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## **Childhood Obesity: A Resource List for Educators and Researchers January 2008**

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles (published 2005 to the present), information available on the World Wide Web, 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/bibs/topics/weight/childhoodobesity.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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## I. Prevalence

**Childhood body mass index gain during the summer versus during the school year.** D.B. Downey and H.R. Boughton. *New Directions for Youth Development*, (114): 33-43. 2007.

**Childhood obesity among Head Start enrollees in southeastern Minnesota: prevalence and risk factors.** W.T. Hu, et al. *Ethnicity & Disease*, 17: 23-28. 2007.

**The epidemiology of overweight and related lifestyle behaviors.** J. Delva, L.D. Johnson, and P.M. O'Malley. *American Journal of Preventive Medicine*, 33(4S): S178-S186. 2007.

**Food and nutrition assistance programs and obesity: 1976-2002.** B. Lin, L. Mancino, and M. Ver Ploeg. Economic Research Service, U.S. Department of Agriculture. Washington, DC. September 2007. 42 pp. Available at: <http://www.ers.usda.gov/Publications/ERR48/ERR48.pdf>.

**A geographical comparison of prevalence of overweight school-aged children: the National Survey of Children's Health 2003.** C. Tudor-Locke, et al. *Pediatrics*, 120(4): e1043-e1050. 2007.

**Overweight in southeastern Pennsylvania children: 2002 Household Health Survey data.** E.B. Rappaport and J.M. Robbins. *Public Health Reports*, 120(5): 525-531. 2005.

**The prevalence of health care use of overweight children in an integrated health care system.** P.A. Estabrooks and S. Shetterly. *Archives of Pediatric and Adolescent Medicine*, 161(3): 222-227. 2007.

**Prevalence of overweight and obesity in the United States, 1999-2004.** C. Ogden, et al. *Journal of the American Medical Association*, 295(13):1549-1555. 2006.

**Variation in obesity among American secondary school students by school and school characteristics.** P.M. O'Malley, et al. *American Journal of Preventive Medicine*, 33(4S): S187-S194. 2007.

## II. Assessment

**Body composition assessment for development of an international growth standard for preadolescent and adolescent children.** T.G. Lohman and S. B. Going. *Food and Nutrition Bulletin*, 27(4): S314 –S326. 2006.



**Do changes in Body Mass Index percentile reflect changes in body composition in children? Data from the Fels Longitudinal Study.** E.W. Demerath, et al. *Pediatrics*, 117(3): e487-e489. 2006.

**Expert committee recommendations on the assessment, prevention, and treatment of child and adolescent overweight and obesity: an implementation guide.**

Childhood Obesity Action Network, National Initiative for Children's Healthcare Quality. Cambridge, MA. June 2007. 5 pp. Available at

<http://www.nichq.org/NR/rdonlyres/7CF2C1F3-4DA3-4A00-AE15-4E35967F3571/5316/COANImplementationGuide62607FINAL.pdf>.

**Identifying risk for obesity in early childhood.** P.R. Nader, et al. *Pediatrics*, 118(3): e594-601. 2006.

**Overweight in children: definitions and interpretation.** K.M. Flegal, C.J. Tabak, and C.L. Ogden. *Health Education Research*, 21(6): 755-760. 2006.

**Parents of elementary school students weigh in on height, weight, and Body Mass Index screening at school.** M.Y. Kubik, et al. *Journal of School Health*, 76(10): 496-501. 2006.

**Recent trends in waist circumference and waist-height ratio among U.S. children and adolescents.** C. Li, et al. *Pediatrics*, 118(5): e1390-e1398. 2006.

**Screening and interventions for childhood overweight: a summary of evidence for the U.S. Preventive Services Task Force.** E.P. Whitlock, et al. *Pediatrics*, 116(1): e125-e144. 2005.

### III. Outcomes, Predictors and Associated Factors

#### A. Dietary Practices

**Beverage intake among preschool children and its effect on weight status.** T.M. O'Connor, S. Yang and T.A. Nicklas. *Pediatrics*, 118(4): e1010-1018. 2006.

**Biocultural construction of obesogenic ecologies of childhood: parent-feeding versus child-eating strategies.** A. Brewis and M. Gartin. *American Journal of Human Biology*, 18(2): 203-213. 2006.

