

## About PTA Healthy Lifestyles Month

### **What and When:** PTA Healthy Lifestyles Month

The National PTA's Healthy Lifestyles Program focuses on the connections between healthy lifestyles and student achievement.

The mission of the National PTA's Healthy Lifestyle program is to aid parents and other community organizations with the tools and resources they need in order to develop and promote healthier schools and foster healthy parental engagement.

#### Goals:

1. Increase the connection between healthy lifestyles and student achievement
2. To reduce the risk and prevalence of childhood obesity
3. Encourage physical activity and healthy eating among school ages children (grades K-12)
4. Provide resources and guidance in the areas of obesity control management

November is PTA Healthy Lifestyles Month and all local PTAs are encouraged to plan events and activities to promote the health and wellness of their communities. It can be something as small as featuring an article in their newsletter or as big as organizing a 5K walk. To support local units' efforts, the PTA national office is offering a limited number of PTA Healthy Lifestyles Grants of up to \$1,000.

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### Answers to Frequently Asked Questions

#### **Q: Why should our PTA plan health-related events and activities for November?**

A: Because it presents your school's community with an opportunity to demonstrate its commitment to ensuring that all students show up each day at school healthy and ready to learn. Research has shown that there is a connection between children's health and their ability to learn. We can remind schools and families of the little things they can do to make sure their children adopt healthy habits.

#### **Q: What resources are available online?**

A: Currently, all of National PTA Healthy Lifestyles can be found online at [www.pta.org/goodchoices](http://www.pta.org/goodchoices). All of the resources listed on online have English and Spanish versions. This site also includes ideas and resources for planning health-related events.

#### **Q: What other related resources are available?**

A: In the fall of 2007, with the support of PTA Proud National Sponsor GlaxoSmithKline, PTA created *PTA Healthy Lifestyles: A Parent's Guide*. This 20-page booklet is full of up-to-date, to-the-point information on physical activity, nutrition, school wellness policies, vaccinations, and more. English- and Spanish-language versions can be downloaded from [www.pta.org/goodchoices](http://www.pta.org/goodchoices).

In 2009, a “PTA Healthy Lifestyles Health and Wellness Facts” poster was created to provide information to parents and students about dietary, physical activity, and sleep recommendations for kids ages 2 to 18. This poster is available as an online download at [www.pta.org/goodchoices](http://www.pta.org/goodchoices).

To complement the “PTA Healthy Lifestyles Health and Wellness Facts” poster series, a poster has been created to remind parents about easy ways their family can be physically active together. This poster is available as a download, in both English and Spanish at [www.pta.org/goodchoices](http://www.pta.org/goodchoices).

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