



**Montana Action for Healthy Kids (MAFHK) 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 (Based on "Commitment to Change")**

Impact Goal # 1 The State Team will further define and identify its niche within the state and work with key organizations to advance its action plan.

Impact Goal # 2 Elementary schools working with Montana Action for Healthy Kids will have increased ability to implement a Recess in Action program through the provision of the pocket guide, training opportunities and technical assistance.

Impact Goal # 3 Local teams will be supported to achieve their school and community driven objectives.

**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-Pilot project to work with three after school programs in Montana to implement the ReCHARGE curriculum that teaches students healthful eating skills through physical activities to children in grades 3-6.
- Local community groups like Billings, Great Falls and Helena 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.
- 2009-2010 – Training and technical assistance on active recess programs through the use of a Recess in Action Guide project for school staff of elementary schools and afterschool programs.



**EAT RIGHT MONTANA**  
*A coalition promoting healthy eating and active lifestyles*

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## **State Team Meetings Times and Locations for 2010**

Quarterly Meetings (March, June, September & December) are held through via videoconferencing around the state or in Helena.

Check out the National Action For Healthy Kids Website:

[www.actionforhealthykid.org](http://www.actionforhealthykid.org) or  
<http://www.eatrightmontana.org/eatrightafhk.htm>

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, and the Montana Nutrition & Physical Activity Program & Cancer Control Program Network
- ✓ Montana State University- Bozeman -Department of Health and Human Development,
- ✓ Montana Rural Health Initiative- Montana State University
- ✓ Montana State University Extension – Food and Nutrition, and Nutrition Education Programs
- ✓ American Heart Association
- ✓ Montana School Boards Association
- ✓ Montana School Administrators of Montana
- ✓ **Billings Action for Healthy Kids**
- ✓ Big Sky State Games (Shape Up Montana/ Big Sky Fit Kids)
- ✓ **Great Falls Action for Healthy Kids**
- ✓ **Helena Action for Healthy Kids**
- ✓ Western Dairy Association
- ✓ Indian Tribal Health
- ✓ Montana Dietetic Association
- ✓ Montana Association of Health, P.E., Recreation and Dance
- ✓ Montana School Nutrition Association
- ✓ 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-Chair, Suzie Eades- Secretary, Molly Stenberg -Treasurer  
Melanie Williams and Bob Vogel- Steering Committee Members  
Billings Action for Healthy Kids Team: Dayle Hayes, Barbara Hailstone  
Great Falls Action for Healthy Kids Team: Joan Trost, Suzette Bruggeman  
Helena Action for Healthy Kids – Ginny Furshong

### **March 2010**

For more information, contact Katie Bark, R.D. –406-994-5641 or [kbark@mt.gov](mailto:kbark@mt.gov)

