



Childhood Obesity: A Resource List for Educators and Researchers June 2013

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles (published 2010 to the present), Web sites, educational materials and contact information of related organizations. Items with a public health emphasis have been selected for this list. While there is extensive literature on the clinical aspects of pediatric obesity, it is not the goal of this publication to cover it.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/childhoodobesity.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Prevalence

Dramatic increases in obesity and overweight prevalence and body mass index among ethnic-immigrant and social class groups in the United States, 1976-2008. G.K. Singh, et al. *Journal of Community Health*, [Epub ahead of print]. 2010.

High adiposity and high body mass index–for-age in US children and adolescents overall and by race-ethnic group. K.M. Flegal, et al. *American Journal of Clinical Nutrition*, 91(4): 1020-1026. 2010.

Obesity in preschool children is more prevalent and identified at a younger age when WHO growth charts are used compared with CDC charts. Z. Maalouf Manasseh, et al. *The Journal of Nutrition*, 141(6): 1154-1158. 2011.

Prevalence of high body mass index among children and adolescents at a US military treatment facility. Y.S. Choi, et al. *Preventing Chronic Disease*, 9. 2012.

Prevalence of obesity and trends in Body Mass Index among US children and adolescents, 1999-2010. C.L. Ogden, et al. *Journal of the American Medical Association*, 307(5): 483-490. 2012.

Prevalence of overweight and obesity in youth with diabetes in USA: the SEARCH for diabetes in youth study. L.L. Liu, et al. *Pediatric Diabetes*, 11(1): 4-11. 2010.

Racial/ethnic differences in early-life risk factors for childhood obesity. E.M. Taveras, et al. *Pediatrics*, 125(4): 686-695. 2010.

Socio-demographic disparities in distribution shifts over time in various adiposity measures among American children and adolescents: What changes in prevalence rates could not reveal. M.A. Beydoun and Y. Wang. *International Journal of Pediatric Obesity*, 6(1): 21-35. 2011.

The state of family nutrition and physical activity: Are we making progress. Academy of Nutrition and Dietetics. 2011. 30 pages.

II. Assessment

Convergent validity of a digital image-based food record to assess food group intake in youth. T.B. Matthiessen. *Journal of the American Dietetic Association*, 111(5): 756-761. 2011.

High body mass index percentile accurately reflects excess adiposity in white girls. C.J. Bartok, et al. *Journal of the American Dietetic Association*, 111(3): 437-441. 2011.



Similarity of the CDC and WHO weight-for-length growth charts in predicting risk of obesity at age 5 years. S.L. Rifas-Shiman, et al. *Obesity*, [Epub ahead of print]. 2011.

Use of leg length to height ratio to assess the risk of childhood overweight and obesity: results from a longitudinal cohort study. J. Liu, et al. *Annals of Epidemiology*, 22(2): 120-125. 2012.

Utility of waist circumference percentile for risk evaluation in obese children. R. Bassali, et al. *International Journal of Pediatric Obesity*, 5(1): 97-101. 2010.

Validity of child anthropometric measurements in the Special Supplemental Nutrition Program for Women, Infants, and Children. C.M. Crespi, et al. *Pediatric Research*, [Epub ahead of print]. 2012.

III. Outcomes, Predictors and Associated Factors

A. Dietary Practices

Components of the diet associated with child adiposity: a cross-sectional study. T.A. Ledoux, et al. *Journal of the American College of Nutrition*, 30(6): 536-546. 2012.

Delayed introduction of solid feeding reduces child overweight and obesity at 10 years. K.A. Seach, et al. *International Journal of Obesity*, 34: 1475-1479. 2010.

Dietary intakes of urban, high body mass index, African American children: family and child dietary attributes predict child intakes. L.D. Ritchie, et al. *Journal of Nutrition Education and Behavior*, 33(4): 236-244. 2011.

Does breastfeeding protect against overweight and obesity in children? R.A. Lawrence. *Childhood Obesity*, 6(4): 193-197. 2010.

