

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Promoting Healthy Weight

This list contains online resources for promoting healthy weight. Resources are listed by main category. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

For additional content areas related to healthy school environments, see the Connecticut State Department of Education’s (CSDE) other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

**Quick Search Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*This document is available at*  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesOB.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesOB.pdf).

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## Body Mass Index (BMI)

### Body Mass Index (BMI)

About Child and Teen BMI (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html)

Adult Energy Needs and BMI Calculator (Baylor College of Medicine): [www.bcm.edu/cnrc/caloriesneed.cfm](http://www.bcm.edu/cnrc/caloriesneed.cfm)

Body Mass Index (BMI) (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyweight/assessing/bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/index.html)

*Body Mass Index Measurement in Schools: Executive Summary* (Centers for Disease Control and Prevention, 2007):

[www.cdc.gov/HealthyYouth/obesity/BMI/pdf/BMI\\_execsumm.pdf](http://www.cdc.gov/HealthyYouth/obesity/BMI/pdf/BMI_execsumm.pdf)

BMI Percentile Calculator for Child and Teen (Centers for Disease Control and Prevention):

<http://nccd.cdc.gov/dnpabmi/Calculator.aspx>

*BMI Screening in Schools: Helpful or Harmful* (Joanne P. Ikeda, Patricia B. Crawford and Gail Woodward-Lopez. Health Education Research, Vol. 21, No. 6, 2006. 761–769):

<http://her.oxfordjournals.org/cgi/reprint/21/6/761>

Calculate Your Body Mass Index (National Heart, Lung and Blood Institute):

[www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

CDC Growth Charts Interactive Training Modules (Maternal and Child Health Bureau):

<http://depts.washington.edu/growth/mainover.htm>

Children's BMI-Percentile-for-Age Calculator (Children's Nutrition Research Center, Baylor College of Medicine):

[www.bcm.edu/cnrc/bodycomp/bmiz2.html](http://www.bcm.edu/cnrc/bodycomp/bmiz2.html)

Children's BMI Tool for Schools (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/tool\\_for\\_schools.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/tool_for_schools.html)

*The Link Between Schoolwide Food Practices and Student Weight* (Association for Supervision and Curriculum Development Research Brief, January 23, 2006, Volume 4, Number 1):

[www.ascd.org/publications/researchbrief/v4n01/toc.aspx](http://www.ascd.org/publications/researchbrief/v4n01/toc.aspx)

*This study found that common food practices, including the use of food as a reward or as a tool for fund-raising, are associated with increases in student body mass indexes.*

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## Obesity Data and Trends

### Obesity Data and Trends

Adult Obesity Facts (Centers for Disease Control and Prevention): [www.cdc.gov/obesity/data/adult.html](http://www.cdc.gov/obesity/data/adult.html)

Adult Obesity Prevalence Maps (Centers for Disease Control and Prevention):  
[www.cdc.gov/obesity/data/prevalence-maps.html](http://www.cdc.gov/obesity/data/prevalence-maps.html)

Blood Pressure Tables for Children and Adolescents (National Heart, Lung and Blood Institute):  
[www.nhlbi.nih.gov/guidelines/hypertension/child\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/hypertension/child_tbl.htm)

Childhood Obesity Facts (Centers for Disease Control and Prevention):  
[www.cdc.gov/healthyyouth/obesity/facts.htm](http://www.cdc.gov/healthyyouth/obesity/facts.htm)

*Childhood Obesity: What the Research Tells Us* (The Center for Health and Health Care in Schools, The George Washington University, 2007): [www.healthinschools.org/News-Room/Fact-sheets/ChildhoodObesityUpdated07.aspx](http://www.healthinschools.org/News-Room/Fact-sheets/ChildhoodObesityUpdated07.aspx)

Childhood Obesity Facts (Centers for Disease Control and Prevention):  
[www.cdc.gov/obesity/data/childhood.html](http://www.cdc.gov/obesity/data/childhood.html)

Childhood Overweight and Obesity (Centers for Disease Control and Prevention):  
[www.cdc.gov/obesity/childhood/index.html](http://www.cdc.gov/obesity/childhood/index.html)

Chronic Disease State Policy Tracking System (Centers for Disease Control and Prevention):  
<https://nccd.cdc.gov/CDPHPPolicySearch/Default.aspx>  
*Searchable database that provides legislation information pertaining to nutrition, physical activity and obesity.*

