

# PROMOTING AN INFORMED PUBLIC

## Childhood Obesity: Truly an Epidemic?

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This program is sponsored by:



THE HEALTHCARE FOUNDATION OF NEW JERSEY  
*Founded by the Jewish Community*

### [Healthy Life Pediatric Weight Management Program from Saint Barnabas Medical Center](#)

This comprehensive, multidisciplinary group-education program teaches children, teens and their families how to live in a healthy way and manage their weight, regardless of previous habits or challenging circumstances.

### [FAN4Kids](#)

A non-profit company offering a comprehensive and innovative program designed to introduce kids to a lifetime of healthy living.

### [The Obesity Treatment Center at UMDNJ](#)

Morbid obesity is described as being 100 or more pounds overweight and having a body mass index of 40 or more. In these cases sometimes the only treatment may be surgery. The Obesity Treatment Center at UMDNJ is a state-of-the-art surgical therapy program dedicated to the care and treatment of patients with morbid obesity that do not respond to non-operative treatment. This site will explain any questions you may have regarding gastric bypass surgery.

### [American Obesity Association](#)

The American Obesity Association is the only obesity organization focused on changing public policy and perceptions about obesity. This site will help educate you on causes of obesity, treatment and prevention.

### [Center for Disease Control](#)

This section of the CDC gives facts of the overwhelming reality of obesity and its costly effects. Did you realize that since 1980 obesity rates have doubled among children, and in 2000, in the United States alone, \$61 billion was spent on medical costs related to obesity? Read about these and other obesity statistics at [cdc.gov](http://cdc.gov).

### [The President's Council on Physical Fitness and Sports](#)

This site is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view publications, and find tips on eating habits and activities for a healthy lifestyle.

### [United States Department of Health and Human Services](#)

This site houses multiple articles and newsletters from the Surgeon General educating Americans on the importance of weight management, the challenges of weight control, health consequences, and advice for people of all ages struggling with their weight.

### [National Institutes of Health - National Heart, Lung, and Blood Institute](#)

Do you know what your Body Mass Index is? Check out this site to calculate your BMI. While you there you can read about healthy eating tips, and even plan out a daily menu.

### [KidSource Online](#)

KidSource OnLine was created by a group of parents wanting to provide other parents with accurate information on their children's health. This site provides you with information on childhood obesity, the causes, treatment, and prevention. They also provide a forum where parents can discuss their children's nutrition.

### [Federal Citizen's Information Center](#)

Are you Overweight? Heart Disease, Stroke, Diabetes, and Cancer are just some of the health risks you face being overweight. Use the Weight-for-Height chart on this site to help determine if you are overweight and what steps you can take to begin living a healthier lifestyle. It's never too late.

### [Weight-control Information Network](#)

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH) established the Weight-control Information Network (WIN) to provide up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues. This site has many publications in English and Spanish.

### [North Jersey Intergroup Overeaters Anonymous](#)

Overeating can be an addiction and can lead to obesity. Overeaters Anonymous is a fellowship of individuals who, through shared experience and support, are recovering from compulsive overeating. This site is intended to help overeaters work through their addiction by offering meetings, eating plans, and peer support.

### [General Information about Obesity -- Directory](#)

Contains numerous links and extensive information about obesity.

[The Center for Health and Health Care in Schools](#)

Research findings about childhood obesity.

[UMDNJ: Healthy New Jersey](#)

Resources, information about nutrition, diet and other issues related to obesity.

[Obesity and Overweight in New Jersey](#)

Comprehensive data on obesity New Jersey.

[Governor's Plan to Combat Childhood Obesity in New Jersey](#)

Contains data and resources regarding childhood obesity in New Jersey.

[New Jersey Obesity Group](#)

Collaborative research group focusing on causes, treatment and prevention of obesity.

[Little Changes](#)