Early childhood feeding: assessing knowledge, attitude, and practices of multi-ethnic child-care providers. M.R. Freedman, et al. *Journal of the American Dietetic Association*, 110(3): 447-451. 2010.

Eating and activity habits of overweight children on weekdays and weekends. C.N. Hart, et al. *International Journal of Pediatric Obesity*, 6(5-6): 467-472. 2011.

Effects of breastfeeding and low sugar-sweetened beverage intake on obesity prevalence in Hispanic toddlers. J.N. Davis, et al. *American Journal of Clinical Nutrition*, 95(1): 3-8. 2012.



Higher intakes of energy and grain products at 4 years of age are associated with being overweight at 6 years of age. L. Dubois, et al. *Journal of Nutrition*, 141(11): 2024-2029. 2011.

Infant feeding linked to long term obesity. H. Gibson-Moore. *Nutrition Bulletin*, 36: 95–98. 2011.

Late introduction of complementary feeding, rather than duration of breastfeeding, may protect against adult overweight. L. Schack-Nielsen, et al. *American Journal of Clinical Nutrition*, 91(3): 619-627. 2010.

One hundred percent orange juice consumption is associated with better diet quality, improved nutrient adequacy, and no increased risk for overweight/obesity in children. C.E. O’Neil, et al. *Nutrition Research*, 31(9): 673-682. 2011.

Parent use of food to soothe infant/toddler distress and child weight status: An exploratory study. C.A. Stifter, et al. *Appetite*, 57: 693-699. 2011.

Prolonged bottle use and obesity at 5.5 years of age in U.S. children. R.A. Gooze, et al. *The Journal of Pediatrics*, [epub ahead of print]. 2011.

B. Environmental Influences

Associations between the home and school environments and child body mass index. D.P. Miller. *Social Science and Medicine*, 72(5): 677-684. 2011.

Child body mass index, obesity, and proximity to fast food restaurants. J.M. Mellor, et al. *International Journal of Pediatric Obesity*, [Epub ahead of print]. 2010.

Child-care use and the association with body mass index and overweight in children from 7 months to 2 years of age. J.S. Gubbels, et al. *International Journal of Obesity*, 34(1480-1486). 2010.

Child obesity associated with social disadvantage of children’s neighborhoods. H.M. Greves Grow, et al. *Social Science and Medicine*, 71(3): 584-591. 2010.

Competitive food sales in schools and childhood obesity: A longitudinal study. J. Van Hook and C. Altman. *Sociology of Education*, 85(1): 23-39.

Food sold in school vending machines is associated with overall student dietary intake. A.J. Rovner, et al. *Journal of Adolescent Health*, 48(1):13-19. 2011.



How does the rural food environment affect rural childhood obesity? D. Hartley, et al. *Childhood Obesity*, 7(6): 450-461. 2011.

Maternal perception of neighborhood safety as a predictor of child weight status: The moderating effect of gender and assessment of potential mediators. J.M. Bacha, et al. *International Journal of Pediatric Obesity*, 5(1): 72-79. 2010.

Overweight among low-income Texas preschoolers aged 2 to 4 years. K.L. Lewis, et al. *Journal of Nutrition Education and Behavior*, 42(3): 178-184. 2010.

Permissive parental feeding behavior is associated with an increase in intake of low-nutrient-dense foods among American children living in rural communities. E. Hennessy, et al. *Journal of the Academy of Nutrition and Dietetics*, 112(1): 142-148. 2012.

School and residential neighborhood food environment and diet among California youth. R. Am and R. Sturm. *American Journal of Preventative Medicine*, 42(2): 129-135. 2012.

Young children in urban areas: links among neighborhood characteristics, weight status, outdoor play, and television watching. R.T. Kimbro, J. Brooks-Gunn, and S. McLanahan. *Social Science and Medicine*, 72(5): 668-676. 2011.

C. Familial Impacts

Adolescent girls' weight-related family environments, Minnesota. K.W. Bauer, et al. *Preventing Chronic Disease*, 8(3). 2011.