Healthy Children, Healthy Weight (Robert Wood Johnson Foundation):  
[www.rwjf.org/en/our-focus-areas/focus-areas/healthy-children-healthy-weight.html](http://www.rwjf.org/en/our-focus-areas/focus-areas/healthy-children-healthy-weight.html)

National Institutes of Health (NIH) Obesity Research: <http://obesityresearch.nih.gov/>

Nutrition, Physical Activity, and Obesity: Data, Trends and Maps (Centers for Disease Control and Prevention):  
[www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html](http://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html)  
*Interactive tool that provides state-specific data about obesity, nutrition, physical activity and breastfeeding.*

Obesity and Overweight Data (Child and Adolescent Health Measurement Initiative):  
[www.childhealthdata.org/saipages/test/topic/obesity](http://www.childhealthdata.org/saipages/test/topic/obesity)

Overweight and Obesity Data and Statistics (Centers for Disease Control and Prevention):  
[www.cdc.gov/obesity/data/index.html](http://www.cdc.gov/obesity/data/index.html)

Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):  
[www.cdc.gov/brfss/data\\_tools.htm](http://www.cdc.gov/brfss/data_tools.htm)

*Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008* (Centers for Disease Control and Prevention):  
[www.cdc.gov/nchs/data/hestat/obesity\\_child\\_07\\_08/obesity\\_child\\_07\\_08.htm](http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm)

State Indicator Reports (Centers for Disease Control and Prevention):  
[www.cdc.gov/obesity/resources/reports.html#State](http://www.cdc.gov/obesity/resources/reports.html#State)  
*Behavioral, policy, and environmental indicators that affect childhood obesity, fruit and vegetable consumption, physical activity, and breastfeeding.*

Surveillance Systems (Centers for Disease Control and Prevention): [www.cdc.gov/obesity/data/surveillance.html](http://www.cdc.gov/obesity/data/surveillance.html)  
*Nutrition, physical activity, obesity, and breastfeeding surveys and data collection systems.*

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## Obesity Education and Information

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Aim for a Healthy Weight (NIH National Heart, Lung and Blood Institute):

[www.nhlbi.nih.gov/health/educational/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)

Brochures, Guides and Factsheets (Obesity Action Coalition):

[www.obesityaction.org/educational-resources/brochures-and-guides](http://www.obesityaction.org/educational-resources/brochures-and-guides)

Child Advocacy Toolkit (National Association to Advance Fat Acceptance, 2011):

[http://issuu.com/naafa/docs/naafa\\_childadvocacy2011combined\\_v04?viewMode=magazine&mode=embed](http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed)  
*Resources to design programs and approaches to reduce weight bias and improve the health of all children.*

Children's Nutrition Research Center (Baylor College of Medicine):

[www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center](http://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center)

*Childhood Obesity: A Resource List for Educators and Researchers* (Institute of Child Nutrition, June 2013):

[www.nal.usda.gov/sites/default/files/fnic\\_uploads/childhoodobesity.pdf](http://www.nal.usda.gov/sites/default/files/fnic_uploads/childhoodobesity.pdf)

*Childhood Obesity: A Select Bibliography* (The Center for Health and Health Care in Schools, May 2012):

[www.healthinschools.org/Publications-and-Resources/Publications/Bibliographies/Childhood-Overweight-A-Select-Bibliography.aspx](http://www.healthinschools.org/Publications-and-Resources/Publications/Bibliographies/Childhood-Overweight-A-Select-Bibliography.aspx)

*F as in Fat: How Obesity Threatens America's Future 2013* (Trust for America's Health and the Robert Wood Johnson

Foundation, 2013): <http://www.rwjf.org/en/library/research/2013/08/f-as-in-fat--how-obesity-threatens-america-s-future-2013.html>

*Food Insecurity and Obesity: Understanding the Connections* (Food Research and Action Center, Spring 2011):

[http://frac.org/pdf/frac\\_brief\\_understanding\\_the\\_connections.pdf](http://frac.org/pdf/frac_brief_understanding_the_connections.pdf)

Healthy Weight (Centers for Disease Control and Prevention): [www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html)

Keeping Kids Healthy: Overweight, Nutrition & Physical Exercise (Center for Health and Health Care in Schools):

[www.healthinschools.org/tools/polls-surveys/keeping-kids-healthy-overweight-nutrition-physical-exercise/#sthash.sFoWNrM5.dpbs](http://www.healthinschools.org/tools/polls-surveys/keeping-kids-healthy-overweight-nutrition-physical-exercise/#sthash.sFoWNrM5.dpbs)

