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## **Childhood Obesity: A Resource List for Educators and Researchers November 2010**

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles (published 2008 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 obesity: are genetic differences involved?** C. Bouchard. *American Journal of Clinical Nutrition*, 89(5): 1494S-1501S. 2009.

**Childhood overweight prevalence in the United States: the impact of parent-reported height and weight.** L.J. Akinbami and C.L. Ogden. *Obesity*, 17(8): 1574-1580. 2009.

**Consistently inconsistent: a snapshot of across- and within-state disparities in the prevalence of childhood overweight and obesity.** C. Bethell, et al. *Pediatrics*, 123(Suppl 5): S277-S286. 2009.

**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 prevalence among low-income, preschool-aged children — United States, 1998–2008.** A.J. Sharma, et al. *Morbidity and Mortality Weekly Report*, 58(28): 769-773. 2009.

**Prevalence of obesity among US preschool children in different racial and ethnic groups.** S.E. Anderson and R.C. Whitaker. *Archives of Pediatrics and Adolescent Medicine*, 163: 344-348. 2009.

**Prevalence of overweight and influence of out-of-school seasonal periods on body mass index among American Indian schoolchildren.** D.T. Smith, et al. *Preventing Chronic Disease*, 6(1): 1-11. 2009.

**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.



## II. Assessment

**Assessing BMI in West Virginia: Parent Perspectives and the influence of context.** C.V. Harris and W.A. Neal. *Pediatrics*, 124: S63-S72. 2009.

**The choice of cutoffs for obesity and the effect of those values on risk factor estimation.** A.M. Toschke, et al. *The American Journal of Clinical Nutrition*, 87: 292-294. 2008.

**Methods for a survey of overweight and obesity coordinated with oral health surveillance among Ohio third-grade students.** E.J. Conrey, et al. *Preventing Chronic Disease*, 6(1): A08. 2009.

**Pediatricians' weight assessment and obesity management practices.** J.S. Huang, et al. *BMC Pediatrics*, 9: 19. 2009.

**Physicians' perspectives on increasing the use of BMI charts for young children.** S. J. Woolford. *Clinical Pediatrics*, 47(6): 573-577. 2008.

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

## III. Outcomes, Predictors and Associated Factors

### A. Dietary Practices

**Association of breastfeeding intensity and bottle-emptying behaviors at early infancy with infants' risk for excess weight at late infancy.** R. Li, et al. *Pediatrics*, 122 (Suppl 2): S77-S84. 2008.

**Does breastfeeding protect against overweight and obesity in children? a review.** 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.

**Five-year longitudinal and secular shifts in adolescent beverage intake: findings from project EAT (Eating Among Teens)-II.** M.C. Nelson, et al. *Journal of the American Dietetic Association*, 109: 308-312. 2009.



**High-milk supplementation with healthy diet counseling does not affect weight loss but ameliorates insulin action compared with low-milk supplementation in overweight children.** M.P. St-Onge, L.L.T. Goree, and B. Gower. *The Journal of Nutrition*, 139(5): 933. 2009.

**Impact of change in sweetened caloric beverage consumption on energy intake among children and adolescents.** Y.C. Wang, et al. *Archives of Pediatric & Adolescent Medicine*, 163(4): 336-343. 2009.

**Impact of infant feeding practices on childhood obesity.** N.F. Butte. *The Journal of Nutrition*, 139(2): 412S-416S. 2009.

**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.

## **B. Environmental Influences**

**Active play and screen time in US children aged 4 to 11 years in relation to sociodemographic and weight status characteristics: a nationally representative cross-sectional analysis.** S.E. Anderson, et al. *BMC Public Health*, 8: 366. 2008.

**Adolescent obesity: towards evidence-based policy and environmental solutions.** M. Story, et al. *Journal of Adolescent Health*, 45(3): S1-S5. 2009.

**Association between school food environment and practices and Body Mass Index of US public school children.** M.K. Fox, et al. *Journal of the American Dietetic Association*, 109(Suppl 2): S108-S117. 2009.

