



Childhood Obesity: A Resource List for Educators and Researchers September 2009

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles (published 2006 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

Characteristics of obese children aged 1–4 years at a referral clinic. K. R. Welch, et al. *Journal of the National Medical Association*, 100(8): 884-891. 2008.

Child overweight and obesity in the USA: prevalence rates according to IOTF definitions. T. Lobstein and R. Jackson-Leach. *International Journal of Pediatric Obesity*, 2(1): 62-66. 2007.

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: 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.

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.

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.

High body mass index for age among US children and adolescents, 2003-2006. C.L. Ogden, et al. *Pediatrics*, 299(20): 2401-2405. 2008.

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.

Overweight and obese prevalence rates in African American and Hispanic Children: an analysis of data from the 2003–2004 National Survey of Children's Health. M.N. Lutfiyya, et al. *Journal of the American Board of Family Medicine*, 21(3): 191-199. 2008.



Overweight in children and adolescents in relation to attention-deficit/hyperactivity disorder: results from a national sample. M.E. Waring, K.L. Lapane. *Pediatrics*, 122(1): e1-e6. 2008.

The prevalence and 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 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 a U.S. pediatric surgical population. O.O. Nafiu, et al. *Journal of the National Medical Association*, 99(1): 46-48, 50-51. 2007.

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*, [Epub ahead of print]. 2009.

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.

Do skinfold measurements provide additional information to Body Mass Index in the assessment of body fatness among children and adolescents? Z. Mei, et al. *Pediatrics*, 119(6): e1306-e1313. 2007.



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.

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.

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.

Predictive value of weight-for-age to identify overweight children. N. Stettler, et al. *Obesity*, 15: 3106–3112. 2007.

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 Suppl2: S77-S84. 2008.

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.

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.

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

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.

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.



A review of the relationship between 100% fruit juice consumption and weight in children and adolescents. C.E. O'Neil. *American Journal of Lifestyle Medicine*, 2(4): 315-354. 2008.

Sugar-sweetened beverages and body mass index in children and adolescents: a meta-analysis. R.A. Forshee, et al. *American Journal of Clinical Nutrition*, 87: 1662–1671. 2008.

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.

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(2 Suppl): S108-S117. 2009.

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.

Children's active commuting to school: current knowledge and future directions. K.K. Davison, J.L. Werder, and C.T. Lawson. *Preventing Chronic Disease*, 5(3): 1-11. 2008.

Cultural attitudes toward weight, diet, and physical activity among overweight African American girls. J. E. A. Boyington, et al. *Preventing Chronic Disease*, 5(2): 1-9. 2008.

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

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.

Ecological predictors and developmental outcomes of persistent childhood overweight. S. Gable, et al. *USDA Contractor and Cooperator Report*, 42: 1-42. 2008.



The effect of soft drink availability in elementary schools on consumption. M.M. Fernandes. *Journal of the American Dietetic Association*, 108(9): 1445-1452. 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 and park environments: neighborhood-level risks for childhood obesity in east Los Angeles. M.D. Kipke, et al. *Journal of Adolescent Health*, 40(4): 325-333. 2007.

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.

From paper to practice: a look at Healthiest Wisconsin 2010 and the development of local school wellness policies that aid in the prevention of childhood overweight. L.M. Dworak. *NASAN School Nurse*, 24(2): 84-89. 2009.

Influence of race, ethnicity, and culture on childhood obesity: implications for prevention and treatment. S. Caprio, et al. *Diabetes Care*, 31: 2211-2221. 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.



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.

School food environments and policies in US public schools. D.M. Finkelstein, E.L. Hill and R.C. Whitaker. *Pediatrics*, 122(1): e251-e259. 2008.

Strategies for the prevention and control of obesity in the school setting: systematic review and meta-analysis. D.L. Katz, et al. *International Journal of Obesity*, 32: 1780-1789. 2008.

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.

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

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.

Parental perceptions of childhood overweight in the Mexican American population: an integrative review. C.L. Ward. *Journal of School Nursing*, 24(6): 407-416. 2008.