*Information on the problem, prevention strategies, and related issues.*

National Collaborative on Childhood Obesity Research. [www.nccor.org/css](http://www.nccor.org/css)

*Catalogues existing surveillance systems that contain data relevant to childhood obesity research, including local, state and national systems.*

Childhood Obesity (Robert Wood Johnson Foundation):

[www.rwjf.org/en/our-topics/topics/childhood-obesity.html](http://www.rwjf.org/en/our-topics/topics/childhood-obesity.html)

Connecticut Nutrition, Physical Activity & Obesity Prevention Program (Connecticut Department of Public

Health): [www.ct.gov/dph/cwp/view.asp?a=3137&q=393114](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=393114)

Obesity and Cancer (NIH National Cancer Institute):

[www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet](http://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet)

Obesity Society: [www.obesity.org/](http://www.obesity.org/)

*Overweight and Obesity in Youth in Schools: The Role of the School Nurse* (National Association of School Nurses, Revised

June 2013): <https://schoolnursenet.nasn.org/blogs/nasn-profile/2017/03/13/overweight-and-obesity-in-youth-in-schools-the-role-of-the-school-nurse>

*The Role of the Media in Childhood Obesity* (Kaiser Family Foundation, February 2004):

<https://kaiserfamilyfoundation.files.wordpress.com/2013/01/the-role-of-media-in-childhood-obesity.pdf>

Tips for Parents: Ideas to Help Children Maintain a Healthy Weight (Centers for Disease Control and Prevention):

[www.cdc.gov/healthyweight/children/](http://www.cdc.gov/healthyweight/children/)

Weight Bias & Stigma: Schools and Educators (UConn Rudd Center for Food Policy and Obesity):

[www.uconnruddcenter.org/weight-bias-stigma-schools-and-educators](http://www.uconnruddcenter.org/weight-bias-stigma-schools-and-educators)

*Resources to help schools and educators think about and intervene in weight bias issues, including videos and discussion guide on weight bias.*

## Obesity Education and Information

*Weight Management and Obesity Resource List* (Institute of Child Nutrition, April 2013):

[www.nal.usda.gov/sites/default/files/fnic\\_uploads/weight.pdf](http://www.nal.usda.gov/sites/default/files/fnic_uploads/weight.pdf)

Weight Control Information Network (National Institute of Diabetes and Digestive and Kidney Diseases).

[www.niddk.nih.gov/health-information/health-communication-programs/win/Pages/default.aspx](http://www.niddk.nih.gov/health-information/health-communication-programs/win/Pages/default.aspx)

Wellness in Wyoming (WIN) Wyoming: [www.uwyo.edu/winwyoming/](http://www.uwyo.edu/winwyoming/)

*Educating people to respect body size diversity and to enjoy the benefits of active living, pleasurable, and healthful eating and a positive self-image.*

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# Obesity Prevention Strategies

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Action Strategies Toolkit (Leadership for Healthy Communities, Robert Wood Johnson Foundation, May 2009):  
[www.rwjf.org/childhoodobesity/product.jsp?id=42514](http://www.rwjf.org/childhoodobesity/product.jsp?id=42514)

*A guide for local and state leaders working to create healthy communities and prevent childhood obesity.*

Caloric Calculator (Columbia University's Mailman School of Public Health): <http://caloriccalculator.org/>

*A user-friendly web tool that allows individuals in a broad range of roles—including policymakers, teachers, administrators, community leaders and parents—to explore and to compare effective, evidence-based options to reduce childhood obesity. The tool makes it easy to compare the relative impacts of making changes to local, state or federal policies in addressing childhood obesity.*

Childhood Obesity: Harnessing the Power of Public and Private Partnerships (Association of State and Territorial Health Officials, 2007): [www.nihcm.org/pdf/FINAL\\_report\\_CDC\\_CO.pdf](http://www.nihcm.org/pdf/FINAL_report_CDC_CO.pdf)

*Profiles three case studies of exemplary collaborations between state health agencies and health plans to reduce overweight and obesity in children.*

Childhood Obesity: Most Experts Identified Physical Activity and the Use of Best Practices as Key to Successful Programs (GAO-06-127R) (U.S. Government Accountability Office, October 7, 2005): [www.gao.gov/new.items/d06127r.pdf](http://www.gao.gov/new.items/d06127r.pdf)

Connecticut Department of Public Health Nutrition, Physical Activity & Obesity Prevention Program:

[www.ct.gov/dph/cwp/view.asp?a=3137&q=393114](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=393114)

Early Care and Education (Centers for Disease Control and Prevention):

