



## **CHANGE for Children in Rural America**

**Promoting healthy lifestyles to support obesity prevention**

**U.S. Programs — 2009**



**Save the Children®**

# The Childhood Overweight and Obesity Epidemic in Rural America

**Challenges:** Children are growing up in unhealthy environments, which is a major driver of the childhood obesity epidemic.

- More than 23 million American children and adolescents are overweight or obese.<sup>1,2</sup>
- This serious problem affects about one third of our young population in the United States.<sup>3,4</sup>
- The percentage of overweight and obese children is at or above 30 percent in 30 states.<sup>5</sup>
- Eight of the ten states with the highest rates of obese and overweight children are in the South, as are nine of the ten states with the highest poverty rates.<sup>5</sup>



- Obesity increases the risk of type 2 diabetes, which is a leading health problem in rural America.<sup>6</sup>
- Children living in poor rural areas are disproportionately affected by obesity because they grow up in environments with limited access to healthy foods and beverages and regular opportunities to be physically active.<sup>7,8</sup>
- Poverty and food insecurity can lead to a poor quality diet for children because their parents cannot afford to purchase healthier options such as fresh fruits and vegetables.<sup>8,9</sup>
- Rural children's physical activity levels are far lower than recommended and their total leisure screen time is much higher than recommended to help them achieve energy balance and a healthy weight.<sup>4,10,11</sup>
- Children's diets today are too high in added sugars and discretionary calories,<sup>12</sup> which contribute to weight gain, obesity and dental caries. The availability of primary care and

dental providers is associated with better quality teeth, and rural children are less likely than their urban peers to have healthy teeth.<sup>13</sup> Rural children are also less likely to have access to preventive dental health.<sup>13</sup>

- More than half of poor children in rural America depend on Medicaid and state government-funded health insurance programs, while higher-income children generally benefit from private health insurance.<sup>14</sup>
- All of these factors conspire to reduce rural children's capacity to respond resiliently to the current socioeconomic, health and environmental challenges they face every day.



**Opportunities:** Children can establish healthy eating and physical activity habits early in life to protect them from future health problems.

- Healthy eating and regular physical activity help children to improve their academic performance by enhancing their concentration, mental growth and behavioral management in school. They also contribute to children's life-long wellness, self-esteem and health outcomes.<sup>15,16,17</sup>
- Out-of-school programs can provide children with opportunities to build positive relationships, receive academic support, promote regular physical activity and consume healthy snacks.<sup>18,19,20</sup>
- Policies and strategies that support healthy communities,<sup>21,22</sup> healthy school environments,<sup>17</sup> and healthy homes are needed to create a better future for our children.<sup>23</sup>
- Making physical activity and healthy eating the social norm and not the exception will help to reverse the childhood obesity epidemic by 2015.<sup>1</sup>



## Save the Children Promotes Literacy and Healthy Lifestyles for Children in Rural America

By providing physical activity, healthy snacks and essential literacy skills to children through an integrated, structured school-based program.



## Creating Healthy, Active and Nurturing Growing-up Environments

### The CHANGE Program

- During 2008–2009, Save the Children is supporting 136 rural school partners in 12 states through our **CHANGE Program**, which enables more than 12,000 school-aged children to increase their access to healthy snacks and physical activity.
- Through the **CHANGE Program**, we provide grants to partners to hire and train local staff, and to purchase healthy snacks and physical activity equipment. We also offer technical support to assist our partners to implement and monitor a high-quality program.
- Children participating in the daily after-school, in-school or summer-school **CHANGE Program** receive 30 minutes or more of the **Coordinated Approach to Child Health (CATCH)** Kids' Club curriculum. **CATCH** provides half of the 60 minutes of daily physical activity that is recommended by the federal government. Children receive a healthy snack that provides no more than 200 calories per serving and meets our healthy snack guidelines. The snack improves children's diet quality and reinforces healthy eating habits.

### Training and Technical Assistance

During the 2008-2009 school year, we provided our partners with more than 1,560 hours of training and technical support to implement the **CHANGE Program**. The map on pages 7–8 and partner list on page 9 show where the **CHANGE Program** is making a difference for children in the United States. Support is provided by staff at Save the Children's headquarters and three regional offices, each of which serves several states.

- **Westport-Washington Offices** located in Westport, Connecticut and Washington, DC serve all programs.
- **Southeast Regional Offices** based in Berea, Kentucky and Columbia, South Carolina serve programs in Georgia, Kentucky, South Carolina and eastern Tennessee.
- **South Central Regional Offices** based in Memphis, Tennessee and New Orleans, Louisiana serve programs in Alabama, Arkansas, Louisiana, Mississippi and western Tennessee.
- **Western Regional Office** located in Albuquerque, New Mexico serves programs in Arizona, California, Nevada and New Mexico.

