

Resources

National Organizations and Government Agencies

American Academy of Pediatrics

www.aap.org

The American Academy of Pediatrics has also developed an obesity website (www.aap.org/obesity) to raise awareness about childhood obesity. The site is designed to provide guidance to pediatricians, families and communities to prevent childhood obesity.

American Dietetic Association

www.eatright.org

Association of Maternal and Child Health Programs

www.amchp.org

Bright Futures Program

www.brightfutures.aap.org

Centers for Disease Control and Prevention

www.cdc.gov/obesity

The CDC also houses its new Lean Works website (www.cdc.gov/LEANWorks) to help employers plan, build and promote obesity interventions at the worksite. The new site includes an Obesity Cost Calculator, which companies can use to figure out how much obesity costs them; Employer Case Studies, which describe successful on-site obesity prevention programs; as well as effective strategies, timelines for development and needs assessment tools.

Heath Resources and Services Administration Maternal and Child Health Bureau

<http://mchb.hrsa.gov>

National Association of Children's Hospitals and Related Institutions

www.childrenshospitals.net



National
Business
Group on
Health



INSTITUTE ON
Innovation
IN Workforce
Well-being

National Association for Sport and Physical Education

www.aahperd.org/naspe

The National Eating Disorders Association (NEDA)

www.nationaleatingdisorders.org

National Heart Lung and Blood Institute

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt

National Institutes of Health

www.nih.gov

The National Institutes of Health *We Can!*[™] or “**W**ays to **E**nhance **C**hildren’s **A**ctivity and **N**utrition” is a national program designed for families and communities to help children maintain a healthy weight. *We Can!* provides families and communities with helpful resources that can be used to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan

National Institute for Health Care Management Foundation

www.nihcm.org/childframe

National Resource Center for Health and Safety in Child Care and Early Education

<http://nrckids.org>

Robert Wood Johnson Childhood Obesity Initiative

www.rwjf.org/childhoodobesity

U.S. Department of Agriculture

Food and Nutrition Information Center

www.nutrition.gov

Physical Activity Sources

Children’s Sports

For a checklist of things to think about when deciding to sign a child up for a sports team or activity, visit www.aahperd.org/naspe.

Instant Recess™ and Lift Off!

California Department of Health disseminates evidence- and practice-based strategies and policies that incorporate physical activity and healthy food choices into organizational routine, as well as the original Instant Recess™ DVD. Ten-minute recess breaks for physical activity, walking meetings, and other kinds of exercise are all reviewed by the team at www.cdph.ca.gov/programs/CPNS/Pages/PhysicalActivityIntegration.aspx.

Healthy Weight/Diet

The Weight-Control Information Network (WIN)

A program of the National Institute of Diabetes and Digestive and Kidney Diseases, WIN provides the general public, health professionals, the media and Congress with up-to-date, science-based information on weight control, obesity, physical activity and related nutritional issues: www.niddk.nih.gov/health/nutrit/win.htm.

Daily Menu Planner

A service of the National Heart Lung and Blood Institute, the Daily Menu Planner is an interactive online menu planner that tracks the day's calories, grams of saturated fats and carbohydrates: <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>.

BMI and BMI-for-Age Charts and Calculators

The Centers for Disease Control and Prevention provide online BMI Calculators to help parents and providers assess the weight categories of children: <http://apps.nccd.cdc.gov/dnpabmi>.

Child & Adult Care Food Program (CACFP)

Managed by the U.S. Department of Agriculture, the CACFP provides sound guidance on the quality of day care, including the nutritional value of meals and snacks: www.fns.usda.gov/cnd/Care.

USDA Dietary Guidelines for Americans (Dietary Guidelines for Americans)

Published every five years, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture provide authoritative advice on healthy food intake: www.health.gov/dietaryguidelines.

Understanding Portion Sizes

An entertaining and interactive online quiz provides information on how increased portion sizes affect calorie intake and physical activity requirements:

<http://hin.nhlbi.nih.gov/portion>.

Free or Low-cost Cookbooks with Healthy Recipes

The following cookbooks are available online for free or can be ordered at low cost from the National Heart Lung and Blood Institute: www.nhlbi.nih.gov/health.

- ❖ Stay Young at Heart
- ❖ The DASH Eating Plan (reduces high blood pressure)
- ❖ Heart Healthy Latino recipes
- ❖ Heart Healthy Home Cooking African American Style
- ❖ Keep the Beat: Heart Healthy Recipes

USDA Center for Nutrition Policy and Promotion

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. CNPP is an agency of USDA's Food, Nutrition, and Consumer Services. www.cnpp.usda.gov

Weight Watchers

The book *Family Power 5 Simple Rules for a Healthy-Weight Home* provides home assessments and strategies to help individuals maintain a healthy weight.

www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=23611&sc=807

Resources for Children and Adolescents

Healthy Eating/Weight

Interactive Eat Right Website

Helps children reach the recommended goal of eating 5 fruits or vegetables each day. This entertaining website features goal challenges and family contracts. Information and tools have been developed specifically for children, parents, teachers and school food service personnel. Visit www.dole5aday.com.

KidsHealth Website

Well written, easy-to-read fact sheets for children and teens can be found on the KidsHealth website developed by the Alfred I. duPont Hospital for Children and Nemours Children's Clinics. The site features practical exercise advice, healthy food facts, menu ideas and recipes. The teen section addresses dieting, eating disorders, steroid use and other topics. Visit www.kidshealth.org.

Take Charge of Your Health: A Teenager's Guide to Better Health

From the Weight Control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases, this publication communicates directly to teenagers: www.win.niddk.nih.gov/publications/PDFs/teenblackwhite3.pdf.

Physical Activity

Boohbah — TV show for Very Young Children

This may be the answer to an exercise video for very young children. Public television has launched Boohbah, starring five colorful atoms of energy that dance and move through a colorful world. Real children appear to participate and demonstrate problem solving and the concept of cause and effect: <http://pbskids.org/boohbah/parentsteachers/parents.html>.

Physical Activity Awards

Since 1956, the President's Council on Physical Fitness and Sports has urged Americans to lead active, healthy lives. People of all ages can earn the President's Challenge awards for beginning an active lifestyle or moving an already active life on to a new challenge. Programs are available for:

- ❖ Children ages 6 to 12 years old
- ❖ Teens
- ❖ Adults
- ❖ Seniors
- ❖ Educators

Activities can be tracked on the online activity log, and awards can be ordered from the website. Visit www.presidentschallenge.org.

Kidnetic.com

Kidnetic.com features games for one or more players that are designed to get children ages 9 to 12 years old up and moving. For example, children can design a dance on the computer and then get up and follow the moves or go on a scavenger hunt around the home, with the goal of beating the clock back to the computer. The site includes a section of information for parents. Visit **www.kidnetic.com**.

The VERB campaign

The VERB campaign has developed informational materials, such as posters and brochures, aimed at maintaining physical activity among youth ages 9 to 13 years old. Developed by the CDC, the site features information for youth and families and is translated into multiple languages. The website is designed for schools and youth leaders. Visit **www.cdc.gov/YouthCampaign**.