

SOURCES:

Abramson NW, Wamboldt FS, Mansell AL, Carter R, Federico M, Wamboldt M. Frequency and correlates of overweight status in adolescent asthma. *Journal of Asthma* 2008;45:135-9.

Adolescent Substance Abuse Knowledge Base. National drug statistics summary. 2008. Internet: <http://www.adolescent-substance-abuse.com/national-drug-statistics.html>. Accessed 21 May, 2008.

Agatston AS, Hollar D. Providing healthy school meals to children - they will eat them! Oral presentation. 2007 Food & Nutrition Conference & Expo (FNCE). Philadelphia, PA. October 1, 2007.

American Dietetic Association. Position of the American Dietetic Association: weight management. *JADA* 2002;102:1145-55.

Ata RN, Ludden AB, Lally MM. The effects of gender and family, friend, and media influences on eating behaviors and body image during adolescence. *J Youth Adolescence* 2007;36:1024-37.

Baker S, Thompson KE, Engelken J. Mapping the values driving organic food choice: Germany vs the UK. *European Journal of Marketing* 2004;38:995-1012.

Bandura A. *Social learning theory*. Englewood Cliffs, NJ: Prentice Hall, 1977.

Beal A. Cultivating community. Oral presentation. Maine Nutrition Network Annual Meeting. Augusta, ME. September 26, 2007.

Beilin L, Huang RC. Perinatal and childhood precursors of adult cardiovascular disease. *Clinical and Experimental Pharmacology Physiology* 2007;34:S2-S4.

Belansky ES, Romaniello C, Morin C, et al. Adapting and implementing a long-term nutrition and physical activity curriculum to a rural, low-income, bioethnic community. *J Nutr Educ Behav* 2006;38:106-13.

Bissonnette MM, Contento IR. Adolescents' perspectives and food choice behaviors in terms of the environmental impacts of food. *J Nutr Ed* 2001;33:72-82.

Blanchette L, Brug J. Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption. *J Hum Nutr Dietet* 2005;18:431-43.

Bonney RJ. Farm animal welfare at work. *Applied Animal Behaviour Science* 2006;100:140-7.

Brener ND, Kann L, Garcia D et al. *Youth Risk Behavior Surveillance – Selected Steps Communities*, 2005. Vol. 56;SS2:1-15.

Brown K. The skinny on the environment. *Scientific American Special Edition* 2007;17. Internet: <http://web.ebscohost.com/ehost/detail?vid=25&hid=112&sid=d737a5c0-ad22-4228-b877-414d43a16ca3%40sessionmgr104>. Accessed 15 May, 2008.

Caminis A, Henrich C, Ruchkin V, Schwab-Stone M, Martin A. Psychosocial predictors of sexual initiation and high-risk sexual behaviors in early adolescence. *Child and Adolescent Psychiatry and Mental Health* 2007;1:14. Internet: <http://www.capmh.com/content/1/1/14>. Accessed 24 May, 2008.

Campbell MK, McLerran D, Turner-McGrievy G et al. Mediation of adult fruit and vegetable consumption in the national 5 A Day for Better Health community studies. *Annals of Behavioral Medicine* 2008;35:49-60.

Capaldi DM, Stoolmiller M, Clark S, Owen LD. Heterosexual risk behaviors in at-risk young men from early adolescence to young adulthood: prevalence, prediction, and association with STD contraction. *Dev Psychol* 2002;38:394-406.

Castro CM, Sallis JF, Hickmann SA, Lee RE, Chen AH. A prospective study of psychosocial correlates of physical activity for ethnic minority women. *Psychol Health* 1999;14:277-93.

Centers for Disease Control and prevention (CDC). Guidelines for school and community programs to promote lifelong physical activity among young people. *MMWR* 1997;46(No. RR-6):1-36.

Centers for Disease Control and Prevention (CDC). *MMWR Weekly*. Spontaneous abortions possibly related to ingestion of nitrate-contaminated well water -- La Grange County, Indiana 1991-1994. July 5, 1996. Internet: <http://www.cdc.gov/MMWR/preview/mmwrhtml/00042839.htm>. Accessed 24 May, 2008.

Center for Disease Control and Prevention (CDC). Youth risk behavior surveillance – United States, 2005. *Surveillance Summary, MMWR* 2006;55:1–107.

Christakis NA, Fowler JH. The spread of obesity in a large social network over 32 years. *N Engl J Med* 2007;357:370-9.