# The CHANGE Study

## A Research Partnership Between Save the Children and Tufts University

- The **CHANGE Study** is building the evidence base to reduce obesity risk for ethnically and racially diverse children living in poor rural regions including: Appalachia (Kentucky), the Delta (Mississippi), the Southeast (South Carolina) and Central Valley (California).
- During 2007-2009, Save the Children is partnering with colleagues at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University to implement the **CHANGE Study**, which is designed to adapt and test the successful *Shape Up Somerville* model to rural America.
- *Shape Up Somerville* is a community-based intervention that has effectively reduced unhealthy weight gain among school-aged children in an urban setting, measured by a reduction in children's body mass index (BMI)-z score compared to children in matched-control communities.<sup>24</sup>
- Preliminary results from the **CHANGE Study** show that:
  - ▶ More than half (52 percent) of rural children are overweight or obese (BMI ≥ 85 percentile) compared to one-third (32 percent) of children and adolescents nationally.
  - ▶ More than three-quarters (76 percent) of rural parents are overweight or obese (BMI ≥ 25) and nearly one-fifth (19 percent) of rural parents are severely obese (BMI ≥ 40).
- In 2010, results from the CHANGE Study will inform our approach to creating environments that enable rural children to increase their daily physical activity, improve healthy eating habits and reduce sedentary screen time.

### Our Partnerships Leverage Resources to Reach More Children

Through the combined efforts of national partners, we are leveraging resources and technical expertise for rural schools through the **Healthy Schools Program**, an initiative of the **Alliance for a Healthier Generation**. The Healthy Schools Program provides technical support to schools across the country in their efforts to engage the entire school community to increase access to physical activity and healthier foods for students and staff. See page 9 for a list of 55 school partners in seven states that are enrolled in the Healthy Schools Program. We are also developing a partnership with the **Action for Healthy Kids**, a national grassroots organization of volunteers who serve on state teams to provide resources and support to school districts and local schools to implement wellness practices, emphasizing improved nutrition and increased physical activity. Save the Children currently serves as an advisor for the **YMCA of the USA's Pioneering Healthier Communities**. We also participate as a member of a learning community focused on food marketing to children, which is supported by the **Robert Wood Johnson Foundation** and implemented by the **National Policy and Legal Analysis Network (NPLAN)** to Prevent Childhood Obesity.



## Creating Environments that Support Healthy Lifestyles for Children

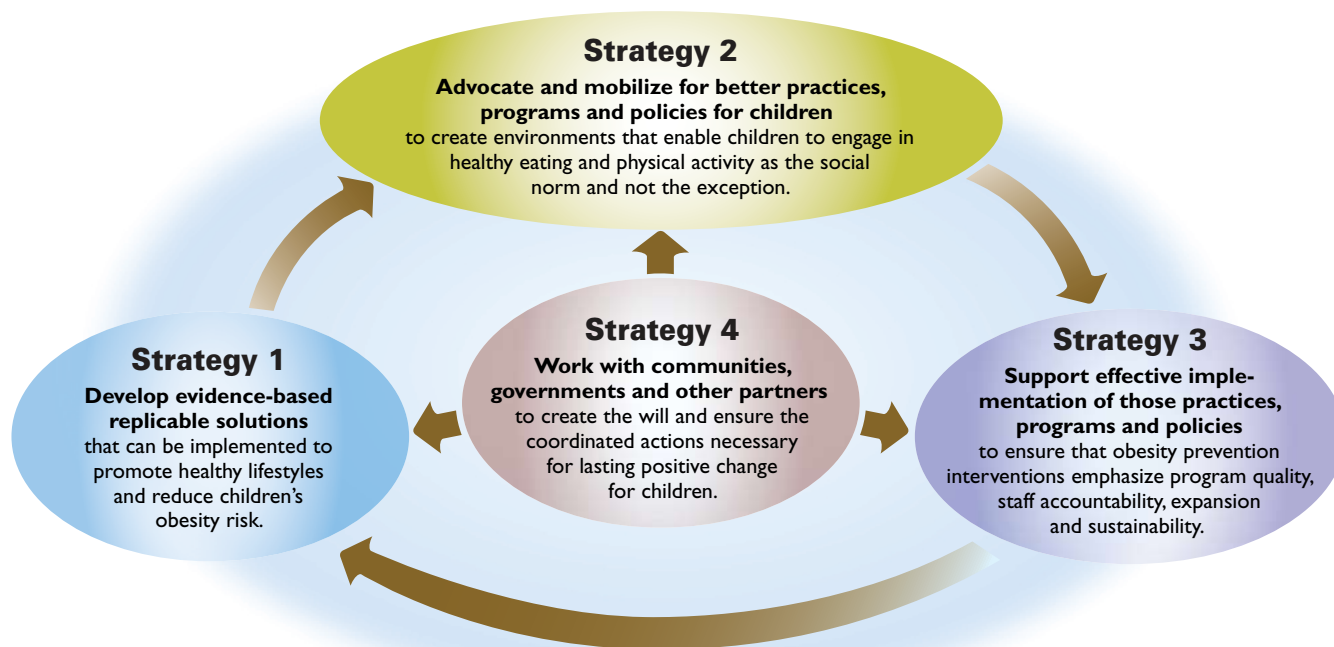
Creating supportive community, school and home environments is essential to enable children and adolescents to achieve energy balance and a healthy weight.<sup>2,10,21,22</sup> Many innovative policy and environmental changes to create healthy communities are under way in every state across the country.<sup>5,21,25</sup> These broader changes must be directly connected to desirable behaviors for children that enhance their life-long health and well-being. **The 5-4-3-2-1-0 Energy Balance Guidelines to Promote a Healthy Weight**,<sup>10,26</sup> which Save the Children adapted from other models, provide specific healthy-lifestyle behavioral targets for children and adolescents. The guidelines are based on the most current expert and government recommendations in the United States. The support of parents, schools, communities, government, nonprofit organizations and private-sector companies reinforce these coordinated behavioral changes across all settings so children can become healthy as adolescents and young adults.<sup>23</sup>