**Breastfeeding, introduction of complementary foods, and adiposity at 5 years of age.** H.L. Burdette, et al. *American Journal of Clinical Nutrition*, 83(3): 550-558. 2006.



**Child-feeding strategies are associated with maternal concern about children becoming overweight, but not children's weight status.** A. L. May, et al. *Journal of the American Dietetic Association*, 107(7): 1167-1174. 2007.

**Correlates of beverage intake in adolescent girls: the National Heart, Lung, and Blood Institute Growth and Health Study.** R.H. Striegel-Moore, et al. *The Journal of Pediatrics*, 148(2): 183-187. 2006.

**Dietary energy density is associated with selected predictors of obesity in U.S. children.** J.A. Mendoza, et al. *The Journal of Nutrition*, 136(5): 1318-1322. 2006.

**The effect of breastfeeding with and without formula use on the risk of obesity at 4 years of age.** D.L. Bogen, B.H. Hanusa, and R.C. Whitaker. *Obesity Research*, 12(9): 1527-1535. 2004.

**Examination of weight status and dietary behaviors of middle school students in Kentucky.** M.G. Roseman, W.K. Yeung, and J. Nickelsen. *Journal of the American Dietetic Association*, 107(7): 1139-1145. 2007.

**Girls dairy intake, energy intake, and weight status.** L.M. Fiorito, et al. *Journal of the American Dietetic Association*, 106(11): 1851-1855. 2006.

**Longitudinal influence of mother's child-feeding practices on adiposity in children.** D. Spruijt-Metz, et al. *The Journal of Pediatrics*, 148(3): 314-320. 2006.

**Maternal infant-feeding style and children's adiposity at 5 years of age.** H.L. Burdette, et al. *Archives of Pediatric and Adolescent Medicine*, 160(5): 513-520. 2006.

**Schoolwide food practices are associated with body mass index in middle school students.** M.Y. Kubik, L.A. Lytle, and M. Story. *Archives of Pediatric and Adolescent Medicine*, 159(12): 1111-1114. 2005.

## **B. Family/Societal Influences and Impacts**

**Are American children and adolescents of low socioeconomic status at increased risk of obesity? Changes in the association between overweight and family income between 1971 and 2002.** Y. Wang and Q. Zhang. *American Journal of Clinical Nutrition*, 84(4): 707-716. 2006.

**Controlled study of critical parent and family factors in the obesigenic environment.** M.H. Zeller, et al. *Obesity*, 15(1): 126-136. 2007.



**Developmental trajectories of overweight during childhood: role of early life factors.** C. Li, et al. *Obesity*, 15(3): 760-771. 2007.

**Family characteristics have limited ability to predict weight status of young children.** V.B. Gray. *Journal of the American Dietetic Association*, 107(7): 1204-1209. 2007.

**Family restaurant choices are associated with child and adult overweight status in Mexican-American families.** S.C. Duerksen, et al. *Journal of the American Dietetic Association*, 107: 849-853. 2007.

**Growing up poor: long-term implications for eating patterns and body weight.** C.M. Olson, C.F. Bove, and E.O. Miller. *Appetite*, 49(1): 198-207. 2007.

**Household food insecurity and overweight status in young school children: results from the Early Childhood Longitudinal Study.** D. Rose and J.N. Bodor. *Pediatrics*, 117(2): 464-473. 2006.

**Immigration generation, socioeconomic status, and economic development of countries of origin: a longitudinal study of body mass index among children.** J. Van Hook and K. Stamper Balistreri. *Social Science & Medicine*, 65(5): 976-989. 2007.

**Intrafamilial correlates of overweight and obesity in African-American and Native-American grandparents, parents, and children in rural Oklahoma.** D.C. Polley, et al. *Journal of the American Dietetic Association*, 105(2): 262-265. 2005.

**Predicting preschooler obesity at birth: the role of maternal obesity in early pregnancy.** R.C. Whitaker. *Pediatrics*, 114(1): e29-36. 2004.

**Relationships among body mass index, parental perceptions, birthweight and parental weight after referral to a weight clinic.** M.G. Watkins, et al. *Journal of the National Medical Association*, 99(8): 908-913. 2007.

