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

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

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I. Prevalence


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


II. Assessment


### III. Outcomes, Predictors and Associated Factors

#### A. Dietary Practices


B. Environmental Influences


C. Familial Impacts


### D. Food Price/Food Marketing


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


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


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

E. Food Security/Financial Security


**F. Physical Activity**


G. Prenatal Weight Gain


H. Type II Diabetes/Metabolic Syndrome


**IV. Prevention and Intervention Approaches**


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


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


V. Educational Materials

Appetite for Life: The Thumbs-Up, No-Yucks Guide to Getting Your Kid to Be a Great Eater
New York, NY: HarperOne
Stacy Antine, MS, RD
Description: This book contains kid-friendly recipes and menu suggestions. Includes ideas for hands-on family activities.
Web site: staceyantine.com/appetite-for-life/

Be Well: Messages from Moms on Living Healthier Lives
American Alliance for a Healthier Generation
Description: This book is a collection of short stories showcasing moms who are working to establish life-long healthy habits in their family.
Web site: www.bewellbook.org/

The Best Me: Choosing Healthy Food and Drink
Oasis Publications
Description: This booklet teaches children and their parents about the importance of balanced meals, eating a variety of foods, and establishing healthy habits.
Web site: www.fitness4kidz.com/oasispublisher.php

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

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.
Eat Right & Move: Healthy Living for Young Families
Joanna Wiggins Garofalo
Franklin, VA: L.A. Publishing
Description: This booklet outlines basic tips and ideas for parents and is separated into two sections on nutrition and physical activity.
Web site: www.lapublishingllc.com/

Fitness, Food and a Healthy Weight for Your Child
Channing Bete Company, Inc.
Description: This handbook is designed to provide resources for parents on encouraging physical activity and healthy eating behaviors in their families.
Web site: www.channing-bete.com/

Healthy Eating, Healthy Weight for Kids and Teens
Jodie Shield MEd, RD and Mary Catherine Mullen MS, RD
Chicago, IL: Academy of Nutrition and Dietetics
Description: This resource for parents provides strategies to promote a healthy weight in school age children. Includes menus and recipes for families with children.
Web site: www.eatright.org

Happy Mealtimes and Happy Kids
Learning ZoneXpress
Description: In this DVD, viewers will learn that parents and children have separate roles to play in regard to eating: the parent decides what, when, and where food is served; the child decides whether or not to eat and if so, how much to eat.
Web site: www.learningzonexpress.com/

Help Me Be Healthy Series
Crabtree and Company, Inc.
Description: This pamphlet series offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.
Web site: www.helpmebehealthy.net

Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children
Len Saunders
New York, NY: La Chance Publishing LLC
Description: This book presents parents and caregivers with activity ideas and suggestions for promoting a healthy family lifestyle. It includes nutrition information and a list of exercises.
Web site: lpbooks.myshopify.com/
LANA Preschool Program: Learning About Nutrition through Activities
Minnesota Department of Health
Description: This kit is designed for preschool aged children and focuses on teaching children to try new foods, particularly fruits and vegetables.
Web site: www.learningzonexpress.com/

Preventing Childhood Obesity
Lemon-Aid Films
Description: This DVD shows how simple everyday strategies can improve health and increase the likelihood of children adopting good eating and exercise habits even when they are away from home.
Web site: www.lemonaidfilms.com/index.html

Preventing Childhood Obesity in Early Childcare and Education Programs
Elk Grove Village, IL: American Academy of Pediatrics
Description: This guide outlines the set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs.
Web site: www.aap.org

Red Light, Green Light, Eat Right
Joanna Dolgoff MD
New York, NY: Rodale Inc.
Description: This book for parents uses the method of using traffic light colors to divide food into three categories- Go, Slow, and Uh Oh- to help families make healthy choices in their diet.
Web site: www.rodalestore.com

VI. Web sites

Center for Childhood Obesity Research
The College of Health and Human Development, Penn State University.
Description: Research and information on interventions and collaborations in preventing child obesity.
Web site: http://www.hhdev.psu.edu/ccor/

