American Academy of Pediatrics
141 Northwest Point Blvd., Elk Grove Village, IL, 60007, Phone: (847) 434-4000, Website: www.aap.org

AAP Mission Statement About Obesity is dedicated to the prevention of childhood overweight and obesity. The purpose of this site is to bring awareness to the serious health problem of childhood overweight and obesity; empower pediatricians and families to take action in their homes, offices and communities to prevent childhood obesity; and to support pediatricians, families and community advocates in improving the health status of those children who are already overweight and obese.

Bookstore:

A Parent's Guide to Childhood Obesity: A Road Map to Health
This new comprehensive book offers:
- Sensible, nutritional information and guidelines, emphasizing balanced and nourishing meals
- Strategies for dealing effectively with a variety of parenting challenges
- Approaches for encouraging increased physical activity
- Questionnaires to evaluate how food is used in families
- Guidance on how to partner with pediatricians, extended family members, schools, and child care providers to help ensure success

Prevent Childhood Obesity in Early Care and Education Programs
- Publication developed by the American Academy of Pediatrics (AAP), the American Public Health Association (APHA), the National Resource Center for Health and Safety in Child Care and Early Education (NRC) and the U.S. Department of Health Administration, Maternal and Child Health Bureau (MCHB).
- The Standards support key national campaign for early development of healthy lifestyle habits with implementation of best practices, procedure and policies to instill healthy behavior and healthy lifestyle choices in our youngest children indirect support of the prevention of obesity.

Parenting Corner, Website: www.healthychildren.org
In the Search Box, type in “Obesity”. The results will offer selections on:
- Obesity, Website: http://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx. Various factors can influence the likelihood of a child's becoming overweight. Obesity is usually defined as more than 20 percent above ideal weight for a particular height and age. This site addresses Child Care and Schools Issues, Body mass Index (BMI), Childhood Obesity: Common Misconceptions, etc.
- Nutrition for Toddlers ages 1-3 years old, Website: http://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/default.aspx The site offers fact sheets on sample snacks and menus by age and several other topics e.g. picky eaters.
- Nutrition at http://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx Addresses specific nutritional choices you and your youngster make are crucial. Good nutrition is essential to good health and the American Academy of Pediatrics encourages parents to think of their nutritional decisions as health decisions.
Prevention and Treatment of Childhood Overweight and Obesity


American Heart Association (AHA)

Advocacy Department, 1150 Connecticut Ave. NW, Suite 300, Washington, DC 20036, Phone: (202) 785-7900, Fax: (202) 785-7950, Website: [www.americanheart.org/yourethecure](http://www.americanheart.org/yourethecure)

Obesity, Nutrition, and Physical Activity, website: [http://www.heart.org/HEARTORG/Advocate/IssuesandCampaigns/Obesity-Nutrition-and-Physical-Activity_UCM_307737_Article.jsp](http://www.heart.org/HEARTORG/Advocate/IssuesandCampaigns/Obesity-Nutrition-and-Physical-Activity_UCM_307737_Article.jsp)

- Despite the childhood obesity epidemic, many schools continue to offer children unhealthy food options.
- AHA strongly supports the federal *Fitness Integrated with Teaching (FIT) Kids Act*, which would amend the Elementary and Secondary Education Act to make physical education (PE) a priority in schools. For more information about the FIT Kids Act, visit [www.fitkidsact.org](http://www.fitkidsact.org).
- [Safe Routes to School (SRTS)](http://www.srta.org) is a movement to create safe, convenient and fun opportunities for children to be more physically active by bicycling and walking to and from school.

Bureau of Family Health – Division of Women, Infants & Children, (WIC)

2150 Herr Street, 1st Floor, Suite B, Harrisburg, PA 17103. Phone: (717) 783-1289, Fax: (717) 705-0462, Websites: [www.pawic.com](http://www.pawic.com) or [www.health.state.pa.us](http://www.health.state.pa.us)

- WIC is a federally funded health and nutrition program providing supplemental food, nutrition education, breastfeeding support, and help find healthcare and other community services to pregnant women, new mothers, fathers, grandparents, and foster parents who are the legal guardians of infants, or children under age five.
- WIC provides free health screenings to all participants determined to be at nutritional risk.
- WIC foods now support the current Dietary Guidelines for Americans and the American Academy of Pediatrics (AAP) recommendations for infant nutrition. The new foods are lower in fat, higher in fiber and allow for participant and cultural preferences.
- The Special Supplemental Nutrition Program is a short-term intervention program designed to influence lifetime nutrition and health behaviors in a targeted at-risk population.
- Obesity Prevention Modules were developed by the PA WIC Program for use with all children ages 2 years and older. The modules are presented as guidelines for developing healthy eating habits to WIC clients. Included with the modules are flyers that can be distributed to participants, and staff reference sheets. These modules are located at: [www.nal.usda.gov/wicworks/Sharing_Center/statedev_PAmodules.html](http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_PAmodules.html) (Available in Spanish).
Centers for Disease Control and Prevention

600 Clifton Rd. Atlanta, GA 30333, USA, Phones: 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day, Websites:

Division of Nutrition, Physical Activity, Overweight and Obesity, (DNPAO)

Website: www.cdc.gov/nccdphp/dnpoa/.