**Television watching and frequency of family meals are predictive of overweight at onset and persistence in a national sample of school-aged children.** Y. Chang, S. Gable, and J.L. Krull. *Journal of the American Dietetic Association*, 107(1): 53-61. 2007.



## C. Physical Activity

**Association of access to parks and recreational facilities with the physical activity of young children.** J.N. Roemmich, et al. *Preventive Medicine*, 43(6): 437-441. 2006.

**Choice of interactive dance and bicycle games in overweight and nonoverweight youth.** L.H. Epstein, et al. *Annals of Behavioral Medicine*, 33(2): 124-131. 2007.

**Energy expenditure of sedentary screen time compared with active screen time for children.** L. Lanningham-Foster, et al. *Pediatrics*, 118(6): e1831-1835. 2006.

**Evaluation of national physical activity intervention for children: VERB campaign, 2002-2004.** M.E. Huhman, et al. *American Journal of Preventive Medicine*, 32(1): 38-43. 2007.

**Longitudinal and secular trends in physical activity and sedentary behavior during adolescence.** M.C. Nelson, et al. *Pediatrics*, 118(6): e1627-1634. 2007.

**Physical activity as a substitute for sedentary behavior in youth.** L.H. Epstein, et al. *Annals of Behavioral Medicine*, 29(3): 200-209. 2005

**Physical activity in nonoverweight and overweight Hispanic children and adolescents.** N.F. Butte, et al. *Medicine & Science in Sports & Exercise*, 39(8): 1257-1266. 2007.

**Relationship of physical fitness to prevalence and incidence of overweight among schoolchildren.** J. Kim, et al. *Obesity Research*, 13(7): 1246-54. 2005.

**Safe play spaces to promote physical activity in inner-city children: results from a pilot study of an environmental intervention.** T.A. Farley, et al. *American Journal of Public Health*, 97(9): 1625-31. 2007.

**Weekend schoolyard accessibility, physical activity, and obesity: the Trial of Activity in Adolescent Girls (TAAG) Study.** M.M. Scott, et al. *Preventive Medicine*, 44(5): 398-403. 2007.



#### D. Type II Diabetes/Metabolic Syndrome

**Body mass index and blood pressure screening in a rural public school system: the Healthy Kids Project.** W.E. Moore, et al. *Preventing Chronic Disease*, 3(4): 1-10. 2006.

**Childhood overweight and cardiovascular disease risk factors: the National Heart, Lung, and Blood Institute Growth and Health Study.** D.R. Thompson, et al. *The Journal of Pediatrics*, 150(1): 18-25. 2007.

**Insulin resistance syndrome in children.** L.K. Scott. *Pediatric Nursing*, 32(2): 119-143. 2006.

**Management of type 2 diabetes in youth: an update.** K. Peterson, et al. *American Family Physician*, 76(5): 658-664. 2007.

**Metabolic syndrome in children and adolescents.** G.K. Singh. *Current Treatment Options in Cardiovascular Medicine*, 8(5): 403-413. 2006.

**Metabolic syndrome in youth: current issues and challenges.** T. Huang, G. Ball and P.W. Franks. *Applied Physiology, Nutrition, and Metabolism*, 32(1): 13-22. 2007.

**Prevalence of the metabolic syndrome in elementary school children.** K.D. Dubose, et al. *Acta Paediatrica*, 95: 1005-11. 2006.

#### IV. Prevention and Intervention Approaches

**Addressing the epidemic of childhood obesity through school-based interventions: what has been done and where do we go from here?** K.E. Peterson and M.K. Fox. *Journal of Law, Medicine, and Ethics*, 35(1): 113-130. 2007.

**An asset-based community initiative to reduce television viewing in New York state.** I.R. Baker, et al. *Preventive Medicine*, 44(5) 437-441. 2007.

**Body image and self-esteem among adolescents undergoing an intervention targeting dietary and physical activity behaviors.** J.S. Huang, et al. *Journal of Adolescent Health*, 40(3): 245-251. 2007.



**Combating the epidemic of obesity and cardiovascular disease: perspectives from school-aged children.** C.C. Addison, et al. *International Journal of Environmental Research and Public Health*, 3(3): 268-273. 2006.