Associations between parental limits, school vending machine purchases, and soft drink consumption among Kentucky middle school students. J. Nickelson, et al. *Journal of Nutrition Education and Behavior*, 48(2): 115-122. 2010.

Examining the relationship between family meal frequency and individual dietary intake: does family cohesion play a role? E.M. Welsh, et al. *Journal of Nutrition Education and Behavior*. 43(4): 229-235. 2011.

Family structure and childhood obesity, early childhood longitudinal study-kindergarten cohort. A.Y. Chen and J.J. Escarce. *Preventing Chronic Disease*, 7(3). 2010.

The 'Healthy Dads, Healthy Kids' randomized controlled trial: efficacy of a healthy lifestyle program for overweight fathers and their children. P.J. Morgan, et al. *International Journal of Obesity*, 35: 436-447. 2010.



Making tortillas without lard: Latino parents' perspectives on healthy eating, physical activity, and weight-management strategies for overweight Latino children. G. Flores, J. Maldonado, and P. Duran. *Journal of the Academy of Nutrition and Dietetics*, 112(1): 81-89. 2012.

Mexican American Birthweight and Child Overweight. E.R. Hamilton, et al. *Journal of Health and Social Behavior*. 52(3): 333-348. 2011.

Household routines and obesity in US preschool-aged children. S.E. Anderson and R.C. Whitaker. *Pediatrics*, 125(3): 420-428. 2010.

Parental influence on children's early eating environments and obesity risk: implications for prevention. S.L. Anzman, et al. *International Journal of Obesity*, [advance online publication]. 2010.

Parental smoking during pregnancy, early growth, and risk of obesity in preschool children: the Generation R Study. B. Durmus, et al. *American Journal of Clinical Nutrition*, 94: 164-171. 2011.

Traditional foods and practices of Spanish-speaking Latina mothers influence the home food environment: implications for future interventions. A. Evans, et al. *Journal of the American Dietetic Association*, 111(7): 1031-1038. 2011.

When do mothers think their child is overweight? K.N. Parkinson, et al. *International Journal of Obesity*, 35: 510-516. 2011.

D. Food Price/Food Marketing

The effect of food and beverage prices on children's weights. M. Wendt and J.E. Todd. *Economic Research Report No. (ERR-118)* 29 pp. 2011.

Focus groups with parents: what do they think about food marketing to their kids? Rudd Center for Food Policy and Obesity, Yale University. 2010. 17 pages.

Food prices are associated with dietary quality, fast food consumption, and Body Mass Index among U.S. children and adolescents. M.A. Beydoun, et al. *The Journal of Nutrition*, 141(2): 304-311. 2011.

Food commercials increase preference for energy-dense foods, particularly in children who watch more television. E.J. Boyland, et al. *Pediatrics*, 128(1): e93-e100. 2011.



Food marketing to children and adolescents: what do parents think? Rudd Center for Food Policy and Obesity, Yale University. 2012. 45 pages.

Food marketing to children through toys: response of restaurants to the first U.S. toy ordinance. J.J. Otten, et al. *American Journal of Preventive Medicine*, 42(1): 56-60. 2012.

The impact of menu labeling on fast-food purchases for children and parents. P.S. Tandon, et al. *American Journal of Preventative Medicine*, 41(4): 431-438. 2011.

Influence of licensed characters on children's taste and snack preferences. C.A. Roberto, et al. *Pediatrics*, 126(1): 86-93. 2010.

Protecting children from harmful food marketing: options for local government to make a difference. J.L. Harris and S.K. Graff. *Prev Chronic Dis*, 8(5):A92. 2011.

Regional price differences and food consumption frequency among elementary school children. R. Sturm and A. Datar. *Public Health*, 124(3): 136-141. 2011.

Trends in television food advertising: progress in reducing unhealthy marketing to young people. Rudd Center for Food Policy and Obesity, Yale University. 2010. 17 pages.