### 5-4-3-2-1-0 Energy Balance Guidelines to Promote a Healthy Weight

| Desirable Behaviors for Children and Adolescents |                                                                                                                                                                                                                                                                                | Current Behavioral Trends                                                                                                                                                                                                                           |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b><br>Fruits & Veggies                     | <b>Healthy Diets</b><br>Consume 5 servings of fruits (1½ cups) and vegetables (2½ cups) every day. <sup>27,28</sup>                                                                                                                                                            | <b>Unhealthy Diets</b><br>The majority of children and adolescents do not consume a healthy diet every day in order to benefit from nutrient-rich fruits and vegetables, whole grains and low-fat or fat-free milk or dairy products. <sup>29</sup> |
| <b>4</b><br>Whole Grains                         | Consume 3–4 one-ounce servings of whole grains every day. <sup>27,30</sup> This amount is half of the total servings of grains recommended for children and adolescents.                                                                                                       |                                                                                                                                                                                                                                                     |
| <b>3</b><br>Low-Fat Dairy                        | Consume 3 servings of low-fat or fat-free milk, yogurt, cheese or fortified dairy substitutes every day.<br><br>A goal of 2 cups/day is recommended for children ages 2–8 years and 3 cups/day for older children and adolescents. <sup>27,31,32</sup>                         |                                                                                                                                                                                                                                                     |
| <b>2</b><br>Screen Time                          | <b>Moderate Leisure Screen Time</b><br>Allow 2 hours or less of screen time every day.<br><br>No screen time is recommended for children under the age of 2 years and televisions and screens should be removed from the primary place where all children sleep. <sup>33</sup> |                                                                                                                                                                                                                                                     |
| <b>1</b><br>Physical Activity                    | <b>High Physical Activity</b><br>Participate in 1 hour of moderate-to-vigorous aerobic physical activity every day.<br><br>Try muscle- and bone-strengthening activities three times a week. <sup>35</sup>                                                                     |                                                                                                                                                                                                                                                     |
| <b>0</b><br>Sweetened Beverages                  | <b>Healthy Beverages</b><br>Drink water or low-calorie beverages every day.<br><br>Avoid drinking high-calorie sweetened beverages including soft drinks, fruit drinks and sports drinks. <sup>37,38,39</sup>                                                                  | <b>Excessive Leisure Screen Time</b><br>The average amount of combined sedentary screen time, which contributes to unhealthy weight gain and obesity among children and adolescents, is 6½ hours every day. <sup>11,34</sup>                        |
|                                                  |                                                                                                                                                                                                                                                                                | <b>Low Physical Activity</b><br>Only 42 percent of children and 8 percent of adolescents get the recommended 60 minutes of physical activity every day to achieve or maintain a healthy weight. <sup>36</sup>                                       |
|                                                  |                                                                                                                                                                                                                                                                                | <b>Excessive Sweetened Beverages</b><br>A large amount of added sugars and discretionary calories in children’s and adolescents’ diets comes from sweetened beverages, which contribute to unhealthy weight gain and obesity. <sup>12,40,41</sup>   |

