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# GENIE : Guide for Effective Nutrition Interventions and Education

## Resources


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### Category 1- Program Description and Importance:

Centers for Disease Control- Resources for Implementing the Community Health Needs Assessment Process

Background, planning, and data resources for conducting needs assessments.

<http://www.cdc.gov/policy/chna/>

USDA- Food Security in the US

Data on food security in the United States and its impact on individuals and communities.

<http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us.aspx#.UnNpYxDjXYc>

American Psychological Association- Socioeconomic Status

Facts about socioeconomic determinants including their impact on physical health, well-being, and educational outcomes.

<http://www.apa.org/topics/socioeconomic-status/>

Association of State and Territorial Public Health Nutrition Directors

Moving to the Future is a nutrition and physical activity program planning resource which includes templates, worksheets and other resources.

<http://www.movingtothefuture.org/>

### Category 2- Program Goal:

National Collaborative on Childhood Obesity Research- Surveillance Registry

“This web tool provides a catalogue of existing surveillance systems that contain data relevant to childhood obesity research. It includes local, state, and national systems that provide data at multiple levels.”

<http://nccor.org/projects/catalogue/index.php>

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### Centre for Health Promotion- Introduction to Health Promotion Program Planning

“Using health promotion values, theory and research, the workbook provides a logical 6-step approach to assist health promotion practitioners in the process of planning health promotion programs.”

<http://ctxh.hcmussh.edu.vn/Resources/Docs/SubDomain/ctxh/planning.wkbk.content.apr01.for.mat.oct06.pdf>

### Category 3- Program Framework and Design:

#### National Cancer Institute- Theory at a Glance

A “resource for public health practitioners seeking a single, concise summary of health behavior theories”, described as being “neither overwhelming nor superficial.”

<http://sbccimplementationkits.org/demandrmnch/ikitresources/theory-at-a-glance-a-guide-for-health-promotion-practice-second-edition/>

#### Centers for Disease Control- Introduction to Program Evaluation for Public Health Programs

“This document is a “how to” guide for planning and implementing evaluation activities. The manual, based on CDC’s Framework for Program Evaluation in Public Health, is intended to assist managers and staff of public, private, and community public health programs to plan, design, implement and use comprehensive evaluations in a practical way.”

<http://www.cdc.gov/eval/guide/>

### Category 4- Program Setting, Recruitment, and Retention Plan:

#### Centers for Disease Control- Program Design

“This Web site serves to introduce certain concepts, provide resources for more detailed information on program design, and link program planners to practical resources.” Although specifically designed for workplace wellness programs, the materials included here can be applied to other adult populations.

<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/>

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### National Association of County and City Health Officials

“Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven strategic planning process for improving community.”

<http://www.naccho.org/topics/infrastructure/mapp/>

### Category 5- Instructional Methods:

#### Centers for Disease Control- Gateway to Health Communication & Social Marketing Practice

“CDC and its partners have many resources available to help build your health communication or social marketing campaigns and programs. Whether you are looking for tips for analyzing and segmenting an audience, choosing appropriate channels and tools, or evaluating the success of your messages or campaigns, it's all here in one place!”

<http://www.cdc.gov/healthcommunication/about.html>

#### National Network of Libraries of Medicine- Health Literacy

Information regarding health literacy with numerous linked resources.

<http://nnlm.gov/outreach/consumer/hlthlit.html>

### Category 6- Program Content:

#### National Guidelines Clearing House

“A public resource for evidence-based clinical practice guidelines.”

<http://www.guideline.gov/>

#### Nutrition.gov

A collection of governmental nutrition links including MyPlate, USDA, and the Food and Nutrition Information Center.

<http://www.nutrition.gov/>

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### Center TRT

“The Center TRT provides practitioners with the best available evidence on preventing and controlling obesity and other chronic diseases through the translation of interventions focusing on nutrition, physical activity and breastfeeding practices. Center TRT disseminates practice-relevant information along with intervention materials and resources to assist practitioners with developing and implementing successful interventions at various levels of the socio-ecologic model.”

[http://www.centertrt.org/?p=interventions\\_overview](http://www.centertrt.org/?p=interventions_overview)

### USDA Food, Nutrition & Health- Program and Services

Resources for USDA-sponsored programs including the Expanded Food and Nutrition Education Program (EFNEP), the Supplemental Nutrition Assistance Program (SNAP), the National School Lunch Program (NSLP), and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) among others.

<http://www.fns.usda.gov/programs-and-services>

### The Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. A wide range of nutrition-related resources are available.

<http://www.eatright.org/Public/>

## Category 7- Program Materials

### Kids Eat Right

A “source for scientifically-based health and nutrition information” for children.

<http://www.eatright.org/resources/for-kids>

### Evidence Analysis Library

“The Academy of Nutrition and Dietetics Evidence Analysis Library is a synthesis of the best, most relevant nutritional research on important dietetic practice questions housed within an accessible, online, user-friendly library. An objective and transparent methodology is used to assess food and nutrition-related science.”

