



Institute for Community Health
Virginia Tech, School of Public & International Affairs

Childhood Obesity Resource Guide

**A project for the Metropolitan Washington
Council of Governments**

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OVER-ARCHING PROGRAMS & RESOURCES

OVER-ARCHING PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Pathways to Obesity Prevention: Report of a National Institutes of Health Workshop	This NIH article summarizes results of a workshop conducted by investigators funded under a National Institutes of Health initiative designed to stimulate novel research for obesity prevention. The 20 pilot studies funded under this initiative involved study populations that were diverse with respect to life stage and ethnicity, were conducted in a variety of natural and research settings, and involved a mix of interventions, including face-to-face group and individual counseling, as well as mail, telephone, and internet-based approaches.	--	--	<i>Obesity Research</i> 11:1263-1274 (2003) http://www.obesityresearch.org/cgi/content/full/11/10/1263?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=childhood+policy&andorexactfulltext=and&searchid=1123693626576_1110&stored_search=&FIRSTINDEX=30&sortspec=relevance&resourcectype=1&journalcode=obesityres
Guidelines for Childhood Obesity Prevention Programs: Promoting Health Weight in Children	Developed by the Weight Realities Division of the Society for Nutrition Education , this article presents guidelines for encouraging a health-centered, rather than weight-centered approach that focuses on the whole child (physically, mentally and socially).	--	--	Journal of Nutrition Education and Behavior; Vol. 31, No. 1; January-February, 2003
Preventing Childhood Obesity: Health in the Balance	An Institute Of Medicine (IOM) Committee on Prevention of Obesity in Children and Youth has developed a comprehensive national strategy that recommends specific actions for families, schools, industry, communities, and government. The committee's findings and recommendations are described in the report.	--	--	http://www.iom.edu/report.asp?id=22596
Healthy Eating, Active Communities Initiative - The California Endowment	In March 2005 The California Endowment announced \$11 million in funding for six community collaboratives throughout California to participate in the foundation's four-year Healthy Eating, Active Communities Initiative. The objectives of the Initiative are to improve the food and physical activity environments for school-age children and to create momentum for widespread changes in the policies and practices that contribute to the rising rates of childhood obesity.	Yes	Not Yet	http://www.calendow.org/news/press_releases/2005/03/031605.stm

OVER-ARCHING CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Financing Childhood Obesity Prevention Programs: Federal Funding Sources and Other Strategies	A resource from The Finance Project that outlines federal funding sources as well as frameworks of financing strategies and childhood obesity prevention strategies. It also provides examples of creative initiatives in states and communities across the country.	Yes	--	http://www.financeproject.org/Publications/obesityprevention.pdf
Halting the Obesity Epidemic: A Public Health Policy Approach	The authors outline a broad range of policy recommendations and suggest that an obesity prevention campaign might be funded, in part, with revenues from small taxes on selected products that provide "empty calories" (soft drinks) or that reduce physical activity (automobiles).	--	--	Nestle & Jacobson; Public Health Reports; Vol. 115 Jan/Feb, 2000 http://www.cspinet.org/reports/obesity.pdf
Pediatric Overweight: A Review of the Literature	This is a comprehensive review of the literature from the University of California, Berkeley , including contributing factors, consequences, and opportunities for addressing the issue.	--	--	Lorrene Ritchie, et al; The Center for Weight & Health, University of California, Berkeley, June 2001. http://nature.berkeley.edu/cwh/PDFs/Full_COPI_secure.pdf
The Healthy Youth Funding Database	This database, run by the CDC , contains active information about funding opportunities for adolescent and school health programs. The funding opportunities are from federal agencies and the private sector. Each funding opportunity is selected based on its relevance to adolescent health, or one or more of the eight components of a Coordinated School Health Program (CSHP) as defined by CDC.	Yes	--	http://apps.nccd.cdc.gov/HYFund/
American Academy of Pediatrics Obesity Web Site	This AAP web site contains information for both physicians and families on overweight prevention and treatment.	--	-	http://www.aap.org/obesity/