Clayton J. Vick's NFL future could be bleak. August 20, 2007. Internet: http://sports.espn.go.com/nfl/columns/story?columnist=clayton_john&id=2977162. Accessed 24 May, 2008.

Clayton RR, Cattarello AM, Johnstone BM. The effectiveness of Drug Abuse Resistance Education Project (Project DARE): 5-year follow-up results. *Preventative Medicine*. 1996;25:307-18.

Cook TD, Habib F, Phillips M, Settersten RA, Shagle SC, Degirmencioglu SM. Comer's School Development Program in Prince George's County, Maryland: a theory-based evaluation. *American Educational Research Journal* 1999;36:543-97.

Contento IR, Koch PA, Lee H, Sauberli W, Clabrese-Barton A. Enhancing personal agency and competence in eating and moving: formative evaluation of a middle school curriculum – choice, control, and change. *J Nutr Behav* 2007;39:S179-S186.

Davis A, Lipsett M, Milet M, Etherton M, Kreutzer R. An association between asthma and BMI in adolescents: results from the California Healthy Kids Survey. *Journal of Asthma* 2007;44:873-9.

Deforche B, De Bourdeaudhuij I, Tanghe A. Attitude toward physical activity in normal-weight,

overweight and obese adolescents. *Journal of Adolescent Health* 2003;38:560-68.

Delva J, O'Malley PM, Johnston LD. Availability of more-healthy and less-healthy food choices in American schools. *Am J Prev Med* 2007;33:S226-39.

Department of Health and Human Services, Centers for Disease Control and Prevention. The obesity epidemic and Maine students. 2006. Internet: www.cdc.gov/HealthyYouth/overweight/pdf/Maine.pdf. Accessed 29 April, 2008.

Doolittle N. Stress management and positive psychology can overcome stress, expert tells March communicators meeting. March 8, 2007. Internet: http://www.ohr.cornell.edu/commitment/publications/Jobs_Articles/WorkLife_Positive.pdf. Accessed 27 May, 2008.

Duncker K. Experimental modification of children's food preferences through social suggestion. *Journal of Abnormal and Social Psychology* 1938;33:489-507.

Durlak JA, Taylor RD, Kawashima K, et al. Effects of positive youth development programs on school, family, and community systems. *Am J Community Psychol*. 2007;39:269-86.

Eaton DK, Kann L, Kinchen S et al. Youth Risk Behavior Surveillance – United States, 2005. SS-5 Surveillance Summaries, Vol. 55. Internet: <http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf>. Accessed 15 May, 2008.

Erlinger TP, Platz EA, Rifai N, Helzlsouer KJ. C-reactive protein and the risk of incident colorectal cancer. *JAMA* 2004;291:585-90.

Fernández LB, Rodríguez-Cano T, Belmonte-Llario Antonia, Martínez-Delgado C. Risk factors for eating disorders in adolescents. *Eur Child Adolesc Psychiatry* 2004;13:287-94.

Field AE, Camargo CA, Jr, Taylor B, Berkey CS, Roberts SB, Colditz GA. Peer, parent, and media influences on the development of weight concerns and frequent dieting among preadolescent and adolescent girls and boys. *Pediatrics* 2001;107:54-60

Freeman A. Fast food: oppression through poor nutrition. *California Law Review* 2007;2221-59.

Gaertner PH, Firor WB, Edouard L. Physical inactivity among physicians. *Can Med Assoc J* 1991;144:1253-6.

Gates GJ, Sonenstein FL. Heterosexual genital sexual activity among adolescent males: 1988 and 1995, *Family Planning Perspectives* 2000;32:295-7,304.

George RJ, McDuffie TE. Adolescents' food attitudes and behaviors during the school day: implications for food marketers. *Journal of Food Products Marketing* 2008;14:37-50.

Geraci A. Sustainable school nutrition programs. Oral presentation. Maine Nutrition Network Annual Meeting. Augusta, ME. September 26, 2007.

Gotch C, Hall T. Understanding nature-related behaviors among children through a theory of reasoned action approach. *Environmental Education Research* 2004;10:157-77.

Halpern-Felsher BL, Cornell JL, Kropp RY, Tschann JM. Oral versus vaginal sex among adolescents: perceptions, attitudes, and behavior. *Pediatrics* 2005;115:845-51.

Hansen WB, Graham JW. Preventing alcohol, marijuana, and cigarette use among adolescents: peer pressure resistance training versus establishing conservative norms. *Preventive Medicine* 1991;20:414-30.

