Bibliography of Useful Research Articles

In an effort to stay fresh and relevant, we are listing articles here that we find most compelling right now. For a even more up-to-date version of our running bibliography, please visit the Research section on our website, www.letsgo.org. If you'd like help getting access to one of the articles listed below, please contact Molly Lee at leem2@mmc.org, or 207.662.4422.

Reports:

Action for Healthy Kids. *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*. October 2004.

Centers for Disease Control and Prevention. *Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Recommendations and Reports* . MMWR 2009;58(No. RR-7):1-27.

Keener, D., Goodman, K., Lowry, A., Zaro, S., & Kettel Khan, L. *Recommended community strategies and measurements to prevent obesity in the United States: Implementation and measurement guide*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. July 2009.

Institute of Medicine of the National Academies. *Report Brief—Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*. April 2007.

Institute of Medicine of the National Academies.. *School Meals: Building Blocks for Healthy Children*. Committee on Nutrition Standards for National School Lunch and Breakfast Programs, Food and Nutrition Board. 2010.

Robert Wood Johnson Foundation. *Policy Brief—Improving Child Nutrition Policy: Insights from National USDA Study of School Food Environments*. February 2009.

White House Task Force on Childhood Obesity. *Solving the Problem of Childhood Obesity within a Generation*. May 2010.

Research:

Active Living Research. *Research Brief — Active Education: Physical Education, Physical Activity and Academic Performance*. 2009: 1-8.

Austin SB; Kim J; Wiecha J; Troped PJ; Feldman HA; Peterson KE. *School-Based Overweight Preventive Intervention Lowers Incidence of Disordered Weight-Control Behaviors in Early Adolescent Girls*. Archives of Pediatric Adolescent Medicine. 2007; 161(9):865-869.

Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

Chomitz, VR, Slining, MM, McGowan, RJ, Mitchell, SE, Dawson, GF, Hacker, KA. *Is There a Relationship Between Physical Fitness and Academic Achievement? Positive Results From Public School Children in the Northeastern United States*. Journal of School Health. January 2009; 79(1):31-37.

Florence MD; Asbridge M; Veugelers PJ. *Diet Quality and Academic Performance*. Journal of School Health. 2008; 78 (4): 209-215.

Von Hippel, PT, Powell, B, Downey, DB, Rowland, NJ. *The Effect of School on Overweight in Childhood: Gain in Body Mass Index During the School Year and During Summer Vacation*. American Journal of Public Health. April 2007; 97(4): 696-702.

For the most up-to-date reports and research, go to www.letsgo.org and click on the Research link.