

Helpful Links

OVERVIEW OF THE OBESITY CRISIS

<http://iom.edu/Reports/2004/Preventing-Childhood-Obesity-Health-in-the-Balance.aspx>

Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity in Children and Adolescents

<http://www.cdc.gov/obesity/childhood/solutions.html>

Centers for Disease Control and Prevention: Strategies and Solutions - Childhood Overweight and Obesity. Tons of facts, charts, projects, games for providers, schools, patients and organizations

<http://www.health.gov/dietaryguidelines/2010.asp>

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

GENERAL INFORMATION ABOUT OBESITY FROM NATIONAL ORGANIZATIONS

<http://www.aap.org/obesity>

Information for providers and families

<http://www.letsmove.gov/>

Mrs. Obama's award winning program to promote obesity prevention

<http://www.ChooseMyPlate.gov>

Tools, information, and games on healthy eating and exercise

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

We Can is a comprehensive program for providers, families and communities from the National Institute of Health.

<http://www.healthiergeneration.org>

You can help your children make healthier choices. Learn how to influence what they eat, where they eat, and encourage them to play and exercise from the folks at the Alliance for a Healthier Generation

<http://www.healthiergeneration.org/kids>

A special site, created by the Alliance, that's just for kids. It features games, videos, and fun ways for kids to get involved in creating a healthier generation

<http://www.eatright.org>

Find a dietitian in your area and access nutrition tips from the American Dietetic Association.

http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Obesity/Childhood-Obesity_UCM_304347_Article.jsp

The American Heart Association tackles obesity in children to prevent heart disease in adults

<http://www.healthfinder.gov>

Access reliable health information from the U.S. Department of Health and Human Services.

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

The food and nutrition information center of the Department of Agriculture

INFORMATION TO HELP PROVIDERS

http://www.letsgo.org/?page_id=3264

A comprehensive site for reading about motivational interviewing. You Tube links are provided.

<http://www.nichq.org/NICHQ/Programs/ConferencesAndTraining/ChildhoodObesityActionNetwork.htm>

National Initiative for Children's Healthcare Quality—Childhood Obesity Action Network

PROVIDER TOOLKITS FROM OTHER STATES

<http://txpeds.org/texas-pediatric-society-obesity-toolkit>

http://www.westernhealth.com/providers/downloads/CMA_Child_and_Adolescent_Toolkit.pdf

From the California Medical Association

http://www.mcph.org/major_activities/keepmehealthy/Ped-Obesity-flip-chart_Maine_FINAL.pdf

Downloadable copy of the Maine pediatric society toolkit which can also be purchased online from the AAP

HEALTHY EATING AND ACTIVITIES FOR KIDS & PARENTS

<http://www.doctoryum.com>

Our own Fredericksburg pediatrician Nimali Fernando, M.D. offers kid-tested recipes, nutrition and parenting advice.

<http://www.kidnetic.com>

Games and tools to make healthy eating fun.

<http://www.kidshealth.org>

From Nemours foundation in Delaware.

<http://www.healthydiningfinder.com>

Where can you go to eat in your neighborhood and what nutrition choices do you have? Chains mostly.

<http://www.webmd.com/diet/healthtool-portion-size-plate>

Visuals for size of portions for adults.

<http://www.womenshealth.gov/bodyworks/current-trainers/bodyworks-toolkit/recipebook.pdf>

130 pages of recipes and explanations about categories of foods that are good for nutrition.

<http://www.dole.com/DoleHTMLEatRight/tabid/1167/Default.aspx>

Make eating fruits and vegetables fun with tips from the Dole Food Company.

CHILDREN'S HEALTHY EATING CALCULATOR

<http://www.bcm.edu/cnrc/healthyeatingcalculator/eatingCal.html>

Find out how much you should eat depending on your size and activity.

INFORMATION FOR COMMUNITIES

<http://www.ChooseMyPlate.gov>

Tools, information, and games on healthy eating and exercise

<http://www.walkfriendly.org/WalkFriendlyCommunitiesAssessmentTool.pdf>

This tool serves to both recognize existing walkable communities and to provide a framework for communities seeking to improve their walkability.

<http://clocc.net>

CLOCC is a nationally recognized leader for community-based obesity prevention and who support, coordinate, and unite partners to promote healthy and active lifestyles for children and families.

<http://www.fns.usda.gov/tn/>

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

BOOKS

Hassink, Sandra, et al. Childhood Obesity (available from the AAP) One version for providers another for patients and families----very good charts and questionnaires to get physicians started with obesity counseling

Hassink, Sandra, et al. A Parent's Guide to Childhood Obesity: A Road Map to Health. Parent book with good general approaches and information to get them going. www.aap.org Publications.

Sothorn, Melinda, Schumacher, Heidi Vand von Almen, and T. Kristian. Trim Kids recipes, exercise routines, shopping lists and other tools in this 12 week program for improved health and nutrition

Rollnick, Stephen, Miller, William and Butler, Christopher. Motivational Interviewing in Health Care.