

Health Resources



- **General Resources**

- www.maineeshp.com - Coordinated School Health Programs
- www.healthinschools.org/home.asp - The Center for Health and Health Care in Schools
- www.kidshealth.org - Kids Health from the health experts at Nemours
- www.maine.gov/dhhs/boh/hmp - Healthy Maine Partnerships
- www.healthymainekids.org - Action for Healthy Kids




- **Physical Fitness and Activity**

- www.aahperd.org/NASPE - National Association for Sport and Physical Education
- www.maineinmotion.org - Maine in Motion
- www.nasbe.org - National Association for School Boards of Education
- www.physicalfitness.org - National Association for Health and Fitness
- www.ncppa.org - National Coalition for Promoting Physical Activity
- <http://www.walktoschool.org/index.cfm> - International Walk to School, USA
- www.dhs.ca.gov/lean - Leaders Encouraging Activity and Nutrition
 - www.californiaprojectlean.org/resourcelibrary/default.asp - Wellness Policy Tools
- www.cdc.gov
 - www.cdc.gov/healthyyouth/yrbs/ - Healthy Youth!





- **Drugs and Alcohol**

- www.thecoolspot.gov - Peer Pressure and Underage Drinking Info for Young Teens
- www.toosmarttostart.samhsa.gov - Department of Health and Human Services
- www.stopalcoholabuse.gov - Stop Underage Drinking
- http://www.madd.org/tuhijo/en_home.htm - Mothers Against Drunk Driving
- www.maine.gov/dhhs/osa/ - Maine Office of Substance Abuse
- www.ncadi.samhsa.gov - National Clearinghouse for Alcohol and Drug Info
- www.ncadd.org/index.html - National Council on Alcoholism and Drug Dependence
- www.sadd.org - Students Against Destructive Decisions, Inc.
- www.maineresistance.org - Maine Resistance (Tobacco)
- www.tobaccofreemaine.org - Partnership for a Tobacco Free Maine
- www.dare.com/home/default.asp - Drug Abuse Resistance Education
 - www.dare.com/kids/index_3.htm - Kids Page




- **Nutrition**

- www.fns.usda.gov/tn/healthy/changing.html - United States Department of Agriculture: Food and Nutrition Service – Healthy Schools
- www.nutritionexplorations.org
 -  www.nutritionexplorations.org/kids/activities-main.asp - A World of Activities (Elementary School)
- www.drinkmainemilk.org - Maine Dairy and Nutrition Council
 -  www.drinkmainemilk.org/health/home.html - Health
 -  www.drinkmainemilk.org/schools/home.html - School Nutrition
- www.cspinet.org/nutritionpolicy/policy_options.html#ImproveSchoolFoods
- www.schoolnutrition.org/ - School Nutrition Association
- www.actionforhealthykids.org/resources_wp.php - Wellness Policy Development Tool
- www.5aday.com - 5-A-Day Program
- www.nal.usda.gov/fnic - Food and Nutrition Information Center


- **Sexuality and Gender Issues**

- www.fpam.org - Family Planning Association of Maine
- www.teenpregnancy.org - National Campaign to Prevent Teenage Pregnancy
- www.glsen.org/cgi-bin/iowa/all/home/index.html - Gay, Lesbian and Straight Education Network
- www.uglyducklings.org - A National Campaign to Reduce Bullying and Harassment of Lesbian, Gay, Bisexual, Transgender and Questioning Youth
- www.hardygirlshealthywomen.org - Hardy Girls Healthy Women
 -  About Us
 -  Our Resources
- www.mcedv.org/ - Maine Coalition to End Domestic Violence
- www.mecasa.org - Maine Coalition Against Sexual Assault
 -  Just the Facts
 -  Links
- www.nsvrc.org - National Sexual Violence Resource Center
- www.shakenbaby.com - Shaken Baby Alliance
- www.cdc.gov - Center for Disease Control
 -  www.cdc.gov/std/ - Sexually Transmitted Disease



- **School Climate/Bullying**

- www.bullyfreeme.com/ - Bully Free Maine
 -  <http://home.gwi.net/hankla/saufler/mpab/bullying.html> - Maine Project Against Bullying
- www.stopbullyingnow.com/ - Stop Bullying Now
- www.cyberbullying.org/ - Cyber Bullying
- www.bullying.org - Where You Are NOT Alone
- www.colorado.edu/cspv - Center for Study and Prevention of Violence
 -  www.colorado.edu/cspv/safeschools/index.html - Safe Schools
 -  www.colorado.edu/cspv/safeschools/bullying/overview.html - Bullying Prevention
- www.keepschoolssafe.org - Keep Schools Safe
- www.maine.gov/dhhs/osa/index.htm - Maine Office of Substance Abuse
- www.pta.org/archive_article_details_1117639656218.html - PTA: Article: The Newest Breed of Bully, the Cyberbully
- www.bullybeware.com/index.html - Take Action Against Bullying
- www.nyacyouth.org/nyac/res_spot_bullying.html - National Youth Advocacy Coalition

- **Disease and Illnesses**

- www.cdc.gov - Center for Disease Control
 -  www.cdc.gov/nccdphp/das/ - Division of Adolescent and School Health
- www.diseaseeducation.com/ - Disease Education
- www.cancer.org - American Cancer Society
- www.aidsinfo.nih.gov/ - HIV/AIDS Information
- www.nhlbi.nih.gov - National Heart, Lung and Blood Institute
- www.suicidology.org - American Association of Suicidology
- www.webmd.com - Better Information, Better Health

- **Safety/Injury Prevention**

- <http://www.bikemaine.org/> - Bike Coalition of Maine
- <http://www.nsc.org/index.htm> - National Safety Council
 -  <http://www.nsc.org/ehc/sunsafer.htm> - Sun Safety
- <http://www.firesafety.gov/index.shtm> - Fire Safety
- <http://www.mainerlung.org/> - American Lung Association of Maine
 -  http://www.mainerlung.org/learn_with_us/air_quality/air_quality.htm - Healthy Air Campaign