**A community intervention reduces BMI z-score in children: Shape Up Somerville first year results.** C.D. Economos, et al. *Obesity*, 15(5): 1325-1336. 2007.

**Design and implementation of a nutrition and physical activity curriculum for child care settings.** C. Dunn, et al. *Preventing Chronic Disease*, 3(2). A58. 2006.

**Effectiveness of school programs in preventing childhood obesity: a multilevel comparison.** P.J. Veugelers and A.L. Fitzgerald. *American Journal of Public Health*, 95(3): 432-435. 2005.

**Fit WIC: attitudes, perceptions and practices of WIC staff toward addressing childhood overweight.** E. Serrano, et al. *Journal of Nutrition Education and Behavior*, 38: 151-156. 2006.

**Healthy Buddies: a novel, peer-led health promotion program for the prevention of obesity and eating disorders in children in elementary school.** S. Stock, et al. *Pediatrics*, 120(4): e1059-e1068. 2007.

**Individual-, family-, school-, and community-based interventions for pediatric overweight: position of the American Dietetic Association.** *Journal of the American Dietetic Association*, 106(6): 925-945. 2006.

**An intervention to promote healthy weight: Nutrition and physical activity self-assessment for child care (NAP SACC) theory and design.** A.S. Ammerman, et al. *Preventing Chronic Disease*, 4(3): A67. 2007.

**Interventions to prevent or treat obesity in preschool children: a review of evaluated programs.** D.A. Bluford, B. Sherry, and K.S. Scanlon. *Obesity*, 15(6): 1356-1372. 2007.

**Lifestyle interventions in the treatment of childhood overweight: a meta-analytic review of randomized controlled trials.** D.E. Wifley, et al. *Health Psychology*, 26(5): 521-532. 2007.

**Missed opportunities: local health departments as providers of obesity prevention programs for adolescents.** S.J. Slater, L.M. Powell, and F.J. Chaloupka. *American Journal of Preventive Medicine*, 33(4S): S246-S250. 2007.



**Parents' perceptions of curricular issues affecting children's weight in elementary schools.** J. Murnan, et al. *Journal of School Health*, 76(10): 502-511. 2006.

**Patterns of childhood obesity prevention legislation in the United States.** T.K. Boehmer, et al. *Preventing Chronic Disease*, 4(3): A56. 2007.

**Predicting childhood obesity prevention behaviors using social cognitive theory.** M. Sharma, D.I. Wagner, and J. Wilkerson. *International Quarterly of Community Health Education*, 24(3): 191-203. 2006.

**Screening and interventions for childhood overweight: a summary of evidence for the U.S. Preventive Services Task Force.** E.P. Whitlock, et al. *Pediatrics*, 116(1): e125-e139. 2005.

**Small changes in dietary sugar and physical activity as an approach to preventing excessive weight gain: the America on the Move Family Study.** S.J. Rodearmel, et al. *Pediatrics*, 120(4): e869-e879. 2007.

**Two-year follow-up results for Hip-Hop to Health Jr.: a randomized controlled trial for overweight prevention in preschool minority children.** M.L. Fitzgibbon, et al. *The Journal of Pediatrics*, 146(5): 618-625. 2005.

## V. Educational Materials

### **Childhood and Adolescent Overweight: The Health Professional's Guide to Identification, Treatment, and Prevention**

Mary Catherine Mullen and Jodie Shield  
Chicago, IL: American Dietetic Association, 2004.

**Description:** This 240 book is designed to assist health professionals in identifying the causes of overweight and obesity in a child, as well as the appropriate methods for prevention and treatment. Resources for involving families, schools and communities in the process are also provided.

#### **Ordering Information:**

American Dietetic Association  
Phone: 800-877-1600, ext. 5000  
Email: [sales@eatright.org](mailto:sales@eatright.org)

Online Ordering: [http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C3B9C1D8/ada/hs.xsl/shop\\_1305\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C3B9C1D8/ada/hs.xsl/shop_1305_ENU_HTML.htm)



### **Childhood Nutrition: Preventing Obesity**

Longmont, CO: InJoy Videos, 2005.