# Our U.S. Obesity Prevention Initiatives Support Save the Children's 2008-2012 Strategic Plan to Ensure that Children are Healthy and Well-Nourished<sup>42</sup>

## Four Strategies to Achieve Our Intended Impact



### Acknowledgments

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**Photography credits:** *Front cover:* Wayne jumping rope in the CHANGE Program in East Marion, Mississippi (Susan Warner).  
*Page 1:* Children at Bells Elementary in Tennessee (Marilyn Swanson).  
*Page 2:* Left: Children at San Carlos Apache Reservation in Arizona (Rick D'Elia).  
Right: Children playing in a CHANGE Program in East Marion, Mississippi (Susan Warner).  
*Page 3:* Cesar and Anthony enjoy a healthy snack at Goshen Elementary in California (Vivica Kraak).  
*Back cover:* Alyssa eating an apple (left) and Jade eating an orange (right)—healthy snacks provided through the CHANGE Program at St. Joseph Mission School in San Fidel, New Mexico (Susan Warner).

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## Obesity-Related Risk Factors for U.S. Children and Adolescents in Selected States

| Risk Factors                                                                                                   | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      | Rank %      |
|----------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
|                                                                                                                | AZ          | NM          | NV          | CA*         | AL          | AR          | LA          | MS*         | TN          | KY*         | GA          | SC*         |
| Proportion of children ages 10-17 who are overweight or obese (BMI ≥ 85th percentile) <sup>5</sup>             | 26<br>30.6% | 19<br>32.7% | 11<br>34.2% | 28<br>30.5% | 6<br>36.1%  | 2<br>37.5%  | 7<br>35.9%  | 1<br>44.4%  | 5<br>36.5%  | 4<br>37.1%  | 3<br>37.3%  | 13<br>33.7% |
| Proportion of children ages 6-17 who participate in vigorous physical activity daily <sup>5</sup>              | 28.5%       | 27.0%       | 24.4%       | 30.0%       | 36.5%       | 30.7%       | 34.0%       | 29.0%       | 29.8%       | 25.9%       | 29.4%       | 31.2%       |
| Proportion of children ages 10-17 who used electronic entertainment media more than 2 hours daily <sup>4</sup> | 17<br>49.7% | 31<br>44.5% | 13<br>50.7% | 38<br>43.4% | 8<br>51.4%  | 6<br>52.5%  | 3<br>56.2%  | 4<br>55.8%  | 26<br>47.6% | 18<br>49.6% | 37<br>43.5% | 16<br>50.0% |
| †Child poverty rate <sup>43</sup>                                                                              | 13<br>20.2% | 4<br>25.5%  | 32<br>15.3% | 23<br>17.3% | 5<br>24.3%  | 3<br>25.8%  | 2<br>26.8%  | 1<br>29.3%  | 8<br>23.0%  | 6<br>23.9%  | 14<br>19.7% | 12<br>20.9% |
| ‡Household food-insecurity rate <sup>44</sup>                                                                  | 18<br>12.0% | 2<br>15.0%  | 28<br>10.4% | 31<br>10.2% | 20<br>11.9% | 4<br>14.4%  | 22<br>11.7% | 1<br>17.4%  | 11<br>12.8% | 12<br>12.7% | 9<br>13.0%  | 6<br>13.1%  |
| §Children who live in food-insecure households <sup>45</sup>                                                   | 4<br>20.2%  | 11<br>19.2% | 16<br>18.5% | 25<br>16.8% | 42<br>13.5% | 17<br>18.3% | 7<br>20.0%  | 2<br>21.5%  | 3<br>20.5%  | 13<br>19.0% | 12<br>19.1% | 5<br>20.2%  |
| ¶Proportion of rural children with excellent teeth <sup>13</sup>                                               | 42<br>37.1% | 48<br>31.8% | 13<br>44.6% | 33<br>40.2% | 40<br>37.6% | 46<br>32.5% | 44<br>34.4% | 47<br>32.1% | 37<br>39.8% | 28<br>41.2% | 38<br>39.7% | 32<br>40.3% |

\*Save the Children is partnering with Tufts University to implement the CHANGE Study in four states (i.e., CA, KY, MS and SC) to create environments that enable rural children to develop healthy-lifestyle behaviors and reduce their obesity risk.

