

Resources for Encouraging Good Nutrition and Physical Fitness



Young Children articles and NAEYC books

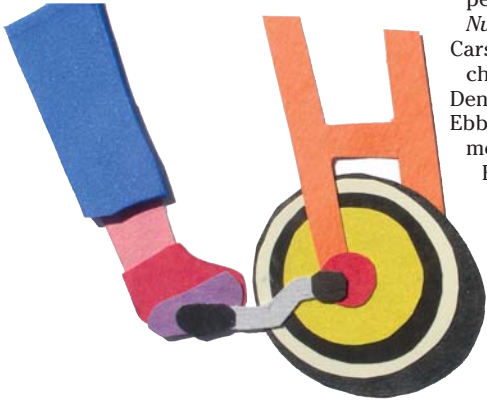
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Illustrations by Sandi Collins



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Web sites, programs, and organizations [click on links below]

- Action for Healthy Kids** is a nonprofit organization formed to address the epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. www.actionforhealthykids.org
- Alliance for a Healthier Generation**, a joint initiative of the William J. Clinton Foundation and the American Heart Association, addresses childhood obesity and seeks to inspire young Americans to develop lifelong healthy habits. The Healthy Schools Program will help schools create environments that foster healthy lifestyles and help students avoid becoming overweight or obese. www.clintonfoundation.org/cf-pgm-hs-hk-home.htm
- American Academy of Pediatrics** (AAP) provides information and policy statements on obesity, fitness, and nutrition along with many other child health topics. Its policy statement “Prevention of Pediatric Overweight and Obesity” proposes strategies to foster prevention and early identification of overweight and obesity in children. www.aap.org
- American Heart Association** offers information about heart-healthy foods and fitness activities for children and adults as well as specific information about heart-related diseases and conditions, dietary recommendations for children and youth, and cardiovascular diseases statistics. www.americanheart.org
- American Obesity Association: Childhood Obesity** offers comprehensive information about childhood obesity, including fitness and nutrition information specifically for schools. www.obesity.org/subs/childhood/prevention.shtml
- American Public Health Association** (APHA) brings together researchers, health service providers, administrators, teachers, and other health workers. APHA’s 2006 National Public Health Week campaign focused on raising healthy children. www.apha.org or www.apha.org/nphw/2006
- Centers for Disease Control and Prevention** offers a wide variety of health information, with a search tool to find information on child health, nutrition, and fitness topics. www.cdc.gov
- Connect for Kids—Obesity Resources** has information for educators and parents on childhood obesity, nutrition, and fitness and includes an online BMI (Body Mass Index) calculator adjustable for gender and age. www.connectforkids.org/obesity_resource
- Consortium to Lower Obesity in Chicago Children** brings together hundreds of organizations and individuals to confront childhood obesity in Chicago. A childhood overweight overview offers articles and links addressing overweight prevention. www.clocc.net/coo/index.html
- Fit Source**, from the National Child Care Information Center, offers child care and after-school providers a variety of physical activity and nutrition resources including links to activities, lesson plans, healthy recipes, information for parents, and many other downloadable tools to help programs incorporate physical activity and nutrition. www2.nccic.org/fitsource/
- Food Research and Action Center** is a national organization working to improve public policies to end hunger and undernutrition in the United States. The Web site includes news updates and national information on school nutrition programs. www.frac.org



Golden Carrot Award was created by the Physicians Committee for Responsible Medicine (PCRM) to recognize the leadership of food service professionals having an exceptional impact on the health of children in schools. PCRM is a nonprofit organization that promotes preventive medicine through healthy eating and sponsors the Healthy School Lunch Campaign. www.healthyschoollunches.org/contact/carrot.html

KidsHealth for Parents offers a clear explanation of the U.S. Department of Agriculture's dietary guidelines for a healthy diet for children, as shown in the new food guide pyramid. The guidelines suggest that kids eat more fruits, vegetables, and whole grains than in the past and that they get 30 to 60 minutes of moderate to vigorous exercise each day.

www.kidshealth.org/parent/nutrition_fit/nutrition/pyramid.html

Leafy Greens of the National Leafy Greens Council provides nutrition and education information to consumers. Teachers can find ideas for lesson plans and activities that stress healthy eating for our youngest children. www.leafy-greens.org

MayoClinic.com offers information on numerous diseases and conditions as well as advice for healthy living. Of particular interest are "Childhood Obesity: What Parents Can Do" (www.mayoclinic.com/health/childhood-obesity/FL00058) and "Keeping Kids Active: Ideas for Parents" (www.mayoclinic.com/health/fitness/FL00030). www.mayoclinic.com

MyPyramid.gov features the revised food guide pyramid and how it works. The site includes information on the different food groups, tips and resources, and an online game for elementary-school-age children. Enter your vital statistics and create an individualized food plan.

www.mypyramid.gov

National Association for Sport and Physical Education (NASPE) is a nonprofit professional organization comprised of individuals engaged in the study of human movement and the delivery of sport and physical activity programs. Educating the American public about the importance of physical education for all children and youth is a primary focus.

www.aahperd.org/NASPE

PE Central provides health and physical education teachers, parents, and students the latest information about developmentally appropriate physical education programs for children and youth. It includes lesson ideas, assessment ideas, information on pre-school physical education and more. www.PEcentral.com

Team Nutrition's goal is to improve children's lifelong eating and physical activity habits. This Web site provides nutrition information for school food service personnel, educators, caregivers, and child care personnel. <http://teamn nutrition.usda.gov>

Texas Woman's University Growing with EASE, a program by a transdisciplinary team of researchers/educators devoted to the prevention of childhood obesity, shares information on eating, activity, and self-esteem for school personnel and families in both English and Spanish. www.twu.edu/INSPIRE/IWH/IWHintro.htm

WIN Weight Control Information Network, an information service of the National Institute of Diabetes and Digestive and Kidney Disease, offers parents and others caring for children information and resources about children's healthy eating and physical activity.

<http://win.niddk.nih.gov/publications/child.htm>



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