[www.cdc.gov/obesity/strategies/childcare.html](http://www.cdc.gov/obesity/strategies/childcare.html)

Obesity Prevention Source: Early Child Care (Harvard School of Public Health):

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/>

Early Child Care Obesity Prevention Recommendations: Complete List (Harvard School of Public Health):

[www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-obesity-prevention-recommendation-complete-list/](http://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-obesity-prevention-recommendation-complete-list/)

Early Childhood Obesity Prevention Policies (Institute of Medicine of the National Academy of Sciences, 2011):

[www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies](http://www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies)

*Recommends actions that healthcare professionals, caregivers, and policymakers can take to prevent obesity in children five and younger.*

Guidelines for Childhood Obesity Prevention Programs: Position Statement (Academy for Eating Disorders):

[www.aedweb.org/web/index.php/23-get-involved/position-statements/90-aed-statement-on-body-shaming-and-weight-prejudice-in-public-endeavors-to-reduce-obesity-4](http://www.aedweb.org/web/index.php/23-get-involved/position-statements/90-aed-statement-on-body-shaming-and-weight-prejudice-in-public-endeavors-to-reduce-obesity-4)

Healthy Body Image: Being an Advocate for your Child or Grandchild (Purdue Extension, CFS-735-W, October 2007):

[www.extension.purdue.edu/extmedia/CFS/CFS-735-W.pdf](http://www.extension.purdue.edu/extmedia/CFS/CFS-735-W.pdf)

Healthy Food Access Portal (PolicyLink, The Food Trust, and The Reinvestment Fund):

<http://healthyfoodaccess.org/>

*Connects community leaders, healthy food retailers, policymakers, and advocates to an extensive array of resources, strategies, and ideas to improve and increase access to healthy food retail—from grocery stores to corner stores, farmers' markets, and mobile produce trucks—in underserved communities.*

Intervening in Early Childhood to Prevent Obesity: Best Practices for Home and Child Care Settings

(Center for Weight & Health, University of California, Berkeley, 2009):

[http://cwh.berkeley.edu/sites/default/files/primary\\_pdfs/Early\\_Childhood\\_Intervention\\_Review\\_12.09\\_0.pdf](http://cwh.berkeley.edu/sites/default/files/primary_pdfs/Early_Childhood_Intervention_Review_12.09_0.pdf)

Local Government Action to Prevent Childhood Obesity Report Brief (Institute of Medicine, September 2009):

[www.rwjf.org/childhoodobesity/product.jsp?id=47908](http://www.rwjf.org/childhoodobesity/product.jsp?id=47908)

*A practical guide for government officials at the city, town, township, or county level who want to take action to address healthy eating and active living.*