†The national child poverty rate in the United States was 18 percent in 2007. Ten of the 12 states where Save the Children supports CHANGE Programs (i.e., AL, AR, AZ, GA, KY, LA, MS, NM, SC and TN) have child poverty rates that are higher than the national average.

‡Statistics are from the U.S. Department of Agriculture's (USDA's) annual Household Food Security in the United States report and include both households with and without children. Five of the 12 states where Save the Children supports CHANGE Programs (i.e., AR, GA, MS, NM and SC) are ranked among the top ten states with the highest household food insecurity rates in the United States.

§State statistics are from the Current Population Survey Food Security Supplement (CPSFSS) microdata for 2005-2007, as analyzed and reported in the Feeding America Study, 2009. (Feeding America was formerly called America's Second Harvest.) In some households classified as food insecure, only adults' diets and food intakes were affected. But in a majority of such households, children's eating patterns were also disrupted to some extent and the quality and variety of their diets were adversely affected. Statistics for many states are based on relatively small numbers of interviewed households so rankings should be interpreted cautiously.

### Regional Offices of Save the Children's U.S. Programs

- Western Regional Office** located in Albuquerque, NM serves programs in Arizona, California, New Mexico and Nevada.
- South Central Regional Office** based in Memphis, TN and New Orleans, LA serves programs in Alabama, Arkansas, Louisiana, Mississippi and western Tennessee.
- Southeast Regional Office** based in Berea, KY and Columbia, SC serves programs in Georgia, Kentucky, South Carolina and eastern Tennessee.