**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 as an untapped setting for obesity prevention: state child care licensing regulations related to nutrition, physical activity, and media use for preschool-aged children in the United States.** K. M. Kaphingst. *Preventing Chronic Disease*, 6(1): A11. 2009.

**Childhood obesity: a comparison of health habits of middle-school students from two communities.** E.A. Jackson, et al. *Clinical Epidemiology*, 2009(1): 133-139. 2009.



**Diabetes risk, low fitness, and energy insufficiency levels among children from poor families.** R.P. Treviño, et al. *Journal of the American Dietetic Association*, 108(11): 1846-1853. 2008.

**Environment and obesity in the national children's study.** E. Trasande, et al. *Environmental Health Perspectives*, 117(2): 159-166. 2009.

**Environmental and genetic risk factors in obesity.** J. Hebebrand and A. Hinney. *Child and Adolescent Psychiatric Clinics of North America*, 18(1): 83-94. 2009.

**Examining attendance, academic performance, and behavior in obese adolescents.** D.Y. Daniels. *Journal of School Nursing*, 24(6): 379-387. 2008.

**Food marketing on popular children's web sites: a content analysis.** L.M. Alvy and S.L. Calvert. *Journal of the American Dietetic Association*, 108: 710-713. 2008.

**Influences of physical and social neighborhood environments on children's physical activity and obesity.** L. Franzini, et al. *American Journal of Public Health*, 99(2): 271-278. 2009.

**Neighborhood greenness and 2-year changes in body mass index of children and youth.** J.F. Bell, et al. *American Journal of Preventative Medicine*, 35(6): 547-553. 2008.

**Nine out of 10 food advertisements shown during Saturday morning children's television programming are for foods high in fat, sodium, or added sugars, or low in nutrients.** A. Batada, et al. *Journal of the American Dietetic Association*, 108: 673-678. 2008.

**Overweight in children and adolescents associated with TV viewing and parental weight: Project HeartBeat!** L.M. Steffen, et al. *American Journal of Preventative Medicine*, 37(Suppl 1): S50-S55. 2009.

**School breakfast program but not school lunch program participation is associated with lower Body Mass Index.** P.M. Gleason and A.H. Dodd. *Journal of the American Dietetics Association*, 109: S118-S128. 2009.

### **C. Familial Impacts**

**ABC's and 123's: parental literacy, numeracy, and childhood obesity.** M.M. Huizinga, et al. *Obesity Management*, 4(3): 98-103. 2008.



**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.

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

**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.

**Parent-child dietary intake resemblance in the United States: evidence from a large representative survey.** M. Baydoun and Y. Wang. *Social Science & Medicine*, 68(12): 2137-2144. 2009.

**Relationship between parents' and children's weight perceptions results of a survey.** J.S. Huang. *Infant, Child, and Adolescent Nutrition*, 1(1): 15-20. 2009.

#### **D. Food Security/Financial Security**

**Assessing childhood obesity programs in low-socioeconomic and diverse communities.** J.R. Griffith. *Journal of the National Medical Association*, 101(5): 421-429. 2009.

**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 is not associated with childhood obesity as assessed using multiple measures of obesity.** C. Gundersen, S. Garasky, and B.J. Lohman. *Journal of Nutrition*, 139: 1173-1178. 2009.

**Food security, maternal stressors, and overweight among low-income US children: results from the National Health and Nutrition Examination Survey (1999–2002).** C. Gundersen, et al. *Pediatrics*, 122(3): e529-e540. 2008.



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

## **E. 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.

**Diet and physical activity patterns of school-age children.** M. Vadiveloo, et al. *Journal of the American Dietetic Association*, 109(1): 145-151. 2009.

**Physical activity and healthy eating in the after-school environment.** K.J. Coleman, et al. *Journal of School Health*, 78(12): 633-640. 2008.