E. Food Security/Financial Security

A longitudinal study of food insecurity on obesity in preschool children. E. Metallinos-Katsaras, et al. *Journal of the Academy of Nutrition and Dietetics*, 112(12): 1949-1958. 2012.

Child obesity associated with social disadvantage of children's neighborhoods. H.M.G. Grow, et al. *Social Science & Medicine*, [advance online publication]. 2010.

Economic contextual factors, food consumption, and obesity among U.S. adolescents. L.M. Powell, et al. *The Journal of Nutrition*, 140(6): 1175-1180. 2010.

Food insecurity and risk for obesity among children and families: Is there a relationship? Robert Wood Johnson Foundation. 2012. 14 pages.

Obesity and food security at the same table: how Head Start programs respond. R.A. Gooze, et al. *Preventing Chronic Disease*, 9: E132. 2012.

Overweight among low-income Texas preschoolers aged 2 to 4 years. K.L. Lewis, et al. *Journal of Nutrition Education and Behavior*, 42(3): 178-184. 2010.



Rising social inequalities in US childhood obesity, 2003–2007. G.H. Singh, et al. *Annals of Epidemiology*, 20(1): 40-52. 2010.

Scores on the dietary guideline index for children and adolescents are associated with nutrient intake and socioeconomic position but not adiposity. R.K. Golley, G.A. Hendrie, and S.A. McNaughton. *Nutrition*, 141(7): 1430-1437. 2011.

Socioeconomic disparities in trajectories of adiposity across childhood. L.D. Howe, et al. *International Journal of Pediatric Obesity*, 6(2, Part 2): e144-e153. 2011.

F. Physical Activity

BMI and physical activity among at-risk sixth- and ninth-grade students, Hillsborough County, Florida, 2005-2006. H. Agazzi, et al. *Preventing Chronic Disease*, 7(3). 2010.

A cross-sectional study of the individual, social, and built environmental correlates of pedometer-based physical activity among elementary school children. G.R. McCormack, et al. *International Journal of Behavioral Nutrition and Physical Activity*, 8(30): 1-11. 2011.

Influence of limit-Setting and participation in physical activity on youth screen time. S.A. Carlson, et al. *Pediatrics*, 126(1): e89-e96. 2010.

Physical activity early-life influences in the inception of obesity and asthma. E. Luder. *Topics in Clinical Nutrition*, 25(2): 128-135. 2010.

Societal values and policies may curtail preschool children's physical activity in child care centers. K.A. Copeland, et al. *American Academy of Pediatrics*, [epub ahead of print]. 2012.

School health guidelines to promote healthy eating and physical activity. Centers for Disease Control and Prevention. *Morbidity and Mortality Weekly Report, Recommendations and Reports*, 60(5). 2011.

The role of school physical activity programs in child body mass trajectory. M. Fernandes and R. Sturm. *J Phys Act Health*, 8(2): 174–181. 2011.



G. Prenatal Weight Gain

Associations between mothers' and their children's weights at 4 years of age. C.M. Olsen, et al. *Childhood Obesity*, 6(4): 201-207. 2010.

The association between pregnancy weight gain and birthweight: a within-family comparison. D.S. Ludwig and J. Currie. *The Lancet*, published online. 2010.

Does maternal weight gain in pregnancy have long-term effects on offspring adiposity? D.A. Lawlor, et al. *American Journal of Clinical Nutrition*, 94: 142-148. 2011.

Early-life predictors of higher body mass index in healthy children. M.M. Lamb, et al. *Annals of Nutrition and Metabolism*, 56(10): 16-22. 2010.

Maternal pre-pregnancy body mass index in relation to Hispanic preschooler overweight/obesity. P. Kitsantas, et al. *European Journal of Pediatrics*, [Epub ahead of print]. 2010.

Mexican American birthweight and child overweight. E.R. Hamilton, et al. *Journal of Health and Social Behavior*. 52(3): 333-348. 2011.

Pre-pregnancy Body Mass Index and gestational weight gain in relation to child Body Mass Index among siblings. A.M. Branum, et al. *American Journal of Epidemiology*, 174(10): 1159-1165. 2011.