<http://andevidencelibrary.com/>

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### Healthy Food Bank Hub

Easily searchable “high quality, practical tools and resources that assist health professionals, and food bank staff, agencies and volunteers in promoting healthy food choices with individuals and families experiencing food insecurity. All tools and resources have gone through a rigorous evaluation process to ensure distributed materials cater to the unique needs, concerns, and goals of food banks and those experiencing hunger.”

<http://healthyfoodbankhub.feedingamerica.org/>

### Let's Move

*Let's Move!* is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation. The five pillars of the First Lady's *Let's Move!* Initiative are: 1) Creating a healthy start for children, 2) Empowering parents and caregivers, 3) Providing healthy food in schools, 4) Improving access to healthy, affordable foods, 5) Increasing physical activity.

<http://www.letsmove.gov/>

### President's Council on Fitness, Sports & Nutrition

“Through partnerships with the public, private, and non-profit sectors, the President's Council promotes programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lives.” This site includes information and resources for health promotion.

<http://fitness.gov/>

### Fuel Up to Play 60

“Launched by National Dairy Council and the National Football League, in collaboration with the U.S. Department of Agriculture, Fuel Up to Play 60 encourages students to eat healthy, be active and implement long-term, positive changes for themselves and their schools.” The site offers information and resources for children, teachers, and parents about the Fuel Up to Play 60 movement.

<http://www.fueluptoplay60.com/>

### Centers for Disease Control and Prevention- Health Literacy

“Plain language makes it easier for everyone to understand and use health information.” This website provides a selection of resources to help you create communications that are clear and simple.

<http://www.cdc.gov/healthliteracy/developmaterials/plainlanguage.html>

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### Developing & Assessing Nutrition Education Handouts (DANEH) Checklist

“The Developing & Assessing Nutrition Education Handouts (DANEH) checklist was created by the Academy of Nutrition and Dietetics Foundation as part of the Future of Food (FOF) project. The purpose of the DANEH checklist is twofold: 1) to screen existing nutrition education handouts in order to establish the inclusion/exclusion of important quality components, and; 2) as a tool to use in developing quality nutrition education handouts.”

<http://healthyfoodbankhub.feedingamerica.org/wp-content/uploads/2013/12/Nutrition-Education-Handout-Checklist-rev-10-17-13.pdf>

### Category 8- Evaluation Resources:

#### W.K. Kellogg Foundation- Evaluation Handbook

“This Evaluation Handbook is designed to encourage dialogue about the role evaluation should play at the project level.”

<https://www.nwcphp.org/documents/evaluation/kellogg-eval-handbook>

#### USDA- Dietary Assessment Instruments

“For public health researchers, a searchable database of diet and physical activity measures (or tools) relevant to childhood obesity research to promote the consistent use of common measures and research methods.”

<http://fnic.nal.usda.gov/surveys-reports-and-research/research-tools/dietary-assessment-instruments>

#### National Collaborative on Childhood Obesity Research- Measures Registry

“The NCCOR Measures Registry is a searchable database of diet and physical activity measures relevant to childhood obesity research. The purpose of this registry is to promote the consistent use of common measures and research methods across childhood obesity prevention and research at the individual, community, and population levels.”

<http://nccor.org/projects/measures/index.php>

#### University of Washington- Northwest Center for Public Health Practice

“NWCPHP offers a wide variety of training opportunities for public health professionals” including topics such as data collection and assessment. Many online trainings and archived webinars are offered free of charge.

<http://www.nwcphp.org/training>

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### Centers for Disease Control- Evaluation Guides

“The evaluation guides are a series of evaluation technical assistance tools developed by the CDC Division for Heart Disease and Stroke Prevention (DHDS). The guides clarify approaches to and methods of evaluation, and recommend resources for additional reading.” Although the materials were developed for state Heart Disease and Prevention Programs, these guides offer skill-building information that can be applied to a variety of programs and organizations.

[http://www.cdc.gov/dhds/programs/nhds\\_program/evaluation\\_guides/index.htm](http://www.cdc.gov/dhds/programs/nhds_program/evaluation_guides/index.htm)

### Category 9- Sustainability Resources:

#### Victorian Quality Council- Understanding the Sustainability of Health Programs and Organisational Change

“This paper develops an understanding of sustainability within a systems approach. It discusses how sustainability can be incorporated into program planning, the reasons why programs fail to be sustained and it makes recommendations for guidelines to improve planning for sustainability.”

[http://www.researchgate.net/publication/255671091\\_Understanding\\_the\\_Sustainability\\_of\\_Health\\_Programs\\_and\\_Organisational\\_Change](http://www.researchgate.net/publication/255671091_Understanding_the_Sustainability_of_Health_Programs_and_Organisational_Change)

#### Planning for the sustainability of community-based health programs

This “paper presents an initial set of potential guidelines and strategies for fostering program sustainability within the dynamic context of community.”

<http://her.oxfordjournals.org/content/13/1/87.full.pdf>