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

**Physical activity in the prevention and treatment of childhood obesity: physiopathologic evidence and promising experiences.** C. Maffeis. *International Journal of Pediatric Obesity*, 1(3 Suppl 2): 29-32. 2008.

## **F. Prenatal Weight Gain**

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

**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.

**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.

**Fetuses of obese mothers develop insulin resistance in utero.** P.M. Catalano, et al. *Diabetes Care*, 32(6): 1076-1080. 2009

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



**Maternal weight gain during pregnancy and child weight at age 3 years.** C.M. Olson, et al. *Maternal Child Health Journal*, 13: 839-846. 2009.

**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.

**Weight gain during pregnancy: reexamining the guidelines.** Institute of Medicine and National Research Council of the National Academies. The National Academies Press. 2009. 854 pages.

## **G. 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.

**Differential influence of diet and physical activity on components of metabolic syndrome in a multiethnic sample of children.** K. Casazza, et al. *Journal of the American Dietetic Association*, 109 (2): 236-244. 2009.

**Lipid screening and cardiovascular health in childhood.** S.R. Daniels, F.R. Greer and the Committee on Nutrition. *Pediatrics*, 122: 198-208. 2008.

**Prevalence of the metabolic syndrome among U.S. adolescents using the definition from the international diabetes federation.** E.S. Ford, et al. *Diabetes Care*, 31(3): 587-589. 2008.

**Risk factors and adult body mass index among overweight children: the Bogalusa heart study.** D.S. Freedman, et al. *Pediatrics*, 123(3): 750-757. 2009.

**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.

## **IV. Prevention and Intervention Approaches**

**Automated telephone counseling for parents of overweight children: a randomized controlled trial.** P.A. Estabrooks, et al. *American Journal of Preventive Medicine*, 36 (1): 35-42.e2. 2009.



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

**Community perspectives on obesity prevention in children: workshop summaries.** P.T. Whitacre, et al. *Food and Nutrition Board.* Institute of Medicine of the National Academies. The National Academies Press. 2009. 112 pages.

**Dietary considerations for the prevention and treatment of obesity in youth.** K.J. Melanson. *American Journal of Lifestyle Medicine*, 3(2): 106-109. 2009.

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

**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

**Local government actions to prevent childhood obesity.** L. Parker, et al. *Committee on Childhood Obesity Prevention Actions for Local Governments.* Institute of Medicine; National Research Council. 2009. 140 pages.

**A "novel" intervention: a pilot study of children's literature and healthy lifestyles.** T. Bravender, et al. *Pediatrics*, 25(3): e513-e517. 2010.

**Obesity prevention in children and adolescents.** B. Swinburn. *Child and Adolescent Psychiatric Clinics of North America*, 18(1): 209-223. 2009.

**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.

**Pediatric nurse practitioners' assessment and management of childhood overweight/obesity: results from 1999 and 2005 cohort surveys.** L. Small, et al. *Journal of Pediatric Health Care*, 23(4): 231-241. 2009.

**Preventing childhood obesity: what works?** L.L. Birch and A.K. Ventura. *International Journal of Obesity*, 33: S74-S81. 2009.



**Schools and obesity prevention: creating school environments and policies to promote healthy eating and physical activity.** M. Story, et al. *Milbank Quarterly*, 87(1): 71-100. 2009.

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

**Why some adolescents lose weight and others do not: a qualitative study.** A. Lieberman, et al. *Journal of the National Medical Association*, 101(5): 439-447. 2009.

**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.

## V. Educational Materials

### 8 Applications for Health

Food & Health Communications, Inc.

**Description:** This program provides lesson plans on topics such as exercise, eating out, beverages and portion control. The program is written to model the language used for “Applications” on a smart phone.

**Ordering Information:**

Food & Health Communications, Inc.