## 2008–2009 U.S. Programs Partner List for CHANGE

| Partner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | County         | Partner                              | County       | Partner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | County       |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
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| <b>ALABAMA (4)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                |                                      |              | <b>SOUTH CAROLINA (12)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 1. Joe Gilmore Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Clarke         | 54. Hayes Lewis Elementary           | Leslie       | 111. Macedonia Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Barnwell     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 2. Fruitdale High School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Washington     | 55. Hyden Elementary                 | Leslie       | 112. Manning Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Clarendon    |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 3. McIntosh Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Washington     | 56. <b>CHANGE Study school</b>       | *            | 113. Manning Primary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Clarendon    |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 4. Aliceville Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Pickens        | 57. Arlie Boggs Elementary           | Letcher      | 114. St. Paul Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Clarendon    |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>ARKANSAS (6)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                | 58. Beckham Bates Elementary         | Letcher      | 115. <b>CHANGE Study school</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | *            |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 5. Earle Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Crittendon     | 59. Cowan Elementary                 | Letcher      | 116. Andrews Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Georgetown   |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 6. Beech Crest School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Philips        | 60. Letcher Elementary               | Letcher      | 117. West Lee Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Lee County   |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 7. J. F. Wahl Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Philips        | 61. McCreary County Middle           | McCreary     | 118. Bethune Bowman Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Orangeburg   |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 8. West Side Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Philips        | 62. Pine Knot Intermediate           | McCreary     | 119. Dover Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Orangeburg   |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 9. Mildred Jackson Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | St. Francis    | 63. Pine Knot Primary                | McCreary     | 120. R. E. Davis Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Sumter       |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 10. Augusta Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Woodruff       | 64. Whitley City Elementary          | McCreary     | 121. Monarch Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Union        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>ARIZONA (6)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                | 65. Botts Elementary                 | Menifee      | 122. D. P. Cooper Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Williamsburg |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 11. Ganado Primary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Apache         | 66. Owsley County Elementary         | Owsley       | <b>TENNESSEE (14)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 12. Canyon de Chelly Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Apache         | 67. A. B. Combs Elementary           | Perry        | 123. Jacksboro Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Campbell     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 13. Chinle Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Apache         | 68. Chavies Elementary               | Perry        | 124. White Oak Elementary/<br>Mountain Community<br>Parent Resource Center                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Campbell     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 14. Rice Primary School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Gila           | 69. Willard Elementary               | Perry        | 125. Bridgeport Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Cocke        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 15. San Carlos Intermediate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Gila           | 70. Pleasant View Elementary         | Whitley      | 126. Northwest Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Cocke        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 16. St. Charles Mission School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Gila           | 71. Whitley Central Intermediate     | Whitley      | 127. Bells Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Crockett     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>CALIFORNIA (21)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                | 72. Whitley Central Primary          | Whitley      | 128. Maury City Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Crockett     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 17. <b>CHANGE Study school</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | *              | <b>LOUISIANA (6)</b>                 |              | 129. Decherd Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Franklin     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 18. A. L. Conner Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Fresno         | 73. Breaux Bridge Elementary         | St. Martin   | 130. Grand Junction Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Hardeman     |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 19. Dunlap Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Fresno         | 74. O. W. Dillion Elementary         | Tangipahoa   | 131. Margaret Newton Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Lake         |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 20. Great Western Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Fresno         | 75. Roseland Elementary              | Tangipahoa   | 132. Oakdale School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Morgan       |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 21. Jefferson Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Fresno         | 76. Franklinton Elementary           | Washington   | 133. Lobelville School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Perry        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 22. Lincoln Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Fresno         | 77. Franklinton Primary              | Washington   | 134. Winfield Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Scott        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 23. McCabe Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Fresno         | 78. Varnado Elementary               | Washington   | 135. <b>Crestview Elementary</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tipton       |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 24. McCord School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Fresno         | <b>MISSISSIPPI (15)</b>              |              | 136. Frank Hughes School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wayne        |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 25. Sheridan Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Fresno         | 79. Gloster Elementary               | Amite        | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e91e63; color: white;">Partner Key</th> </tr> </thead> <tbody> <tr> <td>Save the Children's <b>CHANGE Partners</b> (136 schools)</td> </tr> <tr> <td>Partners implementing the after-school, in-school or summer-school <b>CHANGE Program</b> (132 partners in 12 states), which includes:<br/> <ul style="list-style-type: none"> <li>• 30 minutes of physical activity using the <b>CATCH Kids Club</b> curriculum</li> <li>• A healthy snack meeting Save the Children's snack guidelines</li> </ul> </td> </tr> <tr> <td>Schools implementing the <b>CHANGE Program</b> that are enrolled in the <b>Alliance for a Healthier Generation's Healthy Schools Program</b> (55 partners in 7 states, including the 4 <b>CHANGE Study schools</b>), which involves receiving technical assistance to complete a six-step process:<br/> <ul style="list-style-type: none"> <li>• Convening a school wellness council</li> <li>• Completing the Healthy Schools Program inventory</li> <li>• Developing an action plan</li> <li>• Identifying resources</li> <li>• Implement the Healthy Schools Program action plan</li> <li>• Celebrating the school's success</li> </ul> </td> </tr> <tr> <td>* Schools implementing the <b>CHANGE Study</b> (4 partners in 4 states). Interventions are adapted from the <b>Shape Up Somerville</b> model to create supportive environments that enable rural children to develop healthy eating habits, increase their daily physical activity, and reduce sedentary behaviors. The county and school names are confidential and may be released at the end of the study in 2010.</td> </tr> </tbody> </table> |              | Partner Key                 | Save the Children's <b>CHANGE Partners</b> (136 schools) | Partners implementing the after-school, in-school or summer-school <b>CHANGE Program</b> (132 partners in 12 states), which includes:<br><ul style="list-style-type: none"> <li>• 30 minutes of physical activity using the <b>CATCH Kids Club</b> curriculum</li> <li>• A healthy snack meeting Save the Children's snack guidelines</li> </ul> | Schools implementing the <b>CHANGE Program</b> that are enrolled in the <b>Alliance for a Healthier Generation's Healthy Schools Program</b> (55 partners in 7 states, including the 4 <b>CHANGE Study schools</b> ), which involves receiving technical assistance to complete a six-step process:<br><ul style="list-style-type: none"> <li>• Convening a school wellness council</li> <li>• Completing the Healthy Schools Program inventory</li> <li>• Developing an action plan</li> <li>• Identifying resources</li> <li>• Implement the Healthy Schools Program action plan</li> <li>• Celebrating the school's success</li> </ul> | * Schools implementing the <b>CHANGE Study</b> (4 partners in 4 states). Interventions are adapted from the <b>Shape Up Somerville</b> model to create supportive environments that enable rural children to develop healthy eating habits, increase their daily physical activity, and reduce sedentary behaviors. The county and school names are confidential and may be released at the end of the study in 2010. |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| Partner Key                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| Save the Children's <b>CHANGE Partners</b> (136 schools)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
