ Montana Department of Public Health and Human Services which includes the Cardiovascular Health Program, the Montana Nutrition & Physical Activity Program, Child & Adult Care Food Program, & Comprehensive Cancer Control
- ✓ Montana State University- Bozeman -Department of Health and Human Development,
- ✓ Montana State University – Billings – Department of Health and Physical Education,
- ✓ Montana State University Extension – Food and Nutrition Education Programs
- ✓ Montana School Boards Association
- ✓ School Administrators of Montana
- ✓ Department of Livestock, State of Montana
- ✓ American Heart Association
- ✓ Billings Action for Healthy Kids
- ✓ American Cancer Society, Montana Chapter
- ✓ Big Sky State Games (Shape Up Montana/ Big Sky Fit Kids)
- ✓ Great Falls Action for Healthy Kids
- ✓ Western Dairy Association
- ✓ Indian Tribal Health
- ✓ Flathead City-County Health Department
- ✓ Missoula City County Health Department
- ✓ Montana Dietetic Association
- ✓ Montana Association of Health, P.E., Recreation and Dance
- ✓ Montana Chapter of the American Academy of Pediatrics
- ✓ Montana Department of Livestock
- ✓ Nutrition for the Future, Inc.
- ✓ Rocky Mountain Development Council,
- ✓ Montana PTA
- ✓ Indian Health Service
- ✓ Local chefs, parents and health/school professionals

Steering Committee Members:

Katie Bark-Co-Chair, Peggy Chappuis, and Bob Vogel
Susie Eades Woods, Molly Stenberg,

Billings Action for Healthy Kids Team: Dayle Hayes, Barbara Hailstone
Great Falls Action for Healthy Kids Team: Joan Trost, Suzette Bruggeman

To Join our Effort or For More Information:

Contact Katie Bark, R.D. –406-994-5641 or kbark@mt.gov
www.eatrightmontana.org- Montana Action for Healthy Kids

