



Action for Healthy Kids is the only nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. There are teams in all 50 states to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. Iowa Partners: Action for Healthy Kids has provided Wellness Policy resources to assist school district teams in creating, assessing implementing and evaluating local wellness policies including resources and trainings for student led wellness initiatives.

**For more information or to learn how you can get involved, contact:**

**Dorothy Carpenter: Co-chair**  
[docdot@iowatelecom.net](mailto:docdot@iowatelecom.net) or 515.314.7321

**Rip Marston: Co-Chair**  
[ripley.marston@uni.edu](mailto:ripley.marston@uni.edu) or 319.273.6882

**Melissa Young: Liaison**  
[myoung@midwestdairy.com](mailto:myoung@midwestdairy.com) or 515.965.4622



[www.actionforhealthykids.org](http://www.actionforhealthykids.org)