Hargreaves DA, Tiggemann M. Idealized media images and adolescent body image: “comparing” boys and girls. *Body Image* 2004;1:351-61.

Harmon AH, Maretzki AN. Assessing food system attitudes among youth: development and evaluation of attitude measures. *J Nutr Educ Behav* 2006;38:91-5.

Harter S. *The construction of the self: a developmental perspective*. New York, NY: Guilford Press, 1999.

Herbert DF, Schiaffino KM. Adolescents’ smoking behavior and attitudes: the influence of mothers’ smoking communication, behavior and attitudes. *Journal of Applied Developmental Psychology* 2007;28:113-4.

Hollywood Rag. Lindsay Lohan’s cocaine binge caught on video! Pics! May 7, 2007. Internet: http://www.hollywoodrag.com/index.php?/weblog/lindsay_lohans_cocaine_binge_caught_on_video_pics/. Accessed 24 May, 2008.

Huhman ME, Potter LD, Duke MC, et al. Evaluation of a national physical activity intervention for children: VERB campaign, 2002-2004. *Am J Prev Med*. 2007;32:38-43.

Institute of Medicine Committee on Prevention and Control of Sexually Transmitted Diseases. *The Hidden Epidemic: Confronting Sexually Transmitted Diseases*. Eng TR and Butler WT, Eds. National Academy Press 1997. Washington, DC. Internet: <http://books.nap.edu/html/epidemic/>. Accessed 24 May, 2008.

Janz NK, Champion VL, Strecher VJ. The Health Belief Model. In: Glanz K, Rimer BK, Lewis FM, eds. *Health Behavior and Health Education Theory, Research, and Practice*. 3rd ed. San Francisco, CA: John Wiley and Sons, 2002:45-66.

Jones NR, Haynes R. The association between young people’s knowledge of sexually transmitted diseases and their behaviour: a mixed methods study. *Health, Risk & Society* 2006;8:293-303.

Jones SE, Merkle SL, Fulton JE, Wheeler LS, Mannino DM. Relationship between asthma, overweight, and physical activity among U.S. high school students. *Journal of Community Health* 2006;31:469-78.

Kenney DJ, Watson TS. Reducing fear in the schools: Managing conflict through student problem solving. *Educ Urban Society* 1996;28:436-55.

Keysar B, Barr DJ. Self-anchoring in conversation: why language users do not do what they “should.” In Gilovich T, Griffin D, Kahneman D, eds. *Heuristics and biases: The psychology of intuitive judgment*. New York, NY: Cambridge University Press, 2002: 150-166.

Landmark Education. Landmark Forum course syllabus. 2008. Internet: http://www.landmarkeducation.com/landmark_forum_course_syllabus.jsp. Accessed 27 May, 2008.

Lanfranchi P, Holt R, Mangan JA. *European heroes: myth, identity, sport*. London: Frank Cass Publishers, 1996.

Larson CU. *Persuasion: Reception and Responsibility*. 5th Ed. Belmont, CA: Wadsworth Publishing Company, 1989.

Lee KH, Lee IK, Song K, et al. A strong dose-response relation between serum concentrations of persistent organic pollutants and diabetes: results from the National Health and Examination Survey 1999-2002. *Diabetes Care* 2006;29:1638-44.

Leslie K. Youth substance use and abuse: challenges and strategies for identification and intervention. *CMAJ* 2008;178:145-8.

Let's Go! In the educational continuum. 2008. Internet: http://www.letsgo.org/What_We_Do/In_Schools.php. Accessed 26 May, 2008.

Lewis BA, Marcus BH, Pate RR, Dunn AL. Psychosocial mediators of physical activity behavior among adults and children. *Am J Prev Med*. 2002;23:26-35.

Lines G. Villains, fools or heroes? Sports stars as role models for young people. *Leisure Studies* 2001;20: 285-303.

Linkenbach J. Social Norms. Montana State University behavioral change theory (HDPE 501). Guest lecture. March 30, 2006.

Longenecker JG, Moore CW, Petty JW, Palich LE. *Small business management: an entrepreneurial emphasis*. 13th Ed. Mason, OH: Thomson South-Western, 2006.

Lynam DR, Milich R, Zimmerman R, et al. Project DARE: no effects at 10-year follow-up. *J Consulting Clin Psych* 1999;67:590-3.

Maine Learning Results. Health and physical education. July 1997. Internet: <http://www.maine.gov/education/lres/hpe.htm>. Accessed 1 May, 2008.