Predicting preschooler obesity at birth: the role of maternal obesity in early pregnancy. R.C. Whitaker. *Pediatrics*, 114(1): e29-e36. 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.



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.

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.

D. Food Security/Financial Security

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.

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

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.

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.



E. 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.

Association of bicycling and childhood overweight status. RA Dudas, and M. Crocetti. *Ambulatory Pediatrics*, 8(6): 392-395. 2008.

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.

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

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-e1634. 2007.

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

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

(S)Partners for Heart Health: a school-based program for enhancing physical activity and nutrition to promote cardiovascular health in 5th grade students. J.J. Carlson, et al. *BMC Public Health*, 8: 420. 2008.



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): 1625-1631. 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.

F. Type II Diabetes/Metabolic Syndrome

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.

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.

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

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

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

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.

Persistence of pre-diabetes in overweight and obese Hispanic children. M.I. Goran, et al. *Diabetes*, 57: 3007-3012. 2008.

Prevalence of the metabolic syndrome in elementary school children. K.D. Dubose, et al. *Acta Paediatrica*, 95: 1005-1011. 2006.

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.



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.

Appetitive traits and child obesity: measurement, origins and implications for intervention. S. Carnell and J. Wardle. *Proceedings of the Nutrition Society*, 67(4): 343-55. 2008.

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.

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.

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.

Cause and effect in childhood obesity: solutions for a national epidemic. JM Wieting. *The Journal of the American Osteopathic Association*, 108(10): 545-52. 2008.

Childhood obesity prevention and treatment recommendations for future research. C.A. Pratt, J. Stevens, and S. Daniels. *American Journal of Preventative Medicine*, 35(3): 249-252. 2008.

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.

Comparison of parent-only vs family-based interventions for overweight children in underserved rural settings. D.M. Janicke, et al. *Archives of Pediatrics & Adolescent Medicine*, 162(12): 1119-1125. 2008.

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.

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



Effect of a family-based intervention on electronic media use and body composition among boys aged 8--11 years: a pilot study. M.K. Todd, et al. *Journal of Child Health Care*, 12(4): 344-358. 2008.

Effectiveness of weight management programs in children and adolescents. E.P. Whitlock, et al. *Evidence Report/Technology Assessment, No. 170* (Prepared by the Oregon Evidence-based Practice Center under Contract No. 290-02-0024). AHRQ Publication No. 08-E014. 2008.

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.

Identifying risk for obesity in early childhood. P.R. Nader, et al. *Pediatrics*, 118(3): e594-e601. 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.

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

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.

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.

A policy-based school intervention to prevent overweight and obesity. G.D. Foster, et al. *Pediatrics*, 121(4): e794-e802. 2008.

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.

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

Preventing excessive weight gain in adolescents: interpersonal psychotherapy for binge eating. M. Tanofsky-Kraff, et al. *Obesity*, 15: 1345-1355. 2007.

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.

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.

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.

V. Educational Materials

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 79 page manual, available to download in electronic format, provides guidance for teachers in adding in small amounts of physical activity throughout the school day.



BALANCE for a Healthy Life: On the Road to Better Nutrition and Physical Fitness: A Guide for Families.

American Academy of Pediatrics

Description: This 23 page booklet guides families in overcoming obesity by supplying information about proper nutrition, healthy eating habits, and physical fitness.

Ordering Information:

American Academy of Pediatrics

141 Northwest Point Boulevard, PO Box 747

Elk Grove Village, IL 60009-0747

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

Email: pubs@aap.org

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=3f40ab29-e943-4ae0-8b80-b4355bf0c352

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.™ Healthy Lifestyle

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

Web site: <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/Default.htm>

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.

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, interactive community with tips, polls, and personal stories to share.



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/>

Fitness, Food and a Healthy Weight for Your Child

Channing Bete Company, Inc.

Description: This 31 page booklet encourages parents to engage in physical activity and healthy eating behaviors with their families. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

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

Food and Fitness Matter: Raising Healthy, Active Kids

Parents' Action for Children, 2006.