3979 Nighthawk Drive

Weston, FL 33331

Phone: 800-433-7435 Fax: 800-433-7435

Online ordering: [http://foodandhealth.com/shop/products/8\\_Applications\\_for\\_Health-364-38.html](http://foodandhealth.com/shop/products/8_Applications_for_Health-364-38.html)

### ABC for Fitness© (Activity Bursts in the Classroom)

David L. Katz, MD, MPH, FACPM, FACP

**Web site:** <http://www.davidkatzmd.com/abcforfitness.aspx>

**Description:** This manual provides guidance for teachers on adding small amounts of physical activity throughout the school day.



**Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5, Second Edition**

National Association for Sport and Physical Education

**Description:** This booklet contains guidelines on providing the right amount of physical activity for infants and young children.

**Ordering Information:**

American Alliance for Health, Physical Education, Recreation & Dance  
1900 Association Dr.

Reston, VA 20191-1598

Phone: 800-213-7193

Online ordering:

[http://iweb.aahperd.org/iweb/Purchase/ProductDetail.aspx?Product\\_code=304-10488](http://iweb.aahperd.org/iweb/Purchase/ProductDetail.aspx?Product_code=304-10488)

**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.

**Ordering Information:**

Oasis Publications

2344 Cambridge Drive

Sarasota, FL 34232

Phone: 941-371-2223 Fax: 941-371-4309 Email: [oasis.dianne@verizon.net](mailto:oasis.dianne@verizon.net)

Web site (order form): <http://www.fitness4kidz.com/Domestic%20Order%20Form.pdf>

**The Eagle Books: Stories about Growing Strong and Preventing Diabetes**

Rockville, MD: Indian Health Service, Centers for Disease Control and Prevention

**Description:** This four book series is aimed at teaching children how to maintain healthy lifestyles and prevent diabetes.

**Ordering Information:**

Indian Health Service

Phone: 800-232-4636 Email: [DiabetesProgram@ihs.gov](mailto:DiabetesProgram@ihs.gov)

Online ordering: <http://www.cdc.gov/diabetes/pubs/eagle.htm>

**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.

**Ordering Information:**

10475 Crosspoint Blvd.

Indianapolis, IN 46256

Phone: 877-762-2974

Online ordering: <http://www.wiley.com/WileyCDA/WileyTitle/productCd-0470474203.html>



**Eat Right and Move**

Joanna Wiggins Garafolo  
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.

**Ordering Information:**

LA Publishing, LLC  
P.O. Box 773  
Franklin, VA 23851  
Phone: 800-397-5833 Fax: 804-744-602  
Email: [office@breastfeedingbooks.com](mailto:office@breastfeedingbooks.com)  
Online ordering: [http://breastfeedingbooks.com/?page\\_id=36](http://breastfeedingbooks.com/?page_id=36)

**Empower Me**

The Alliance for a Healthier Generation

**Web site:** <http://empowerme2b.org/>

**Description:** This Web site is aimed at kids and teens to encourage physical activity and a healthy diet. It provides an online, community with tips, polls, and stories.

**Enjoy Physical Activity Breaks**

Abridge Club Entertainment

**Description:** This DVD features songs that encourage you to drink water, and eat nutritious foods as a family while being physically active. It includes instructions on how to dance to the songs.

**Ordering Information:**

Russ InVision Records  
3219 Conquista Ave  
Long Beach, CA 90808  
Phone: 888-421-1836 Email: [info@abridgeclub.com](mailto:info@abridgeclub.com)  
Online ordering: <http://www.abridgeclub.com/Videos & DVD.htm>

**Fuel Up to Play 60**

National Dairy Council, National Football League

**Web site:** <http://www.fueluptoplay60.com/>

**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.

**Growing Healthy Habits**

University of Maryland Food Supplement Nutrition Education Program

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

**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.



### **Growing Up Healthy: Fat, Cholesterol and More**

American Dietetic Association and American Academy of Pediatrics

**Description:** This brochure emphasizes the importance of limiting fat and encouraging physical activity in children to prevent heart disease later in life.