Maine Nutrition Network. Fruits and vegetables the Maine way – local farm projects. 2007. Internet: <http://www.maine-nutrition.org/Projects/MFVFarm.htm>. Accessed 26 May, 2008.

Maine Nutrition Network. Healthy Weight Awareness Campaign. 2007. Internet: <http://www.maine-nutrition.org/Projects/HWAC.htm>. Accessed 26 May, 2008.

- Marinho H. Social influence in the formation of enduring preferences. *Journal of Abnormal and Social Psychology*. 1942;37:448–468.
- Marshall MN. The key informant technique. *Family Practice* 1996;13:92-7.
- McCabe MP, Ricciardelli LA (2003) Body image and strategies to lose weight and increase muscle among boys and girls. *Health Psychol* 2003;22:39-46.
- McCarthy WJ, Yancey AK, Siegel JM, Wong WK, Ward A, Leslie J, Gonzalez E. Correlation of obesity with elevated blood pressure among racial/ethnic minority children in two Los Angeles middle schools. *Prev Chronic Dis*. 2008 Apr;5(2):A46. Epub 2008 Mar 15.
- McConnell R, Berhane K, Gilliland F et al. Prospective study of air pollution and bronchitic symptoms in children with asthma. *Am J Respir Crit Care Med* 2003;168:790-7.
- McLoughlin CS, Kubick RJ. Wellness promotion as a life-long endeavor: promoting and developing life competencies from childhood. *Psychology in the Schools* 2004;41:131-41.
- Michael KC, Torres A, Seemann EA. Adolescents' health habits, coping styles and self-concept are predicted by exposure to interparental conflict. *Journal of Divorce and Remarriage* 2007;48:155-74.
- Modugno F, Ness RB, Chen C, Weiss NS. Inflammation and endometrial cancer: a hypothesis. *Cancer Epidemiology Biomarkers and Prevention* 2005;14:2840-7.
- Montaño, DE, Kasprzyk D. The Theory of Reasoned Action and the Theory of Planned Behavior. In: Glanz K, Rimer BK, Lewis FM, eds. *Health Behavior and Health Education Theory, Research, and Practice*. 3rd ed. San Francisco, CA: John Wiley and Sons; 2002:67-98.
- Moore SM, Rosenthal DA. Young people assess their risk of sexually transmissible diseases. *Psychology & Health* 1996;11:345-55.
- Nader PR. University-community partnerships to promote wellness in children, youth, and families. In M.S. Jammer & D. Stokols (Eds.), *Promoting human wellness*. Berkeley, CA: University of California Press, 2000.
- National Center for Chronic Disease Prevention and Health Promotion (CDC). Healthy youth. Internet: <http://www.cdc.gov/HealthyYouth/healthtopics/index.htm>. Accessed 21 May, 2008.
- National Institutes of Health, National Heart, Lung, and Blood Institute. *NHLBI Guidelines: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. Bethesda, MD;1998.
- Neumark-Sztainer D, Wall M, Perry C, Story M. Correlates of fruit and vegetable intake among adolescents. Findings from Project EAT. *Prev Med*. 2003;37:198-208.
- Newton M, Watson DL, Kim MS, Beacham AO. Understanding Motivation of Underserved Youth in Physical Activity Settings. *Youth Society* 2006; 37; 348-71.

Nichols JF, Wellman E, Caparosa S, Sallis JF, Calfas KJ, Rowe R. Impact of a worksite behavioral skills intervention. *Am J Health Promot* 2000;14:218-21.

Norman GJ, Zabinski MF, Adams MA, Rosenberg DE, Yaroch AL, Atienza AA. A review of ehealth interventions for physical activity and dietary behavior change. *Am J Prev Med*. 2007;33:336-345.

Obarzanek E. Obesity in children, adolescents and families. In: Fletcher GF, Grundy SM, Hyman LL (eds). *Obesity: Impact on Cardiovascular Diseases*. Armonk NY: Futura Publishing Company, 1999: 31–53.

O'Brien KM, LeBow MD. Reducing maladaptive weight management practices: developing a psychoeducational intervention program. *Eating Behaviors* 2008;8:195-210.

Palusci VJ, Crum P, Bliss R, Bavolek S. Changes in parenting attitudes and knowledge among inmates and other at-risk populations after a family nurturing program. *Children and Youth Services Review* 2008;30:79-89.

Pastucha D, Malincíková J, Hyjánek J et al. Obesity and insulin resistance in childhood. *Cent Eur J Public Health*. 2007 Sep;15(3):103-5.