Description: This DVD and accompanying guidebook provide tips and suggestions for parents who want to increase nutrition and physical activity at home. Includes ideas for partnering with schools. Also available in Spanish.

Ordering Information:

Parents' Action for Children

P.O. Box 2096

Culver City, CA 90231

Phone: 888-447-3400 Fax: 213-477-2230

Online ordering: <http://www.parentsaction.org>



Food, Health and Exercise: Putting it All Together

Mount Kisco, NY: Human Relations Media, Inc., 2007.

Description: This DVD shows a teenager going through a typical day and then compares the lifestyle behaviors to what is currently recommended for diet and physical activity.

Ordering Information:

Human Relations Media, Inc.

41 Kenisco Drive

Mount Kisco, NY 10549

Phone: 800-431-2050 or 914-244-0486 Email: Orders@hrmvideo.com

Online ordering:

http://www.hrmvideo.com/items.cfm?action=view&item_id=2477&search_keywords=Food%20Health%20and%20Exercise

Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents

American Dietetic Association

Web site:

http://www.wellpoint.com/commitments/healthy_habits_for_healthy_kids/healthy_parenting/index.html

Description: This Web site tells parents how to make healthy eating and physical activity a part of daily life. Discusses the importance of setting realistic goals.

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

Help Me Be Healthy Series

Crabtree and Company, Inc.

Web site:

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

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



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

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

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

If Your Child Is Overweight: A Guide for Parents, 3rd 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

Online ordering:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_8120_ENU_HTML.htm

Is Dieting Ok for Kids?

Nemours Foundation

Web site: <http://kidshealth.org/kid/nutrition/food/diet.html>

Description: This Web site explains to kids the concerns of dieting and the importance of maintaining a balanced eating plan. Links to resources on additional topics such as being overweight, BMI, and exercising are also available.

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.

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 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.



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 version of MyPyramid is designed to help parents and caregivers of children ages 2 to 5, encourage and promote healthy eating and being active. Topics discussed include engaging picky eaters, promoting optimum growth, and making time for active play.

Physical Activity Cards

Barbara Willenberg

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

Obesity in Children

MedlinePlus, National Library of Medicine

Web site: <http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

Description: This Web site provides an overview of obesity in children and links to helpful resources on news, treatment and prevention. Also available in Spanish.

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>



Overweight and Obesity: Patient and Family Resources

American Academy of Pediatrics

Web site: <http://www.aap.org/healthtopics/overweight.cfm>

Description: This Web page links to books, brochures and fact sheets for parents and caregivers about dealing with childhood obesity.

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 PO Box 747

Elk Grove Village, IL 60009-0747

Phone: 847-434-4000 Fax: 847-434-8000 Email: pubs@aap.org

Online ordering: http://www.aap.org/bst/showdetl.cfm?&DID=15&Product_ID=4176

Secrets for Feeding a Healthy Family

Ellyn Satter

Madison, WI: Ellyn Satter Associates, 2008.

Description: This 292 page book guides parents in establishing a healthy and positive mealtime experience. Highlights the feeding relationship, family meals, cooking and nutrition, and eating for a healthy weight.

Ordering Information:

Ellyn Satter Associates

4226 Mandan Crescent

Madison, WI 53711

Phone: 800-808-7976 Fax: 866-724-1631 Email: info@ellynsatter.com

Online ordering: <https://ellynsatter.com/commerce/product.jsp?prodId=3>

Tips for Parents: Ideas to Help Children Maintain a Healthy Weight

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Web site: <http://www.cdc.gov/nccdphp/dnpa/healthyweight/children/index.htm>

Description: This Web site addresses concerns related to the risks of childhood obesity and provides tips on how parents can help to prevent it.



VERB: It's What You Do

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

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

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. National 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

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

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

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

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

Web site: <http://www.cdc.gov/nccdp/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

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

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Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5719
Fax: 301-504-6409
TTY: 301-504-6856

Email: <http://www.nal.usda.gov/fnic/contact.shtml>

Web site: <http://fnic.nal.usda.gov>



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For questions on document delivery services please call 301-504-5717 or email <http://request.nal.usda.gov/access/contact.htm>.

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