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| * Schools implementing the <b>CHANGE Study</b> (4 partners in 4 states). Interventions are adapted from the <b>Shape Up Somerville</b> model to create supportive environments that enable rural children to develop healthy eating habits, increase their daily physical activity, and reduce sedentary behaviors. The county and school names are confidential and may be released at the end of the study in 2010.                                                                                                                                                                                                                     |                |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 26. Thomas Law Reed Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Fresno         | 80. Liberty Elementary               | Amite        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 27. Washington Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Fresno         | 81. Brooks Elementary                | Bolivar      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 28. Tamarack Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kings          | 82. I. T. Montgomery Elementary      | Bolivar      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 29. Conдор Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | San Bernardino | 83. <b>CHANGE Study school</b>       | *            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 30. Landers Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | San Bernardino | 84. <b>Friars Point Elementary</b>   | Coahoma      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 31. Morongo Valley Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | San Bernardino | 85. East Marion Elementary           | Marion       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 32. Palm Vista Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | San Bernardino | 86. East Marion Primary              | Marion       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 33. Yucca Mesa Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | San Bernardino | 87. West Marion Elementary           | Marion       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 34. Yucca Valley Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | San Bernardino | 88. West Marion Primary              | Marion       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 35. Alila School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tulare         | 89. <b>Quitman County Elementary</b> | Quitman      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 36. Goshen Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tulare         | 90. <b>R. H. Bearden Elementary</b>  | Tallahatchie |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 37. Pixley Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tulare         | 91. Finch Elementary                 | Wilkinson    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>GEORGIA (1)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                | 92. Wilkinson County Elementary      | Wilkinson    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 38. Samuel Hubbard Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Monroe         | 93. Yazoo City Boys & Girls Club     | Yazoo        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>KENTUCKY (34)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                | <b>NEVADA (5)</b>                    |              | <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>94. Jackpot Combined School</td> <td>Elko</td> </tr> <tr> <td>95. Owyhee Combined School</td> <td>Elko</td> </tr> <tr> <td>96. Southside Elementary</td> <td>Elko</td> </tr> <tr> <td>97. West Wendover Elementary</td> <td>Elko</td> </tr> <tr> <td>98. Natchez Elementary</td> <td>Washoe</td> </tr> <tr> <td colspan="2"><b>NEW MEXICO (12)</b></td> </tr> <tr> <td>99. Cubero Elementary</td> <td>Cibola</td> </tr> <tr> <td>100. Laguna Elementary</td> <td>Cibola</td> </tr> <tr> <td>101. St. Joseph Mission School</td> <td>Cibola</td> </tr> <tr> <td>102. Ashiwi Elementary</td> <td>McKinley</td> </tr> <tr> <td>103. Church Rock Elementary</td> <td>McKinley</td> </tr> <tr> <td>104. Crownpoint Elementary</td> <td>McKinley</td> </tr> <tr> <td>105. Dowa Yalanne Elementary</td> <td>McKinley</td> </tr> <tr> <td>106. Ramah Elementary</td> <td>McKinley</td> </tr> <tr> <td>107. Thoreau Elementary</td> <td>McKinley</td> </tr> <tr> <td>108. Tohatchi Elementary</td> <td>McKinley</td> </tr> <tr> <td>109. Dulce Elementary</td> <td>Rio Arriba</td> </tr> <tr> <td>110. San Diego Riverside Elementary</td> <td>Sandoval</td> </tr> </tbody> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              | 94. Jackpot Combined School | Elko                                                     | 95. Owyhee Combined School                                                                                                                                                                                                                                                                                                                       | Elko                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 96. Southside Elementary                                                                                                                                                                                                                                                                                                                                                                                              | Elko | 97. West Wendover Elementary | Elko | 98. Natchez Elementary | Washoe | <b>NEW MEXICO (12)</b> |  | 99. Cubero Elementary | Cibola | 100. Laguna Elementary | Cibola | 101. St. Joseph Mission School | Cibola | 102. Ashiwi Elementary | McKinley | 103. Church Rock Elementary | McKinley | 104. Crownpoint Elementary | McKinley | 105. Dowa Yalanne Elementary | McKinley | 106. Ramah Elementary | McKinley | 107. Thoreau Elementary | McKinley | 108. Tohatchi Elementary | McKinley | 109. Dulce Elementary | Rio Arriba | 110. San Diego Riverside Elementary | Sandoval |
| 94. Jackpot Combined School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Elko           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 95. Owyhee Combined School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Elko           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 96. Southside Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Elko           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 97. West Wendover Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Elko           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 98. Natchez Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Washoe         |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| <b>NEW MEXICO (12)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 99. Cubero Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Cibola         |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 100. Laguna Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Cibola         |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 101. St. Joseph Mission School                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Cibola         |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 102. Ashiwi Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 103. Church Rock Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 104. Crownpoint Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 105. Dowa Yalanne Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 106. Ramah Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 107. Thoreau Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 108. Tohatchi Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | McKinley       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 109. Dulce Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Rio Arriba     |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 110. San Diego Riverside Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sandoval       |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 39. Frakes Elementary and Henderson Settlement                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Bell           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 40. L. B. J. Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Breathitt      |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 41. Big Creek Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Clay           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 42. Hacker Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Clay           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 43. Goose Rock Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Clay           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 44. Manchester Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Clay           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 45. Paces Creek Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Clay           |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 46. McKee Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Jackson        |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 47. Sand Gap Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Jackson        |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 48. Tyner Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Jackson        |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 49. Beaver Creek Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Knott          |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 50. Carr Creek Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Knott          |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 51. Emmalena Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Knott          |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 52. Hindman Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Knott          |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |
| 53. Jones Fork Elementary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Knott          |                                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |                             |                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                       |      |                              |      |                        |        |                        |  |                       |        |                        |        |                                |        |                        |          |                             |          |                            |          |                              |          |                       |          |                         |          |                          |          |                       |            |                                     |          |