Pate RR, Ward DS, Saunders RP, Felton G, Dishman RK, Dowda M. Promotion of physical activity among high-school girls: a randomized controlled trial. *Am J Public Health*. 2005;95:1582-7.

Powell LM, Szczypka G, Chaloupka FJ. Adolescent exposure to food advertising on television. *Am J Prev Med* 2007;33(4S):S251–S256.

Prochaska JO, Redding CA, Evers KE. The transtheoretical model and stages of change. In Glanz K, Rimer BK, Lewis FM eds. *Health behavior and health education: theory, research, and practice*. 3rd Ed. San Francisco, CA: John Wiley and Sons, 2002. 99-120.

Ramirez LKB, Hoehner CM, Brownson RC et al. Indicators of activity-friendly communities. *Am J Prev Med* 2006;31:515-24.

Remez L. Oral sex among adolescents: is it sex or is it abstinence? *Family Planning Perspectives* 2000;32. Internet: <http://www.guttmacher.org/pubs/journals/3229800.html>. Accessed 24 May, 2008.

Robinson R, Smith C. Psychosocial and demographic variables associated with consumer intention to purchase sustainably produced foods as defined by the Midwest Food Alliance. *J Nutr Educ Behav* 2002;34:316-25.

Root A. Maine Nutrition Network Take Time! Program. Personal communication. May 27, 2008.

Rosenblum GD, Lewis M. The relations among body image, physical attractiveness, and body mass in adolescence. *Child Development*, 1999;70:50-64.

Rozin P. The role of learning in the acquisition of food preferences by humans. In Richard Shepherd,

ed. Handbook of Psychophysiology of Human Eating. Richard Shepherd, ed. John Wiley and Sones;1989:205-221.

Russell CG, Worsley A. Do children's food preferences align with dietary recommendations? Public Health Nutrition 2007;10:1223-33.

Sadeh A, Gruber R, Raviv A. The effects of sleep restriction and extension on school-age children: what a difference an hour makes. Child Development 2003;74:444-65.

Sallis JF, Calfas KJ, Alcaraz JE, Gehrman C, Johnson MF. Potential mediators of change in a physical activity promotion course of university students: Project GRAD. Ann Behav Med 1999;21:149-58.

Sallis JF, Prochaska JJ, Taylor WC. A review of correlates of physical activity in children and adolescents. Med Sci Sports Exerc 2000;32:963-75.

Sallis JF, Story M, Orleans CT. A research perspective on findings from Bridging the Gap. Am J Prev Med 2007;33(4S).

Sanchez A, Norman GJ, Sallis JF, Calfas KJ, Cella J. Patterns and correlates of physical activity and nutrition behaviors in adolescents. Am J Prev Med 2007;32:124-30.

Schechter A, Cramer P, Boggess K et al. Intake of dioxins and related compounds from food in the U.S. population. Journal of Toxicology and Environmental Health 2001;63:1-18.

Simons HW. Persuasion in Society. Thousand Oaks, CA: Sage Publications, 2001.

Simons-Morton BG, Chen R, Abroms L, Haynie DL. Latent growth curve analyses of peer and parent influences on smoking progression among early adolescents. Health Psychology 2004;23:612-21.

Skinner AC, Weinberger M, Mulvaney S, Schlundt D, Rothman RL. Accuracy of perceptions of overweight and relation to self-care behaviors among adolescents with Type 2 diabetes and their parents. Diabetes Care 2008;31:227-9.

Slicker EK, Patton M, Fuller DK. Parenting dimensions and adolescent sexual initiation: using self-esteem, academic aspiration, and substance use as mediators. Journal of Youth Studies 2004;7:295-314.

Slovic P, Finucane M, Peters E, MacGregor DG. The affect heuristic. In Gilovich T, Griffin D, Kahneman D, eds. Heuristics and biases: the psychology of intuitive judgment. New York, NY: Cambridge University Press, 2002: 397-420.

Smaldone A, Honig JC, Burne MW. Sleepless in America: inadequate sleep and relationships to health and well-being of our nation's children. Pediatrics 2007;119:S29-S37.

Snell EK, Adam EK, Duncan GJ. Sleep and the body mass index and overweight status of children and adolescents. Child Development 2007;78:309-23.

Sorensen G, Linnan L, Hunt MK. Worksite-based research and initiatives to increase fruit and vegetable

consumption. *Preventive Medicine* 2004;39:S94-S100.

