

RESOURCES REGARDING CHILDHOOD OBESITY:

ACTION PLANS

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies (2005) (Executive Summary)

The Surgeon General's Call to Action to Prevent & Decrease Overweight and Obesity, U.S. Department of Health and Human Services (2001)

Michigan Surgeon General's Prescription for a Healthier Michigan

North Carolina's Blueprint for Changing Policies and Environments in Support of Increased Physical Activity from Eat Smart, Move More North Carolina

www.EatSmartMoveMoreNC.com

Promoting Physical Activity: A Guide for Community Action. US Department of HHS, CDC, Division of Nutrition and Physical Activity, Human Kinetics Publishers, 1999

Establishing a Baseline to Evaluate Act 1220 of 2003: An Act of the Arkansas General Assembly to Combat Childhood Obesity. University of Arkansas for Medical Sciences, College of Public Health, 4301 W. Markham, Little Rock, Arkansas 72205

Childhood Obesity: Advancing Effective Prevention and Treatment. Action Brief. NIHCM Foundation, November 2003. **www.nihcm.org**

This website is from the San Diego Coalition on Children and Weight. It offers a great, well organized resource section: <http://www.ccwsd.net/index.asp>

Action for Healthy Kids (www.actionforhealthykids.org)

Michigan Action for Healthy Kids State Team (contact information) (http://www.actionforhealthykids.org/state_profile.php?state=MI)

NUTRITION

MyPyramid for Kids –
(<http://mypyramid.gov/kids/index.html>)

Healthy School Meals Resource System, U.S. Department of Agriculture
(<http://schoolmeals.nal.usda.gov/>)

Obesity Education Initiative, National Heart, Lung and Blood Institute
(www.nhlbi.nih.gov/about/oei/)

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions,
U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and
Nutrition Service (2003) - (http://www.fns.usda.gov/tn/Resources/POC_intro.pdf)

Liquid Candy: How Soft Drinks are Harming America's Health," Center for Science in
the Public Interest, June 2005, <http://www.cspinet.org/liquidcandy/>

U.S. Department of Agriculture Team Nutrition Web site (www.fns.usda.gov/tn)

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy
http://www.actionforhealthykids.org/filelib/toolsforteam/recom/Tool%20kit_Nutrition.pdf

PHYSICAL ACTIVITY/EDUCATION

Guidelines for School and Community Programs to Promote Lifelong Physical Activity
Among Young People, Centers for Disease Control and Prevention (1997)

Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and
Prevention and President's Council on Physical Fitness and Sports (2000)

KidsWalk-to-School Program, Centers for Disease Control and Prevention

Opportunity to Learn: Standards for Elementary Physical Education, National
Association for Sport and Physical Education (2000)

SPARK Physical Activity Programs: program guides and training resources
www.sparkpe.org www.pecentral.org

POLICY

Healthy Community Design: Success Stories from State and Local Leaders

Produced by RWJF's Active Living Leadership

http://www.activelivingleadership.org/pdf_file/storybook.pdf

Obesity in Michigan: Public Or Private Issue

(<http://www.ippssr.msu.edu/Publications/PBObestiy.pdf>)

Childhood Obesity – An Overview of Policy Options, National Conference of State Legislatures

State Actions to Promote Nutrition, Increase Physical Activity and Prevent Obesity: A Legislative Overview. Updated quarterly by RWJF and NETSCAN

<http://www.rwjf.org/research/researchdetail.jsp?id=1257&ia=138>

Fit, Healthy, and Ready to Learn: A School Health Policy Guide, National Association of State Boards of Education (2000)

The Obesity Epidemic – How States Can Trim the ‘Fat’, National Governors Association

An Ounce of Prevention: Obesity and Healthy Lifestyles, Council of State Governments (2001)

Policy Database, Centers for Disease Control and Prevention

Policy Database, National Association of State Boards of Education

Preventing Obesity in Youth Through School-Based Efforts

RWJF Active Living Program Websites (fact sheets, resources, etc.)

Active Living by Design: www.activelivingbydesign.org

Active Living Leadership: www.activelivingleadership.org;
http://www.activelivingleadership.org/pdf_file/resource_template.pdf

Active Living Research: www.activelivingresearch.org

Active Living Resources: www.activelivingresources.org

Active Living Network: www.activeliving.org

National Center for Bicycling and Walking: www.bikewalk.org

National Coalition for Promoting Physical Activity: www.ncppa.org

National Alliance for Nutrition and Activity:
<http://www.cspinet.org/nutritionpolicy/nana.html>

Nutrition Network News: www.nutritionnetworknews.org

Strategic Alliance for Healthy Eating and Activity Environments
<http://www.eatbettermovemore.org/>

SCHOOL HEALTH

Public Health Strategies for Preventing and Controlling Overweight and Obesity in School and Worksite Settings (Morbidity and Mortality Weekly Report, October 7, 2005)
www.cdc.gov/mmwr/

Changing the Scene: Improving the School Nutrition Environment Tool Kit, U.S. Department of Agriculture (2000) (www.fns.usda.gov/tn/Healthy/changing.html)

Childhood Obesity, The Center for Health and Healthcare in Schools
(www.healthinschools.org/sh/obesityfs.pdf)

Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity, Action for Healthy Kids (2004)
(http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf)

HealthierUS School Challenge, U.S. Department of Agriculture (2004)
(<http://www.fns.usda.gov/tn/HealthierUS/index.htm>)

Healthy Schools for Healthy Kids, The Robert Wood Johnson Foundation
(www.rwjf.org/files/publications/other/HealthySchools.pdf)

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids (2004)

School Health Index, Centers for Disease Control and Prevention (CDC)
(<http://apps.nccd.cdc.gov/shi/>)

Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle Through School Health Programs, Centers for Disease Control and Prevention (2003)
www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf

Healthy School Action Tool, Michigan Department of Community Health

The Role of Michigan Schools in Promoting Health Weight: A Consensus Paper (September 2001)

The Local Wellness Policy (LWP), Michigan Board of Education

Healthy Kids/Healthy Weight: Tips for families with kids of all shapes and sizes
(www.mihealthtools.org/schools)

STATISTICS

A Nation at Risk: Obesity in the United States

A Statistical Sourcebook - Robert Wood Johnson Foundation and American Heart Association

Healthy Michigan 2010: Michigan Surgeon General's Health Status Report (April 2004)

Office of Minority Health

(<http://www.omhrc.gov/>)

Field Research Group, Survey of Californians About Problems of Childhood Obesity, 2004. Conducted for the California Endowment, available from Sarah E. Samuels, DrPH, Samuels & Associates, www.samuelsandassociates.com

Overweight and Obesity

Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/dnpa/obesity/>