**Ordering Information:**

American Dietetic Association

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606

Phone: 800-877-1600 Email: [sales@eatright.org](mailto:sales@eatright.org)

Online ordering: <http://www.eatright.org/Shop/Product.aspx?id=5015>

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

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

**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.

### **Healthy Weight: Obesity Prevention for You and Your Family**

Channing Bete Company, Inc.

**Description:** This pamphlet encourages families to adopt healthy habits and explains that preventing obesity can also help prevent associated health problems. Also available in Spanish.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776 Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/> Item #36340 (Eng.) #36356 (Sp.)

### **Heart "E" Heart's Healthy Lifestyle Curriculum: Teacher's Manual- Preschool Lesson Plans and Stories**

Thomas B. Gilliam Ph.D and Jane Neill R.D, L.D.

Move It. Lose It. Live Healthy. LLC

**Description:** These manuals include different stories to read to age groups ranging from preschool to third grade, activity cards, letters to parents, list of story characters, and quick overview of different body functions and various nutrients in food.

**Ordering Information:**

Move It. Lose It. Live Healthy. LLC

1696 Georgetown Rd.

Unit B Hudson, OH 44236

Phone: 877-316-5097 Fax: 877-463-5731

Email: [info@moveitloseitlivehealthy.com](mailto:info@moveitloseitlivehealthy.com)

Online ordering: <http://www.moveitloseitlivehealthy.com/kids.html>



### **Help Me Be Healthy Series**

Crabtree and Company, Inc.

#### **Web site:**

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/helpmebehealthy.htm](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/helpmebehealthy.htm)

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

#### **Ordering Information:**

Crabtree and Company, Inc.

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531-9001 Email: [info@helpmebehealthy.net](mailto:info@helpmebehealthy.net)

Online ordering: <http://www.helpmebehealthy.net/html/order.html>

### **Helping Your Child Eat Healthy for Life**

Krames

**Description:** This booklet instructs parents and caregivers how to instill healthy habits in children from ages six months to five years. Also available in Spanish.

#### **Ordering Information:**

Krames

780 Township Line Rd

Yardley, PA 19067

Phone: 800-333-3032 Fax: 866-722-4377 Email: [info@krames.com](mailto:info@krames.com)

Online ordering: <https://www.krames.com> Item #11711 (Eng.) #11712 (Sp.)

### **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.

#### **Ordering Information:**

La Chance Publishing LLC

120 Bond Street

Brooklyn, NY 11217

Phone: 917-855-7537 Email: [info@lachancepublishing.com](mailto:info@lachancepublishing.com)

Online ordering: <http://lpbooks.myshopify.com/>

### **Kidnetic.com**

International Food Information Council Foundation

**Web site:** <http://www.kidnetic.com>

**Description:** This Web site for kids features games, physical activity challenges, kid-friendly recipes, and short articles.



**Let's Move!**

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

**Web site:** <http://www.letsmove.gov/>

**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.

**Mimi Mouse Learns To Eat Healthy And Be Fit!**

Channing Bete Company, Inc.

**Description:** This DVD follows Mimi as she learns how a poor diet can affect energy level and concentration and shows her transformation into a healthier lifestyle. The DVD comes with stickers and take-home activity sheets.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776 Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/> Item #84306

**MyPyramid for Kids**

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

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

**Description:** This Web site aims 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.

**MyPyramid for Preschoolers**

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

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

**Description:** This Web site is designed to help parents and caregivers of children ages 2 to 5, encourage and promote healthy eating and activity. Topics include engaging picky eaters, promoting optimum growth, and making time for active play.

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

National Heart Lung and Blood Institute, National Institutes of Health

**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/>

### **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)

**Web site:** <http://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 Fax: 510-642-4612

**Web site:** <http://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](mailto:cdcinfo@cdc.gov)  
**Web site:** <http://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 Fax: 703-476-8316 Email: [naspe@aahperd.org](mailto:naspe@aahperd.org)  
**Web site:** <http://www.aahperd.org/naspe/>

**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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