Soriano CG. Mary-Kate Olsen seeks treatment for eating disorder. *The USA Today*. June 22, 2004. Internet: http://www.usatoday.com/life/people/2004-06-22-olsen-treatment_x.htm. Accessed 24 May, 2008.

Swallen KC, Reither EN, Haas SA, Meier AM. Overweight, obesity, and health-related quality of life among adolescents: the National Longitudinal Study of Adolescent Health. *Pediatrics* 2005;115:340-7.

Teeple A. Diet spokespeople: Jenny McCarthy, Queen Latifa, Dan Marino, and everybody in between. January 31, 2008. Internet: <http://www.docshop.com/2008/01/31/diet-spokespeople-jenny-mccarthy-queen-latifah-dan-marino-and-everyone-in-between/>. Accessed 24 May, 2008.

Triandis HC. *Interpersonal behavior*. Monterey, CA: Brooks/Cole, 1977.

Turner D. Obesity up, phys ed down. January 27, 2005. Internet: <http://www.cbsnews.com/stories/2005/01/27/earlyshow/contributors/debbyeturner/main669760.shtml>. Accessed 26 May, 2008.

Tversky A, Kahneman D. Judgment under uncertainty: heuristics and biases. *Science* 1974;185:1124-31.

U.S. Department of Transportation, Bureau of Transportation Statistics. NHTS 2001 Highlights Report, BTS03-05. Washington, DC: 2003. Internet: http://www.bts.gov/publications/highlights_of_the_2001_national_household_travel_survey/pdf/entire.pdf. Accessed 21 May, 2008.

Vainio H, Bianchini F. *IARC handbooks of cancer prevention*. Volume 6: Weight control and physical activity. Lyon, France: IARC Press, 2002.

Valois RF, Zullig KJ, Huebner ES, Drane JW. Physical activity behaviors and perceived life satisfaction among public high school adolescents. *J Sch Health* 2004;74:59-65.

Van Reusen K. Standards-based assessment in school health education. *Education* 1996;116:528-33.

Verhulst SL, Van Hoeck K, Schrauwen N et al. Sleep duration and metabolic dysregulation in overweight children and adolescents. *Chest* 2007;132:76-80.

Vescio J, Wilde K, Crosswhite JJ. Profiling sport role models to enhance initiatives for adolescent girls in physical education and sport. *European Physical Education Review* 2005;11:153-70.

Vierling KK, Standage M, Treasure D. Predicting attitudes and physical activity in an "at-risk" minority youth sample: a test of self-determination theory. *Psychology of Sport and Exercise* 2007;8:795-817.

Walsh JME, Swangar DM, Davis T, McPhee SJ. Exercise counseling by primary care physicians in the era of managed care. *Am J Prev Med* 1999;16:307-13.

Weinstein ND, Klein WM. Resistance of personal risk perceptions to debiasing interventions. In Gilovich T, Griffin D, Kahneman D, eds. *Heuristics and biases: The psychology of intuitive judgment*. New York, NY: Cambridge University Press, 2002:313-78.

Wilcox S, Laken M, Bopp M, et al. Increasing physical activity among church members: community-based participatory research. *Am J Prev Med* 2007;32(2):131–138)

Wilson DK, Evans AE, Williams J, Mixon G, Sirard JR, Pate R. A preliminary test of a student-centered intervention on increasing physical activity in underserved adolescents. *Ann Behav Med* 2005, 30(2): 119–124.

Winston A. Focus on Agriculture in Rural Maine Schools (FARMS). Personal communication. October, 2007. Support of initiatives to incorporate local foods into school foodservices.

Wolfson AR, Carskadon MA. Sleep schedules and daytime functioning in adolescents. *Child Development* 1998;69:875-87.

Wright SM, Carrese JA. Excellence in role modeling: insight and perspectives from the pros. *CMAJ* 2002;167:638-43.

Zajonc RB, Markus H. Affective and cognitive factors in preference. *Journal of Consumer Research* 1982;9:123-31.

Zapata LB, Bryant CA, McDermott RJ, Hefelfinger JA. Dietary and physical activity behaviors of middle school youth: the Youth Physical Activity and Nutrition Survey. *J School Health* 2008;78:9-18.

Zins JE, Wagner DI, Maher CA. *Health promotion in the schools*. New York: Haworth, 1985.

Zullig K, Ubbes V, Pyle J, Valois RF. Self-reported weight perceptions, dieting behavior, and breakfast eating among high school adolescents. *J Sch Health* 2006;76(3):87-92).