



Network for a Healthy California

Be Active Resource Directory

Internet Resources



Internet Resources



Golden Coast • Internet Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
School Health Programs				
Coordinated Approach to Child Health (CATCH) www.catchinfo.org	CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8.			
Source for Health and Physical Education (S.H.A.P.E.) www.shape.net	S.H.A.P.E. (the Source for Health and Physical Education), a non-profit organization, was founded in 2004 to help charter schools deliver a complete education, fight obesity in children, teach life-long health and wellness, promote physical activity, and help students develop integrity and ethics.			
SPARK www.sparkpe.org	SPARK is a research-based organization that disseminates evidence-based physical education, after school, early childhood, and coordinated school health programs to teachers and recreation leaders serving pre-K through 12th grade students.			
Diabetes				
American Diabetes Association www.diabetes.org	The American Diabetes Association is a United States-based organization working to fight the deadly consequences of diabetes and to help those affected by diabetes.			
Fitness & Training Groups				
Moms in Motion http://momsinmotion.com/	A social network connecting moms through fitness & training. Running teams are in the Fall, Winter & Spring. Triathlon team meets in the summer.	Gold Coast	Moms	Free
Gymnastics				
USA Gymnastics www.usa-gymnastics.org	Information on gymnastics, Junior Olympics, gymnastics camps & scholarships		All ages	Free
Handball				

Southern California Handball Association

www.handball.org

Information on handball rules, regulations, instructions, clubs, leagues & tournaments.

All ages

Free

Health

American Heart Association

www.americanheart.org

The **American Heart Association (AHA)** is a non-profit organization in the United States that fosters appropriate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

Centers for Disease Control and Prevention

www.cdc.gov

The Centers for Disease Control and Prevention (or CDC) is a United States federal agency under the Department of Health and Human Services. The CDC focuses national attention on developing and applying disease prevention and control (especially infectious diseases), environmental health, occupational safety and health, health promotion, prevention and education activities designed to improve the health of the people of the United States.

Department of Human & Health Services

www.hhs.gov

The Department of Human & Health Services(HHS) is the cabinet-level department of the Executive Branch of the federal government most involved with the health, safety and welfare of the U.S. population.

Healthy Choice for Kids Online

www.healthychoices.org

Provides nutritional facts, kid-friendly recipes, activities & worksheets

My Pyramid

www.mypyramid.gov

My Pyramid offers personalized eating plans and interactive tools to help you plan/assess your food choices based on the Dietary Guidelines for Americans.

Network for a Healthy California

www.cdph.ca.gov/programs/CPNS/Pages/default.aspx

The *Network* represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity

Free

United States Department of Agriculture (USDA)
www.usda.gov

The United States Department of Agriculture is the United States federal executive department responsible for developing and executing U.S. federal government policy on farming, agriculture and food.

Hiking/Bike Trails

www.slotrails.com

Region name Target Population Cost

www.trails.com

Region name Target Population Cost

Jazz Style Dance

Jazzercise

www.jazzercise.com

Information on jazzercise, class locator, free jazzercise podcasts, fitness & nutrition articles

All ages None

Lompoc

Lompoc Valley Community Health Improvement Coalition

PO Box 368, Lompoc
(805) 736 -5985
www.healthylompoc.lvcho.org

Lompoc All ages Cost

Nutrition

Dietary Guidelines for Americans

www.health.gov/DietaryGuidelines/default.htm

The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

Harvest of the Month

www.harvestofthemonth.com

Harvest of the Month is designed to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables and to engage in physical activity every day.

Physical Activity

California Center for Physical Activity

www.caphysicalactivity.org

The California Center for Physical Activity develops creative solutions to increasing everyday activity in California and serves as an expert resource for California physical activity partners. The Center also helps communities create more walkable and bikeable neighborhoods.

Additional Resources

Active Living

Research:www.activelivingresearch.org

Nurturing a New
Transdisciplinary Field

Sports Scholarships

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



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.