

Resource List for Health and Achievement

This document contains websites and online resources addressing the connection between health and achievement. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional resource lists related to nutrition, physical activity, and healthy school environments, visit the CSDE's [Resources for Child Nutrition Programs](#) webpage.



3 Ways Nutrition Influences Student Learning Potential and School Performance (Cooperative Extension): <https://healthy-food-choices-in-schools.extension.org/3-ways-nutrition-influences-student-learning-potential-and-school-performance/>

Achievement Gaps: Improve Achievement for All Students (National Education Association): <http://www.nea.org/home/AchievementGaps.html>

Active Education: Growing Evidence on Physical Activity and Academic Performance Research Brief (Robert Wood Johnson Foundation): <https://activelivingresearch.org/ActiveEducationBrief>

Addressing the Needs of the Whole Child: What Public Health Can Do to Answer the Education Sector's Call for a Stronger Partnership (Preventing Chronic Disease: Public Health Research, Practice and Policy): https://www.cdc.gov/pcd/issues/2011/mar/pdf/10_0014.pdf

Better Academic Performance: Is Nutrition the Missing Link? (Today's Dietitian): <https://www.todaysdietitian.com/newarchives/100614p64.shtml>

Breakfast: Key to Academic Excellence (CSDE and New England Dairy): <https://portal.ct.gov/-/media/SDE/Nutrition/SBP/Breakfast1Home.pdf>

Childhood Nutrition Facts (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

Exercise Improves Executive Function and Achievement and Alters Brain Activation in Overweight Children: A Randomized Controlled Trial (Health Psychology): <https://www.ncbi.nlm.nih.gov/pubmed/21299297>

Facts About Healthy Students = Successful Learners (Nemours Health and Preventative Services): <https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/school/healthacadem.pdf>

Good Food + Exercise = Good Grades (Texas Department of Agriculture): <http://www.squaremeals.org/Portals/8/files/publications/School%20Meal%20Facts2.pdf>

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Health and Academic Achievement (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/health_and_academics/pdf/health-academic-achievement.pdf

Health and Academics (Centers for Disease Control and Prevention):

https://www.cdc.gov/HealthyYouth/health_and_academics/

Health Education in Schools: The Importance of Establishing Healthy Behaviors in our Nation's Youth (American Cancer Society, American Diabetes Association and American Heart Association): http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_308679.pdf

Healthier Students Are Better Learners. A Missing Link in Efforts to Close the Achievement Gap (Charles E. Basch, Campaign for Educational Equity, Teachers College, Columbia University): http://www.equitycampaign.org/events-page/equity-in-education-forum-series/past-events/healthier-students-are-better-learners-a-missing-link-in-efforts-to-close-the-a/12557_EquityMattersVol6_Web03082010.pdf

Healthy Kids, Successful Student, Stronger Communities: Improving Academic Achievement through Healthy Eating and Physical Activity (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academics-ppt.pdf

Healthy Schools: Health and Academics (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/health_and_academics/index.htm

How Are Student Health Risks & Resilience Related to the Academic Progress of Schools? (WestEd): https://www.wested.org/online_pubs/hd-04-02.pdf

Hunger: Its Impact on Children's Health and Mental Health (Pediatrics):

<https://pediatrics.aappublications.org/content/pediatrics/110/4/e41.full.pdf>

Improving Attendance, Health and Behavior: Moving Breakfast Out of the Cafeteria (American Association of School Administrators):

https://www.aasa.org/uploadedFiles/Childrens_Programs/School_Breakfast/School%20Breakfast_Winter2013.pdf

Increasing Breakfast Participation to Improve Student Health (Food Research & Action Center):

<https://frac.org/wp-content/uploads/increasing-breakfast-participation-to-improve-student-health.pdf>

Learning and Health: Healthy School Communities (ASCD):

<http://www.ascd.org/programs/learning-and-health/healthy-school-communities.aspx>

Learning for Life: Physical Education in Public Schools (American Cancer Society, American Heart Association): http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_304865.pdf

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Making the Connection: Health Risk Behaviors and Academic Grades (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/DASHfactsheetHealthRisk.pdf

Making the Connection: Linking Academic Achievement to Policies to Promote Physical Activity (Active Living Research, Robert Wood Johnson Foundation):

<https://activelivingresearch.org/making-connection-linking-academic-achievement-policies-promote-physical-activity>

Making the Connection: Teen Health and Academic Achievement (Centers for Disease Control and Prevention): <https://www.cdc.gov/features/health-academic-achievement/index.html>

Our Journey to Good Health (School Administrator):

<https://www.aasa.org/SchoolAdministratorArticle.aspx?id=9318>

Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/physical_inactivity_unhealthy_weight.pdf

Relationship of Nutrition and Physical Activity Behaviors and Fitness Measures to Academic Performance for Sixth Graders in a Midwest City School District (Journal of School Health):

<https://www.ncbi.nlm.nih.gov/pubmed/21223273>

Research Brief: Breakfast for Learning (Food Research & Action Center)

<https://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>

Role of Nutrition in Learning and Behavior: A Resource List for Professionals (USDA National Agricultural Library, Food and Nutrition, Information Center):

https://www.nal.usda.gov/sites/default/files/fnic_uploads//learning.pdf

School Breakfast: Key to Academic Excellence (CSDE and New England Dairy):

<https://portal.ct.gov/-/media/SDE/Nutrition/SBP/Breakfast2SBP.pdf>

Ten Ways to Promote Educational Achievement and Attainment Beyond the Classroom (Child Trends, Research-to-Results Brief): https://www.childtrends.org/wp-content/uploads/2013/03/Child_Trends_2010_07_07-Ed_Achievement.pdf

The Association Between School-Based Physical Activity, including Physical Education and Academic Performance (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

The Healthy School Communities Model: Aligning Health & Education in the School Setting (ASCD): <http://www.ascd.org/ascd/pdf/siteascd/publications/aligning-health-education.pdf>

The Learning Connection Report (Action for Healthy Kids):

<https://www.actionforhealthykids.org/the-learning-connection/>

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The Learning Connection: The Value of Improving Nutrition and Physical Activity in our Schools (Action for Healthy Kids): <https://nepc.colorado.edu/publication/the-learning-connection-the-value-improving-nutrition-and-physical-activity-our-schools>

The School Environment and Adolescent Well-Being: Beyond Academics (Child Trends Research Brief): https://www.childtrends.org/wp-content/uploads/2013/04/child_trends-2008_11_14_rb_schoolenviron.pdf

The Wellness Impact: Enhancing Academic Success through Healthy School Environments (GENYOUth Foundation): <https://www.genyouthnow.org/reports/the-wellness-impact-report>

Why Education Matters to Health (Robert Wood Johnson Foundation): <https://www.rwjf.org/en/library/research/2014/04/why-education-matters-to-health.html>



For more information, visit the CSDE's [Comprehensive School Health Education](#) and [Whole School, Whole Community, Whole Child](#) webpages, or contact the [Comprehensive School Health Education Coordinator](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesAchievement.pdf>.

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