**Description:** This set of DVDs provides guidance on nutrition and feeding for parents of children ages newborn to 12. Available in English and Spanish; includes facilitator's guide, handouts and activity book.

#### **Ordering Information:**

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082 Fax: 303-449-8788

Online Ordering: <http://www.injoyvideos.com/>

### **Eat Smart, Play Hard**

Alexandria, VA: Food and Nutrition Service, U.S. Department of Agriculture, 2007.

**Description:** This Web site encourages children and adults to eat healthy and be physically active every day. Resources include games and activities for children, brochures for parents, and tools for health professionals and educators.

**Web site:** <http://www.fns.usda.gov/eatsmartplayhard/>

### **Empowering Youth with Nutrition and Physical Activity**

Alexandria, VA: Team Nutrition, Food and Nutrition Service, U.S. Department of Agriculture, 2007.

**Web site:** <http://teamnnutrition.usda.gov/Resources/empoweringyouth.html>

**Description:** This 202 page manual is for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; hands-on activities that teach nutrition concepts; and ideas to include nutrition education and physical activity into youth programs.

#### **Ordering Information:**

USDA's Team Nutrition

Phone: 703-305-1624

Online Ordering: <http://tn.ntis.gov/>

### **Fit Kids = Happy Kids**

Dallas, TX: Southwest Region, Supplement Foods Program, Food and Nutrition Service, U.S. Department of Agriculture, 2006.

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/wic\\_fam4.htm#st14a](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/wic_fam4.htm#st14a)

**Description:** This kit, developed for use in the WIC program, includes both client-and educator-focused tools for preventing childhood obesity and promoting healthy eating and physical activity. The kit includes flip charts, posters and a manual for educators with slides.



### **The Healthy Meals Resource System**

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture, 2007.

**Web site:** <http://healthymeals.nal.usda.gov>

**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. It includes a searchable database of food service and nutrition education materials for use by staff of USDA Child Nutrition Programs.

### **Helping Your Child: Tips for Parents**

Bethesda, MD: Weight Control Information Network, National Institutes of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, 2007.

**Web site:** <http://win.niddk.nih.gov/publications/child.htm>

**Description:** This 24 page booklet provides guidance for parents on how to encourage healthy eating and physical activity within their families. It is available online in full-text, as well as print copies.

#### **Ordering Information:**

Weight Control Information Network

1 WIN Way

Bethesda, MD 20892-3665 (Please use complete 9-digit ZIP code.)

Phone: 877-946-4627 Fax: 202-828-1028

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

Online Ordering: <http://win.niddk.nih.gov/order/orderpub.htm>

### **If Your Child Is Overweight: A Guide for Parents, 3<sup>rd</sup> edition**

Sharon M. Kosharek

Chicago, IL: American Dietetic Association, 2006.

**Description:** This 52 page book is designed to assist parents and children in making positive lifestyle changes that will improve their overall health and well-being.

#### **Ordering Information:**

American Dietetic Association

Phone: 800-877-1600, ext. 5000

Email: [sales@eatright.org](mailto:sales@eatright.org)

Online Ordering:

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop\\_8120\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_8120_ENU_HTML.htm)

### **MyPyramid for Kids**

Washington, DC: Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 2007.

**Web site:** <http://www.mypyramid.gov/kids/index.html>

**Description:** This child-friendly version of MyPyramid is designed to help motivate children 6-11 years old to make healthy food choices and be physically active. The Web site includes worksheets, an online game and tips for parents.



### **Physical Activity Cards**

Barbara Willenberg

Columbia, MO: University of Missouri Cooperative Extension, 2006.

**Description:** This set of laminated cards is intended for use with children ages 4 to 15. The cards are divided into groups based on activity type and are color-coded accordingly. Each 5 x 8-inch card includes a tip for how the activity can be integrated into nutrition education.

#### **Ordering Information:**

University of Missouri Cooperative Extension

Phone: 573-882-7216

Online Ordering:

[http://extension.missouri.edu/explore/shop/product\\_add.asp?intProdID=N862](http://extension.missouri.edu/explore/shop/product_add.asp?intProdID=N862)

### **Overcoming Obesity in Childhood and Adolescence: A Guide for School Leaders**

Donald Schumacher and J. Allen Queen

Thousand Oaks, CA: Corwin Press, 2006.