Childhood Obesity
Children’s Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture
Description: Research information and education resources for preventing and managing childhood obesity.
Web site: http://www.bcm.edu/cnrc/index.cfm?pmid=9618
Core Nutrition Messages  
Food and Nutrition Service, U.S. Department of Agriculture  
Description: Consumer-tested messages and communication tools supporting existing messages and the Dietary Guidelines for Americans. Designed to help nutrition educators deliver consistent messages that resonate with moms and kids and motivate them to adopt healthier eating habits.  

Fuel Up to Play 60  
National Dairy Council, National Football League  
Description: The Web site aims to empower youth to take action to improve nutrition and physical activity at their school and for their own health.  
Web site: www.fueluptoplay60.com/

Growing Healthy Habits  
University of Maryland Food Supplement Nutrition Education Program  
Description: This gardening and nutrition education curriculum is for elementary aged youth and focuses on integrating nutrition into the classroom. Promotes healthy eating habits and increased fruit and vegetable consumption.  
Web site: www.fsnep.org/

The Healthy Meals Resource System  
Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture  
Description: This online resource system is designed to assist state and local school food service and child care programs in meeting the Dietary Guidelines for Americans.  
Web site: healthymeals.nal.usda.gov

Let’s Move!  
White House, Health and Human Services, United States Department of Agriculture and Department of Education  
Description: This Web site provides ideas on how to improve physical activity and nutrition in schools and at home. It has a section for children with activities and games.  
Web site: www.letsmove.gov/

MyPlate  
Center for Nutrition Policy and Promotion, U.S. Department of Agriculture  
Description: This Web site and series of materials displays the five food groups that are the building blocks for a healthy diet using the image of a place setting for a meal. Includes MyPlate for Preschoolers and MyPlate for Kids.  
Web site: www.choosemyplate.gov/
**Nutrition.Gov**
Food and Nutrition Information Center, Agricultural Research Service, U.S. Department of Agriculture
**Description:** Federal gateway Web site to information on nutrition, healthy eating, physical activity, and food safety for consumers.
**Web site:** [http://www.nutrition.gov/](http://www.nutrition.gov/)

**We Can! Ways to Enhance Children’s Activity & Nutrition**
National Heart Lung and Blood Institute, National Institutes of Health.
**Description:** The goal of this program is to support families and communities in helping children maintain a healthy weight. The program focuses on improving food choices, increasing physical activity and reducing screen time.

**VII. Additional Contacts**

**Academy of Nutrition and Dietetics**
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 800-877-1600
Web site: [www.eatright.org](http://www.eatright.org), [www.eatright.org/kids](http://www.eatright.org/kids)

**Action for Healthy Kids**
600 West Van Buren Street, Suite #720
Chicago, IL 60607
Phone: 800-416-5136  Email: loma@actionforhealthykids.org
Web site: [www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

**American Academy of Pediatrics**
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098

**American Public Health Association**
800 I Street, NW
Washington, DC 20001
Phone: 202-777-2742  Email: comments@apha.org  Web site: [www.apha.org/](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  Email: chhcs@gwu.edu  Web site: [www.healthinschools.org/](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  
Web site: cwh.berkeley.edu/  

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

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

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

Robert Wood Johnson Foundation  
P.O. Box 2316  
Route 1 and College Road East  
Princeton, NJ 08543  
Phone: 877-843-RWJF (7953)  

USDA, ARS, Children’s National Research Center  
Baylor College of Medicine  
1100 Bates Street  
Houston, TX 77030  
Phone: 713-798-6767  
Web site: http://www.bcm.edu/cnrc/
Weight Control Information Network
1 WIN Way
Bethesda, MD  20892-3665
Phone: 877-946-4627   Email: win@info.niddk.nih.gov

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Fax: 301-504-6409
TTY: 301-504-6856
Contact: http://fnic.nal.usda.gov/contact

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