Severe obesity, gestational weight gain, and adverse birth outcomes. L.M. Bodnar, et al. *The American Journal of Clinical Nutrition*, 91(6): 1642-1648. 2010.

Trimester of Maternal Gestational Weight Gain and Offspring Body Weight at Birth and Age Five. C.E. Margerison-Zilko, et al. *Maternal and Child Health Journal*, [Epub ahead of print]. 2011.

H. Type II Diabetes/Metabolic Syndrome

Childhood size and life course weight characteristics in association with the risk of incident type 2 diabetes. E.H. Yeung, et al. *Diabetes Care*, 33(6): 1364-1369. 2010.

Children's binge eating and development of metabolic syndrome. M Tanofsky-Kraff, et al. *International Journal of Obesity*, 1-7. 2012.



Development of youth percent body fat standards using receiver operating characteristic curves. K.R. Laurson, et al. *Am J Prev Med*, 41(4 Suppl 2): S93-9. 2011.

Identifying metabolic syndrome in African American children using fasting HOMA-IR in place of glucose. S. Sharma, et al. *Preventing Chronic Disease*, 8(2). 2011.

Recognizing and Managing Type 2 Diabetes Mellitus in Children: An Algorithm for Healthcare Providers. M. Sunni, et al. *Minn Med*, 94(8): 34-9. 2011.

Sugar-sweetened beverages and risk of obesity and type 2 diabetes: epidemiologic evidence. F.B. Hu and V.S. Malik. *Physiology and Behavior*, 100(1): 47-54. 2010.

Wrist Circumference Is a Clinical Marker of Insulin Resistance in Overweight and Obese Children and Adolescents. M. Capizzi, et al. *Circulation*, [Epub ahead of print]. 2011.

IV. Prevention and Intervention Approaches

Bridging the evidence gap in obesity prevention: a framework to inform decision making. *Food and Nutrition Board.* Institute of Medicine of the National Academies. The National Academies Press. 2010. 340 pages.

Can a community-based intervention improve the home food environment? Parental perspectives of the influence of the Delicious and Nutritious Garden. S. Heim, et al. *Journal of Nutrition Education and Behavior*, 43(2): 130-134. 2011.

CAN DO Houston: a community-based approach to preventing childhood obesity. N.P. Correa, et al. *Preventing Chronic Disease*, 7(4): 1-11. 2010.

Causal pathways linking farm to school to childhood obesity prevention. A. Joshi and M. Ratcliffe. *Childhood Obesity*, 8(4): 305-314.

Community wellness: comprehensive city-school strategies to reduce childhood obesity. Robert Wood Johnson Foundation. 2010. 68 pages.

Cost-free and sustainable incentive increases healthy eating decisions during elementary school lunch. D.W. Pittman, et al. 36: 76-79. *International Journal of Obesity*. 2012.

Crossing growth percentiles in infancy and risk of obesity in childhood. E.M. Taveras, et al. *Arch Pediatr Adolesc Med*, 165(11): 993-998. 2011.



Enhancing childhood obesity treatment. B.M. Panzer. *ICAN: Infant, Child, & Adolescent Nutrition*, 2(2): 96-99. 2010

An evaluation framework for obesity prevention policy interventions. J. Leeman, et al. *Preventing Chronic Disease*, 8: E120. 2012

Feasibility of increasing childhood outdoor play and decreasing television viewing through a family-based intervention in WIC, New York State, 2007-2008. K.K. Davison, et al. *Preventing Chronic Disease*, 8(3). 2011

Focus on a Fitter Future: Planning, Building, and Sustaining a Pediatric Obesity Program. National Association of Children's Hospitals and Related Institutions. 2010. 64 pages.

Immersion treatment of childhood and adolescent obesity: the first review of a promising intervention. K. P. Kelly and D. S. Kirschenbaum. *Obesity Reviews*, [advance online publication]. 2010.