**Description:** This 168 page book provides resources for educators wanting to incorporate wellness, nutrition, fitness and health into the school curriculum; provides discussions about issues that may arise when designing and implementing such programs.

#### **Ordering Information:**

Corwin Press

2455 Teller Road

Thousand Oaks, CA 91320

Phone: 800-233-9936 Fax: 800-417-2466

Online Ordering: <http://www.corwinpress.com/booksProdDesc.nav?prodId=Book227856>

### **A Parent's Guide to Childhood Obesity: A Roadmap to Health**

Sandra Hassink

Elk Grove Village, IL: American Academy of Pediatrics, 2006.

**Description:** This 256 page book provides nutritional guidance, strategies for dealing with a variety of parenting challenges, and approaches for encouraging physical activity.

#### **Ordering Information:**

American Academy of Pediatrics

141 Northwest Point Boulevard P.O. Box 747

Elk Grove Village, IL 60009-0747

Phone: 847-434-4000 Fax: 847-434-8000

Email: [pubs@aap.org](mailto:pubs@aap.org)

Online Ordering: [http://www.aap.org/bst/showdetl.cfm?&DID=15&Product\\_ID=4176](http://www.aap.org/bst/showdetl.cfm?&DID=15&Product_ID=4176)



**VERB: It's What You Do**

Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2007.

**Web site:** <http://www.cdc.gov/youthcampaign/>

**Description:** The goal of this campaign is to encourage children ages 9-13 to be physically active everyday. The Web site includes background information on the campaign, as well as educational materials available in English and Spanish.

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

National Heart Lung and Blood Institute, National Institutes of Health, 2007.

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

**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.

**VI. Additional Contacts****Action for Healthy Kids**

4711 West Golf Road, Suite 625

Skokie, IL 60076

Phone: 800-416-5136 Fax: 847-329-1849

Email: [info@actionforhealthykids.org](mailto:info@actionforhealthykids.org)

**Web site:** <http://www.actionforhealthykids.org/index.php>

**American Academy of Pediatrics**

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000 Fax: 847-434-8000

**Web site:** <http://www.aap.org/>

**American Dietetic Association**

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600

**Web site:** <http://www.eatright.org>

**American Public Health Association**

800 I Street, NW

Washington, DC 20001

Phone: 202-777-2742 Fax: 202-777-2534

Email: [comments@apha.org](mailto:comments@apha.org)

**Web site:** <http://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 Fax: 202-466-3467  
Email: [chhcs@gwu.edu](mailto:chhcs@gwu.edu)

**Center for Weight and Health**

College of Natural Resources  
University of California  
101 Giannini Hall #3100  
Berkeley, CA 94720-3100  
Phone: 510-642-2915 Fax: 510-642-4612  
**Web site:** <http://www.cnr.berkeley.edu/cwh/index.html>

**Division of Adolescent and School Health**

National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention  
1600 Clifton Road  
Atlanta, GA 30333  
Phone: 800-232-4636  
Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
**Web site:** <http://www.cdc.gov/HealthyYouth/index.htm>

**Division of Nutrition and Physical Activity**

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: 770-488-5820 Fax: 770-488-5473  
Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
**Web site:** <http://www.cdc.gov/nccdphp/dnpa>

**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  
**Web site:** <http://www.aahperd.org/naspe/template.cfm?template=main.html>

**The NIH Obesity Research Task Force**

National Institutes of Health  
9000 Rockville Pike  
Bethesda, MD 20892  
**Web site:** <http://obesityresearch.nih.gov/>



**North American Association for the Study of Obesity (The Obesity Society)**

8630 Fenton Street, Suite 918

Silver Spring, MD 20910

Phone: 301-563-6526 Fax: 301-563-6595

**Web site:** <http://www.obesity.org>

**Weight Control Information Network**

1 Win Way

Bethesda, MD 20892-3665

Phone: 877-946-4627 Fax: 202-828-1028

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

**Web site:** <http://www.niddk.nih.gov/health/nutrit/win.htm>

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.



Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 105  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856  
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Web site: <http://fnic.nal.usda.gov>

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