



## The Childhood Obesity Epidemic

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This program is sponsored by:



- **Steps to a Healthier You**  
<http://www.mypyramid.gov/index.html>
- **The Child Care Nutrition Resource System**  
<http://www.nal.usda.gov/childcare/>
- **Laptop Lunches**



*Source: US Department of Agriculture*

- Laptop Lunches are American-style bento boxes designed to help families pack nutritious, environment-friendly lunches for school, work, and travel. These sustainable lunch containers-- **which come with a book of healthy lunch ideas and lunch making recipes**--are reusable, recyclable, and dishwasher safe. All "Laptop Lunches" lunchboxes are lead-free.  
<http://www.laptoplunches.com/>
- **MyPyramid Food Guidance System**  
USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. This guide will help you navigate through the new MyPyramid system to educate consumers.  
<http://www.mypyramid.gov/index.html>





- Is Dieting OK for Kids? (Nemours Foundation) - [http://kidshealth.org/kid/stay\\_healthy/food/diet.html](http://kidshealth.org/kid/stay_healthy/food/diet.html)
- What about a Formal Weight-Loss Program for Children? (American Academy of Pediatrics) - [http://www.medem.com/MedLB/article\\_detaillb.cfm?article\\_ID=ZZZB92U8W7C&sub\\_cat=382](http://www.medem.com/MedLB/article_detaillb.cfm?article_ID=ZZZB92U8W7C&sub_cat=382)
- **Prevention/Screening**
  - Childhood Obesity: Prevention (American Obesity Association) - <http://www.obesity.org/subs/childhood/prevention.shtml>
  - Obesity and Children: Helping Your Child Keep a Healthy Weight (American Academy of Family Physicians) - <http://familydoctor.org/344.xml>
  - We Can! Ways to Enhance Children's Activity & Nutrition (National Heart, Lung, and Blood Institute) - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
- **Health Check Tools**
  - Body Mass Index (BMI) Charts (Nemours Foundation) - [http://kidshealth.org/parent/general/body/bmi\\_charts.html](http://kidshealth.org/parent/general/body/bmi_charts.html)
  - Children, Obesity, and Sleep (National Sleep Foundation) - <http://www.sleepfoundation.org/hottopics/index.php?secid=11&id=98>
- **Related Issues**
  - Obesity and Children: Helping Your Child Lose Weight (American Academy of Family Physicians) - <http://familydoctor.org/343.xml>  
Also available in Spanish - <http://familydoctor.org/e343.xml>
  - Sensible Approaches to Children's Weight Problems (Mayo Foundation for Medical Education and Research) - <http://www.mayoclinic.com/health/childrens-health/FL00057>
- **Clinical Trials**
  - ClinicalTrials.gov: Obesity (National Institutes of Health) - <http://clinicaltrials.gov/ct/gui/action/FindCondition?ui=D009765&recruiting=true>
- **Research**
  - Are Parents Ready to Help Kids Lose Weight? (08/01/2005, Nemours Foundation) - [http://kidshealth.org/research/weight\\_loss\\_help.html](http://kidshealth.org/research/weight_loss_help.html)
  - Dietary Recommendations for Children and Adolescents (09/27/2005, American Heart Association) - <http://www.americanheart.org/presenter.jhtml?identifier=3034808>

- Parents and Kids Benefit from Preschool Obesity Prevention Program (10/01/2004, Nemours Foundation) - [http://kidshealth.org/research/preschool\\_obesity\\_prevention.html](http://kidshealth.org/research/preschool_obesity_prevention.html)
- School-Based Fitness Programs Benefit Overweight Kids More Than Traditional Gym Classes (11/01/2005, Nemours Foundation) - [http://kidshealth.org/research/school\\_fitness.html](http://kidshealth.org/research/school_fitness.html)
- Symptoms of Depression Linked to Obesity in Teens (10/01/2005, Nemours Foundation) - [http://kidshealth.org/research/depression\\_links.html](http://kidshealth.org/research/depression_links.html)
- Transition from Teen Years to Adulthood Marks Period of Increased Risk for Developing Obesity (10/01/2004, Nemours Foundation) - [http://kidshealth.org/research/transition\\_obesity\\_risk.html](http://kidshealth.org/research/transition_obesity_risk.html)
- Weight Gain That Starts in Childhood Leads to Enlarged Hearts for Young Adults (11/22/2004, American Heart Association) - <http://www.americanheart.org/presenter.jhtml?identifier=3026821>
  
- **Dictionaries/Glossaries**
  - Obesity, Physical Activity, and Weight-Control Glossary (National Institute of Diabetes and Digestive and Kidney Diseases) - <http://win.niddk.nih.gov/publications/glossary.htm>
  
- **Directories**
  - Find a Nutrition Professional (American Dietetic Association) - [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_4874\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4874_ENU_HTML.htm)
  
- **Organizations**
  - American Obesity Association - <http://www.obesity.org/>
  - KidsHealth (Nemours Foundation) - [http://kidshealth.org/index\\_noflash.html](http://kidshealth.org/index_noflash.html)
  - National Institute of Diabetes and Digestive and Kidney Diseases - <http://www.niddk.nih.gov/>
  - Weight-Control Information Network (National Institute of Diabetes and Digestive and Kidney Diseases) - <http://win.niddk.nih.gov/>
  
- **Statistics**
  - Childhood Obesity in the United States: Facts and Figures (Institute of Medicine) - Links to PDF - <http://www.iom.edu/Object.File/Master/22/606/0.pdf>
  - FASTATS: Overweight Prevalence (National Center for Health Statistics) - <http://www.cdc.gov/nchs/fastats/overwt.htm>
  - Obesity in Youth (American Obesity Association) - [http://www.obesity.org/subs/fastfacts/obesity\\_youth.shtml](http://www.obesity.org/subs/fastfacts/obesity_youth.shtml)
  
- **MedlinePlus Related Pages:**
  - Obesity - <http://www.nlm.nih.gov/medlineplus/obesity.html>
  - Weight Control - <http://www.nlm.nih.gov/medlineplus/weightcontrol.html>