- Behavioral research, training and education, publications and resources for improving the public’s health and preventing chronic disease.

Child Overweight and Obesity

Website: http://www.cdc.gov/obesity/CHILDHOOD offers additional information related to the DNPAO.

Center for Nutrition and Activity Promotion at Penn State Hershey Children’s Hospital

Department of Public Health Sciences, A210, Penn State University, College of Medicine, 600 Centerview Drive, Suite 2200, Hershey, PA 17033, Phone: 717.531.1440, Fax: 717.531.3922, Website: http://www.nrgbalance.org

ECELS-Healthy Child Care PA, (ECELS-HCCPA), PA Chapter, American Academy of Pediatrics (PA AAP)

Address and phone numbers above, Website: www.ecels-healthychildcarepa.org.

- ECELS-HCCPA provides health professional consultation, professional development, and technical assistance to improve early childhood education programs in the Commonwealth.
- The PA AAP links the resources of government, early childhood educators, and health professionals.
- ECELS-HCCPA has developed many materials and activities to support quality improvement in early care and education programs.
  - Fee-for-Service Workshop: Obesity (What Adults Can Do to Reduce Childhood Obesity) Addresses national and state initiatives to reduce obesity among children in group care. Covers nutritional needs of preschool children, portion sizes, food and nutrition labeling. Emphasizes how children acquire attitudes about food and activity. Contains information about including nutrition education at mealtimes, snacks, holidays and birthdays.


Google: “I Am Moving, I Am Learning”. Click on the four (4) icons at the button of the page for more information: Head Start, Body Start, Video Clips, Testimonies and Choosy Kids.

- A proactive approach for addressing childhood obesity in Head Start children.
IMIL seeks to increase moderate to vigorous physical activity (MVPA) every day, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day.

Food and Nutrition Information Center, National Agricultural Library USDA,
10301 Baltimore Avenue, Room 105, Beltsville, MD 20705-2351

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.

Keystone Kids Go

Pennsylvania Nutrition Education Network (PA NEN), 208 N. Third Street, Suite 210, Harrisburg, PA 17101, Phone: (717) 233-1791, Website: [http://panen.org/keystone-kids-go](http://panen.org/keystone-kids-go)

- A Pennsylvania initiative focused on improving young children’s nutrition and physical activity. The initiative is targeted towards early childhood practitioners from childcare, Head Start, early intervention, family literacy, and pre-kindergarten programs.

Keystone Color Me Healthy (KCMH)

Color Me Healthy nutrition education materials for preschoolers developed by the state of North Carolina are featured in Keystone Color Me Healthy workshops for early educators offered through the PA Keys Professional Development Calendar. Color Me Healthy curriculum materials may be ordered through the website, [http://www.colormehealthy.com/](http://www.colormehealthy.com/), or are made available to participants in Keystone Color Me Healthy workshops which include information on the alignment of these activities with the Pennsylvania Early Learning Standards.

Nemours Health & Prevention Services (NHPS)

NHPS is a division of Nemours, [http://www.nemours.org/welcome.html](http://www.nemours.org/welcome.html), one of the nation's largest pediatric health systems, which operates the Alfred I. duPont Hospital for Children in Wilmington, Delaware, as well as outpatient facilities throughout Delaware, Pennsylvania, New Jersey, and Florida.

Nemours focuses on the message of “5-2-1-Almost none.”
Website: [http://www.nemours.org/service/preventive/nhps/521an.html](http://www.nemours.org/service/preventive/nhps/521an.html) and [http://www.healthyquest.org/about.html](http://www.healthyquest.org/about.html)

- Eating at least five servings of fruits and vegetables a day
- Limiting screen time to no more than two hours a day
- Getting at least one hour of physical activity a day
- Drinking almost no sugary beverages.