The impact of an elementary after-school nutrition and physical activity program on children's fruit and vegetable intake, physical activity, and body mass index: Fun 5. C.S. Sandoval Iverson, et al. *Hawaii Medical Journal*, 70(Suppl. 1). 2011.

Kids and adults now! Defeat obesity (KAN-DO): rationale, design and baseline characteristics. T. Ostbye, et al. *Contemporary Clinical Trials*, 32(3): 461-469. 2011.

LA Sprouts: A gardening, nutrition, and cooking intervention for Latino youth improves diet and reduces obesity. J.N. Davis, et al. *Journal of the American Dietetic Association*, 111(8): 1224-1230. 2011.

Leadership for Healthy Communities Action Strategies Toolkit. Robert Wood Johnson Foundation. 2011. 107 pages.

Next steps in obesity prevention: altering early life systems to support healthy parents, infants and toddlers. P.R. Nader, et al. *Childhood Obesity*, 8(3): 195-204. 2012.

Obesity prevention policies for middle and high schools: Are we doing enough? National Association of State Boards of Education. 2010. 48 pages.

Outpatient multidisciplinary interventions for the treatment of pediatric obesity 2009: practical suggestions from lessons learned. A.F. Sato, E. Jelalian. *Obesity and Weight Management*, 6(1): 31-34. 2010.



A picture may be worth a thousand texts: obese adolescents' perspectives on a modified photovoice activity to aid weight loss. S.J. Woolford, et al. *Childhood Obesity*, 8(3): 230-236. 2012.

The *Power Play! Campaign's School Idea & Resource Kits* improve determinants of fruit and vegetable intake and physical activity among fourth- and fifth-grade children. A.J. Keihner, et al. *Journal of Nutrition Education and Behavior*, 43(2): S122-S129. 2011.

Preventing and treating childhood obesity: time to target fathers. E. Freeman, et al. *International Journal of Obesity*, 36: 12-15. 2012.

Process and impact evaluation of the Romp & Chomp obesity prevention intervention in early childhood settings: lessons learned from implementation in preschools and long day care settings. A.M. de Silva-Sanigorski, et al. *Childhood Obesity*, 8(3): 205-215. 2012.

The role of state health departments in supporting community-based obesity prevention. J.M. Cousins, et al. *Preventing Chronic Disease*, 8(4): A87. 2011.

School health guidelines to promote healthy eating and physical activity. Centers for Disease Control and Prevention. *Morbidity and Mortality Weekly Report, Recommendations and Reports*, 60(5). 2011.

School policies and practices to improve health and prevent obesity: National elementary school survey results. Robert Wood Johnson Foundation. 2010. 168 pages.

Solving the problem of childhood obesity within a generation. White House Task Force on Childhood Obesity Report to the President. 2010. 124 pages.

A WIC-based intervention to prevent early childhood overweight. S.E. Whaley, et al. *Journal of Nutrition Education and Behavior*, 42(23): S47-S51. 2010.

Youth Can! Results of a pilot trial to improve the school food environment. S. Jones, et al. *Journal of Nutrition Education and Behavior*, 43(4): 284-287. 2011.



V. Educational Materials

Appetite for Life: The Thumbs-Up, No-Yucks Guide to Getting Your Kid to Be a Great Eater

New York, NY: HarperOne

Stacy Antine, MS, RD

Description: This book contains kid-friendly recipes and menu suggestions. Includes ideas for hands-on family activities.

Web site: staceyantine.com/appetite-for-life/

Be Well: Messages from Moms on Living Healthier Lives

American Alliance for a Healthier Generation

Description: This book is a collection of short stories showcasing moms who are working to establish life-long healthy habits in their family.

Web site: www.bewellbook.org/

The Best Me: Choosing Healthy Food and Drink

Oasis Publications

Description: This booklet teaches children and their parents about the importance of balanced meals, eating a variety of foods, and establishing healthy habits.