## End Notes

Visit [www.savethechildren.org/change](http://www.savethechildren.org/change) to access these references online through the pdf version of this publication.

- <sup>1</sup> Robert Wood Johnson Foundation. *RWJF Annual Report 2008*.
- <sup>2</sup> **Healthy weight** is a level of body fat that supports normal growth and development and at which there are no co-morbidities. For children and adolescents, a healthy weight represents a body mass index (BMI) between the 5<sup>th</sup> and 84<sup>th</sup> percentile of the age- and sex-specific BMI charts developed by the CDC in 2000. The term **overweight** is used for children and adolescents with a BMI between the 85<sup>th</sup>-94<sup>th</sup> percentile of the age- and sex-specific CDC BMI charts and **obese** is used for children and adolescents with a BMI equal to and greater than the 95<sup>th</sup> percentile of the age- and sex-specific CDC BMI charts. These terms reflect similar categories used to classify overweight and obesity in adults. See *Barlow SE and the Expert Committee and Treatment of Child and Adolescent Overweight and Obesity: Summary Report. Pediatrics*. 2007;120:S164-S192.
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- <sup>4</sup> Liu J, Bennett KJ, Harun N, Zheng X, Probst JC, Pate RR. *Overweight and Physical Inactivity among Rural Children Aged 10-17: A National and State Portrait*. South Carolina Rural Health Research Center, 2007.
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- <sup>9</sup> **Food insecurity** means that a household lacks money or other resources to have access to enough food to support an active healthy life for all members. Parents in food-insecure households often skip meals to ensure that their children eat. Although younger children tend to be protected from hunger by their parents, diet quality is reduced and parents may provide inexpensive foods and beverages that give children calories but not nutrients. See Nord M. *Food Insecurity in Households with Children*. Economic Research Service, U.S. Department of Agriculture, 2003.
- <sup>10</sup> **Energy balance** is a condition where energy intake equals energy expenditure resulting in no net weight gain or loss.
- <sup>11</sup> **Leisure screen time** includes the total number of hours every day or every week that a child uses electronic media. These include broadcast and cable television, video and/or digital video disc (DVD), movies, computers, hand-held videogames and cell phones.
- <sup>12</sup> **Added sugars** are sugars or syrups that are added to foods and beverages during processing or preparation. These do not include naturally occurring sugars such as lactose in milk or fructose in fruit. Sweetened beverages are the leading source of added sugars contributing to children's calorie intake. **Discretionary calories** are the amount of calories in a person's energy allowance after he/she consumes sufficient amounts of foods and beverages to meet daily calorie and nutrient needs while promoting energy balance and maintaining a healthy weight. The concept can be compared to **discretionary income** in a personal bank account, which is the amount of money a person can spend on whatever he/she wants to purchase after paying bills and other required expenses.
- <sup>13</sup> Martin AB, Wang E, Probst JC, Hale N, Johnson AO. *Dental Health and Access to Care among Rural Children: A National and State Portrait*. South Carolina Rural Health Research Center, 2008.
- <sup>14</sup> O'Hare W. *Rural Children Increasingly Rely on Medicaid and State Child Health Insurance Programs for Medical Care*. Policy brief No. 6. Carsey Institute, University of New Hampshire, 2007.
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- <sup>26</sup> These guidelines are adapted from the Consortium to Lower Obesity in Chicago Children's 5-4-3-2-1-Go! healthy lifestyle social marketing campaign. See Evans WD, Necheles J, Longjohn M, Christoffel KK. The 5-4-3-2-1 Go! intervention: Social marketing strategies for nutrition. *J Nutr Educ Behav*. 2007;39:S55-S59.
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