## Obesity Prevention Strategies

- Making the Connection: Linking Policies that Prevent Hunger and Childhood Obesity* (Robert Wood Johnson Foundation, February 2012): [http://www.leadershipforhealthycommunities.org/wp-content/uploads/2014/12/lhc\\_hunger\\_obesity\\_02.14.12.pdf](http://www.leadershipforhealthycommunities.org/wp-content/uploads/2014/12/lhc_hunger_obesity_02.14.12.pdf)  
*In the past, food insecurity and obesity were viewed as separate public health problems, yet research now shows that people with unreliable access to food are also more likely to be obese. This brief suggest that policymakers seeking to address hunger in their communities can find solutions that will also contribute significantly to reversing the childhood obesity epidemic.*
- Childhood Obesity (ChangeLab Solutions): <http://changelabsolutions.org/childhood-obesity>  
*Childhood obesity prevention focusing on policies to help reverse the national childhood obesity epidemic.*
- Nutrition Policy Network (University of California): <http://npi.ucanr.edu/>  
*Conducts and evaluates research related to the impact of nutrition and physical activity on public health.*
- Policy Statement—Children, Adolescents, Obesity and the Media* (American Academy of Pediatrics, 2011): <http://pediatrics.aappublications.org/content/early/2011/06/23/peds.2011-1066.abstract>
- Preventing Childhood Obesity: A School Health Policy Guide* (National Association of Boards of Education, 2009): [www.rwjf.org/content/rwjf/en/research-publications/find-rwjf-research/2009/01/preventing-childhood-obesity-.html](http://www.rwjf.org/content/rwjf/en/research-publications/find-rwjf-research/2009/01/preventing-childhood-obesity-.html)  
*Synthesizes research on obesity and physical activity to deliver useful integrated policy models for anyone interested in reversing the childhood obesity epidemic. Key elements from sections on physical activity, physical education, competitive foods and nutrition and health education are woven into model policies that can be adapted by state and local authorities based on their specific needs.*
- Preventing Childhood Obesity: Health in the Balance* (Institute of Medicine, Committee on Prevention of Obesity in Children and Youth, National Academies Press, 2005): <https://www.nap.edu/catalog/11015/preventing-childhood-obesity-health-in-the-balance>  
*Provides recommendations focused on obesity prevention regarding the behavioral and cultural factors, social constraints and other broad environment factors involved in childhood obesity.*
- Prevention of Pediatric Overweight and Obesity Policy Statement* (Academy of Pediatrics, 2003): <http://pediatrics.aappublications.org/content/pediatrics/112/2/424.full.pdf>
- Public Health Strategies for Preventing and Controlling Overweight and Obesity in School and Worksite Settings. A Report on Recommendations of the Task Force on Community Preventive Services* (Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), October 7, 2005, 54(RR10);1-12): [www.cdc.gov/mmwr/preview/mmwrhtml/rr5410a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5410a1.htm)  
*This report identifies effective strategies for weight control that can be implemented in school and worksite settings.*
- Recommended Community Strategies and Measurements to Prevent Obesity in the United States* (Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), July 24, 2009, 58(RR07);1-26): [www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm?s\\_cid=rr5807a1\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm?s_cid=rr5807a1_e) or [www.cdc.gov/mmwr/pdf/rr/rr5807.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr5807.pdf)
- Recommended Community Strategies and Measurements to Prevent Obesity in the United States. Implementation and Measurement Guide* (Centers for Disease Control and Prevention, July 2009): [www.cdc.gov/obesity/downloads/community\\_strategies\\_guide.pdf](http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf)
- School-Based Obesity Prevention Strategies for State Policymakers* (Centers for Disease Control and Prevention, 2009): [www.cdc.gov/healthyYouth/policy/pdf/obesity\\_prevention\\_strategies.pdf](http://www.cdc.gov/healthyYouth/policy/pdf/obesity_prevention_strategies.pdf)  
*A four-page document designed to assist program coordinators in their efforts to inform and engage governors, state agencies and state boards of education on how they can help address childhood obesity. This document offers recognized physical activity and healthy eating, strategies, undertaken by states that have shown promise in helping schools address and prevent childhood obesity.*
- Schools and Childhood Overweight (The Center for Health and Health Care in Schools): [www.healthinschools.org/issue-areas/other-school-health-issues/schools-and-childhood-overweight/#sthash.u3hssTG5.dpbs](http://www.healthinschools.org/issue-areas/other-school-health-issues/schools-and-childhood-overweight/#sthash.u3hssTG5.dpbs)
- Solving the Problem of Childhood Obesity Within a Generation* (White House Task Force on Childhood Obesity Report to the President, May 2010): [https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/TaskForce\\_on\\_Childhood\\_Obesity\\_May2010\\_FullReport.pdf](https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/TaskForce_on_Childhood_Obesity_May2010_FullReport.pdf)

## Obesity Prevention Strategies

Strategies to Prevent Obesity (Centers for Disease Control and Prevention):

[www.cdc.gov/obesity/strategies/index.html](http://www.cdc.gov/obesity/strategies/index.html)

*The Role of School Health Professionals in Preventing Childhood Overweight* (The Center for Health and Health Care in Schools, April 2006): [www.healthinschools.org/en/Health-in-Schools/Health-Services/Schools-and-Childhood-Overweight.aspx](http://www.healthinschools.org/en/Health-in-Schools/Health-Services/Schools-and-Childhood-Overweight.aspx)

*The Role of Schools in Preventing Childhood Obesity* (Howell Wechsler, Mary L. McKenna, Sarah M. Lee and William H. Dietz): The State Education Standard, National Association of State Boards of Education, December 2004): [www.cdc.gov/healthyyouth/physicalactivity/pdf/roleofschools\\_obesity.pdf](http://www.cdc.gov/healthyyouth/physicalactivity/pdf/roleofschools_obesity.pdf)

Voices for Healthy Kids Action Center (American Heart Association): [www.voicesactioncenter.org/](http://www.voicesactioncenter.org/)

*An online national network of people solely dedicated to ensuring children grow up at a healthy weight that connects to advocacy efforts to implement policies that will help children nationwide grow up at a healthy weight.*

We Can! Ways to Enhance Children's Activity & Nutrition (U.S. Department of Health and Human Service National Institutes of Health): [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

*A national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight*

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