Web site: www.fitness4kidz.com/oasispublications.php

Childhood Nutrition: Preventing Obesity

InJoy Videos

Description: This 2-volume DVD set provides parents and caregivers with information to help prevent childhood obesity starting from birth through age 5. Information is provided on breastfeeding, starting solids, selecting baby foods, promoting family meals, increasing food variety and reducing mealtime conflicts.

Web site: www.injoyvideos.com

Eat! Move! Play! A Parent's Guide for Raising Healthy, Happy Kids

Weight Watchers

Hoboken, NJ: John Wiley & Sons, Inc.

Description: This book guides parents in teaching their children how to develop a positive body image, choose healthy foods (includes recipes), and exercise regularly.

Web site: www.wiley.com/WileyCDA/WileyTitle/productCd-0470474203.html



Eat Right & Move: Healthy Living for Young Families

Joanna Wiggins Garofalo
Franklin, VA: L.A. Publishing

Description: This booklet outlines basic tips and ideas for parents and is separated into two sections on nutrition and physical activity.

Web site: www.lapublishingllc.com/

Fitness, Food and a Healthy Weight for Your Child

Channing Bete Company, Inc.

Description: This handbook is designed to provide resources for parents on encouraging physical activity and healthy eating behaviors in their families.

Web site: www.channing-bete.com/

Healthy Eating, Healthy Weight for Kids and Teens

Jodie Shield MEd, RD and Mary Catherine Mullen MS, RD
Chicago, IL: Academy of Nutrition and Dietetics

Description: This resource for parents provides strategies to promote a healthy weight in school age children. Includes menus and recipes for families with children.

Web site: www.eatright.org

Happy Mealtimes and Happy Kids

Learning ZoneXpress

Description: In this DVD, viewers will learn that parents and children have separate roles to play in regard to eating: the parent decides what, when, and where food is served; the child decides whether or not to eat and if so, how much to eat.

Web site: www.learningzonexpress.com/

Help Me Be Healthy Series

Crabtree and Company, Inc.

Description: This pamphlet series offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

Web site: www.helpmebehealthy.net

Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children

Len Saunders

New York, NY: La Chance Publishing LLC

Description: This book presents parents and caregivers with activity ideas and suggestions for promoting a healthy family lifestyle. It includes nutrition information and a list of exercises.

Web site: lpbooks.myshopify.com/



LANA Preschool Program: Learning About Nutrition through Activities

Minnesota Department of Health

Description: This kit is designed for preschool aged children and focuses on teaching children to try new foods, particularly fruits and vegetables.

Web site: www.learningzonexpress.com/

Preventing Childhood Obesity

Lemon-Aid Films

Description: This DVD shows how simple everyday strategies can improve health and increase the likelihood of children adopting good eating and exercise habits even when they are away from home.

Web site: www.lemonaidfilms.com/index.html

Preventing Childhood Obesity in Early Childcare and Education Programs

Elk Grove Village, IL: American Academy of Pediatrics

Description: This guide outlines the set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs.

Web site: www.aap.org

Red Light, Green Light, Eat Right

Joanna Dolgoff MD

New York, NY: Rodale Inc.

Description: This book for parents uses the method of using traffic light colors to divide food into three categories- Go, Slow, and Uh Oh- to help families make healthy choices in their diet.

Web site: www.rodalestore.com

VI. Web sites

Center for Childhood Obesity Research

The College of Health and Human Development, Penn State University.

Description: Research and information on interventions and collaborations in preventing child obesity.

Web site: <http://www.hhdev.psu.edu/ccor/>

Childhood Obesity

Children's Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture

Description: Research information and education resources for preventing and managing childhood obesity.

Web site: <http://www.bcm.edu/cnrc/index.cfm?pmid=9618>



Core Nutrition Messages

Food and Nutrition Service, U.S. Department of Agriculture

Description: Consumer-tested messages and communication tools supporting existing messages and the Dietary Guidelines for Americans. Designed to help nutrition educators deliver consistent messages that resonate with moms and kids and motivate them to adopt healthier eating habits.