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)

- Developed by the University of North Carolina Center for Early Childhood Education, NAP SACC is a program in child care centers aimed at improving nutrition and physical activity environment, policies, and practices through self-assessment and targeted technical assistance.
- Goals of the program are to improve the nutritional quality of food served, amount and quality of physical activity, staff-child interactions, and nutrition and physical activity policies.
- The program includes:
  - Self-assessment: The center director and staff complete the assessment tool, which focuses on 15 key areas with responses ranging from minimal to best practice.
  - Action Plan: Based on the self-assessment, centers choose three to four areas for improvement and develop an action plan.
Workshops: A consultant from NAP SACC delivers four ready-to-use professional development workshops on topics of childhood overweight, nutrition for children, physical activity for children, and personal health and wellness for staff.

Technical Assistance: Ongoing support provided from consultants as action steps are reviewed and updated.

Office of the Surgeon General
Website: http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_vision.html
To ensure a healthy future for America's children, we must -
- Help Kids Stay Active
- Encourage Healthy Eating Habits
- Promote Healthy Choices

(Childhood) Overweight and Obesity Prevention Initiative, Healthy Youth for a Healthy Future. (En Español), Website: http://www.surgeongeneral.gov/obesityprevention/index.html
Everyone has a role to play - use these action checklists to get started.
- Take the Surgeon General’s Pledge (En Español)
- Parents and Other Caregivers Checklist
- Schools and Teachers Checklist
- Community Checklist
Working together, we can ensure our children's health - and their future.

Pennsylvania Department of Health
Health and Welfare Building, 8th Floor West
625 Forster Street, Harrisburg, PA 17120, Phone (877) PA Health (724 – 3258),
Website: www.health.state.pa.us/

Pennsylvania Assessment of Overweight Children and Youth
Website: http://www.dsf.health.state.pa.us/health/lib/health/obesity/AssessmentOverweightChildrenPA.pdf
#search='Pennsylvania%20Assessment%20of%20Overweight%20Children%20and%20Youth'
- The PA Department of Health determined there was a critical need to assess the prevalence of obesity in children and youth in Pennsylvania.
- An assessment of the prevalence of overweight youth in Pennsylvania was conducted through a contract with the Pennsylvania State University’s (PSU’s) Center for Survey Research.
- Conclusions: The percentage of overweight youth in Pennsylvania (18%) is slightly higher than the national average (15.4%). Overweight began in childhood for many adults. Once a person becomes overweight, weight reduction maintenance is extremely difficult to achieve.

PA Healthy Kids Pennsylvania’s Strategy for Balancing Nutrition and Exercise in Kids
Edward G. Rendell, Governor, 2006 Governor’s Cabinet on Children and Families
- Google: “PA Healthy Kids”.

Pennsylvania Medical Society®
777 E. Park Drive, PO Box 8820, Harrisburg, PA 17105-8820, Phone: (717) 558-7750 or PA only: (800) 228-7823
Website: http://www.pamedsoc.org/obesity.
- Extensive list of state and national websites containing reports, tips, and tools to address obesity.
School Wellness Policies:


  - The new standards - Safe Routes to School National Partnership

- **Penn State Project PA**, [http://nutrition.hhdev.psu.edu/projectpa/2007Style/index.html](http://nutrition.hhdev.psu.edu/projectpa/2007Style/index.html), collaboration between Penn State University’s Department of Nutritional Sciences and the Pennsylvania Department of Education, Division of Food and Nutrition, partners with schools and their communities to provide sound nutrition education and to promote children’s healthy eating behaviors.

**Sesame Workshop-Healthy Habits for Life**
Website: [http://www.sesameworkshop.org/healthyhabits/](http://www.sesameworkshop.org/healthyhabits/), *(Note that while this is not a PA resource, it has excellent materials for early education and child care providers to use).*

- Using favorite characters of young children, Sesame Workshop-Healthy Habits for Life offers activities, games and incentives for young children, parents, and caregivers.
- The website covers healthy eating, physical activity, and other healthy habits such as hand washing and brushing. It includes many fact sheets and articles for caregivers.

**United States Department of Agriculture, (USDA)**
USDA Center for Nutrition Policy and Promotion, 3101 Park Center Drive, Room 1034, Alexandria, VA 22302-1594.

**MyPyramid Customer Support and Information Line**, Support@cnpp.usda.gov, 1-888-7-PYRAMID (888-779-7264; 8am to 3pm Eastern time, Monday-Friday, closed Federal holidays) **NOTE:** Our staff of nutritionists and dietitians can answer basic food and nutrition questions, information about our website, and other related topics. They are not IT specialists or medical doctors and therefore cannot answer technical computer glitch questions or offer medical advice.

  - Use MyPyramid to help your preschooler eat well, be active, and be healthy. Learn ways to help preschoolers Grow up healthy, Develop healthy eating habits, Try new foods, Play actively every day and Follow food safety rules.