Web site: www.fns.usda.gov/fns/corenutritionmessages/default.htm

Fuel Up to Play 60

National Dairy Council, National Football League

Description: The Web site aims to empower youth to take action to improve nutrition and physical activity at their school and for their own health.

Web site: www.fueluptoplay60.com/

Growing Healthy Habits

University of Maryland Food Supplement Nutrition Education Program

Description: This gardening and nutrition education curriculum is for elementary aged youth and focuses on integrating nutrition into the classroom. Promotes healthy eating habits and increased fruit and vegetable consumption.

Web site: www.fsnep.org/

The Healthy Meals Resource System

Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture

Description: This online resource system is designed to assist state and local school food service and child care programs in meeting the Dietary Guidelines for Americans.

Web site: healthymeals.nal.usda.gov

Let's Move!

White House, Health and Human Services, United States Department of Agriculture and Department of Education

Description: This Web site provides ideas on how to improve physical activity and nutrition in schools and at home. It has a section for children with activities and games.

Web site: www.letsmove.gov/

MyPlate

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

Description: This Web site and series of materials displays the five food groups that are the building blocks for a healthy diet using the image of a place setting for a meal. Includes MyPlate for Preschoolers and MyPlate for Kids.

Web site: www.choosemyplate.gov/



Nutrition.Gov

Food and Nutrition Information Center, Agricultural Research Service, U.S.
Department of Agriculture

Description: Federal gateway Web site to information on nutrition, healthy eating, physical activity, and food safety for consumers.

Web site: <http://www.nutrition.gov/>

We Can! Ways to Enhance Children's Activity & Nutrition

National Heart Lung and Blood Institute, National Institutes of Health.

Description: The goal of this program is to support families and communities in helping children maintain a healthy weight. The program focuses on improving food choices, increasing physical activity and reducing screen time.

Web site: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

VII. Additional Contacts**Academy of Nutrition and Dietetics**

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600

Web site: www.eatright.org, www.eatright.org/kids

Action for Healthy Kids

600 West Van Buren Street, Suite #720

Chicago, IL 60607

Phone: 800-416-5136 Email: loma@actionforhealthykids.org

Web site: www.actionforhealthykids.org/

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000 Web site: www.aap.org/

American Public Health Association

800 I Street, NW

Washington, DC 20001

Phone: 202-777-2742 Email: comments@apha.org Web site: www.apha.org/

The Center for Health and Health Care in Schools

2121 K Street, NW, Suite 250

Washington, DC 20036

Phone: 202-466-3396 Email: chhcs@gwu.edu Web site: www.healthinschools.org/



Center for Weight and Health

College of Natural Resources
University of California
3 Giannini Hall #3100
Berkeley, CA 94720
Phone: 510-642-2915 Web site: cwh.berkeley.edu/

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
Phone: 800-232-4636 Email: cdcinfo@cdc.gov
Web site: www.cdc.gov/nccdphp/dnpao/index.html

National Association for Sport and Physical Education

American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive
Reston, VA 20191-1598
Phone: 800-213-7193 Email: naspe@aahperd.org
Web site: www.aahperd.org/naspe/

National Collaborative on Childhood Obesity Research

Centers for Disease Control and Prevention, National Institutes of Health, Robert Wood Johnson Foundation, United States Department of Agriculture
1825 Connecticut Ave., NW
Washington, D.C. 20009-5721
Phone: 202-884-8313 Web site: www.nccor.org/index.html

Robert Wood Johnson Foundation

P.O. Box 2316
Route 1 and College Road East
Princeton, NJ 08543
Phone: 877-843-RWJF (7953)
Web sites: www.rwjf.org, www.preventobesity.net,
www.healthykidshealthycommunities.org/

USDA, ARS, Children's National Research Center

Baylor College of Medicine
1100 Bates Street
Houston, TX 77030
Phone: 713-798-6767
Web site: <http://www.bcm.edu/cnrc/>



Weight Control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627 Email: win@info.niddk.nih.gov

Web site: www.niddk.nih.gov/health/nutrit/win.htm

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