**PROGRAMS TARGETING
PRE-SCHOOL CHILDREN**

PROGRAMS TARGETING PRE-SCHOOL CHILDREN

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
NEAT: Nutrition Education for Rural Low-Income Parents/Caregivers of Children, 12-36 Months of Age	This project aims to improve children's health by identifying informational needs and barriers to establishing healthy eating habits in young children as perceived by rural, low-income parents/caregivers. Attitudes, knowledge, practices, and interest changes in nutrition are compared between a group of Early Head Start parents/caregivers and children receiving a nutrition education program and a group receiving no intervention.	Yes	Partial	http://www.fact.msu.edu/Projects/grants2001neat.htm
Promoting Nutrition and Fitness from Birth to School Entrance in Ypsilanti, MI (University of Michigan)	A coalition of physicians, community agencies, and parent groups participated in a 1-year project to plan a nutritional intervention project for a high-risk patient population in Ypsilanti, MI. The project proposed to plan a community-wide health promotion project for children age birth to 5 years aimed at preventing nutritional problems.	No	Partial	http://www.aap.org/obesity/Summary_of_community_based_programs.pdf
Healthy Start	Healthy Start is a preschool health education curriculum aimed at young children and their families that promotes making healthy choices.	--	--	http://www.healthy-start.com/
Color Me Healthy	Color Me Healthy is a curriculum that was developed through a partnership of North Carolina Cooperative Extension and the Physical Activity and Nutrition Unit, N.C. Division of Public Health . The program targets 4- and 5-year-olds in hopes of improving their diet and activity levels.	Yes	No	http://www.cals.ncsu.edu/agcomm/magazine/fall03/color.htm

PROGRAMS TARGETING SCHOOL-AGED CHILDREN

PROGRAMS TARGETING SCHOOL-AGED CHILDREN

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Action for Health Kids Database	AFHK is a public-private partnership of more than 50 national organizations and government agencies representing education, health, fitness and nutrition that focuses on addresses the epidemic of overweight, by focusing on changes in schools. Volunteer administrators, educators, health professionals, parents, and others take action at the state, district, and school level through Action for Healthy Kids' State Teams. Their database of program is searchable by state and by topic and includes programs in VA, MD and DC.	Yes	--	http://www.actionforhealthykids.org/state.php
The Medical College of Georgia Fit Kid Project	This NIH-funded project will determine whether exposing youths to a "fitogenic" after-school environment that emphasizes vigorous exercise and healthy snacks will have a favorable effect on body composition, cardiovascular fitness and cardiovascular disease risk profile. The environmental intervention will be provided in 9 schools in Augusta, Georgia , with another 9 schools serving as non-intervention comparison schools. Children in the 3 rd grade will be recruited to participate and will be followed for 3 years.	Yes	Partial	http://www.clinicaltrials.gov/ct/gui/show/NCT00061841
Get Up and Go Morgantown, WV	The goal of the Get Up and Go program's focus was on physical fitness among children 9-12 in rural West Virginia . With a collaboration between WVU Children's Hospital residents, school systems, and local health care providers, the project was designed to: (1) determine current community resources and (2) develop a needs assessment.	No	Partial	http://www.aap.org/obesity/Summary_of_community_based_programs.pdf
<i>VERB™ It's what you do.</i>	<i>VERB</i> is a "national, multicultural, social marketing campaign" coordinated by the U.S. Centers for Disease Control and Prevention . The <i>VERB</i> campaign encourages young people ages 9–13 (tweens) years to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of tweens and adults/influencers.	Yes	No	www.cdc.gov/youthcampaign Also see: www.VERBnow.com (for tweens) www.VERBparents.com (for parents)

SCHOOL-AGED CHILDREN CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Kidnetic.com	A website that communicates healthy eating and active living information for kids 9-12 and their families. It's part of ACTIVATE, an educational outreach program of the International Food Information Council (IFIC) Foundation, developed in partnership with the American Academy of Family Physicians, American College of Sports Medicine, American Diabetes Association, International Life Sciences Institute Center for Health Promotion and National Recreation and Parks Assn.	--	--	http://www.kidnetic.com/

PROGRAMS TARGETING PARENTS

PROGRAMS TARGETING PARENTS

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Targeting Parents Exclusively in the Treatment of Childhood Obesity: Long-Term Results	Report on the long-term change in children's overweight following a family-based health-centered approach where only parents were targeted compared with a control intervention where only children were targeted.	--	--	Golan & Crow, Obesity Research, 2004 12: 357-361 http://www.obesityresearch.org/cgi/content/full/12/2/357?maxtohow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=childhood&searchid=1123690612068_982&stored_search=&FIRSTINDEX=20&sortspec=relevance&journalcode=obesityres
Targeting Parents Found Effective in Managing Childhood Obesity	The purpose of the study was to report the long-term outcome in overweight children, following a family-based health-centered approach where only parents participated in the group sessions (parent-only group), compared with a person-based intervention where only the children participated in the group sessions and the family environment was not directly targeted (children-only group). In the long term, the parent-only treatment was superior for weight reduction when compared with the child-only treatment.	No	Yes	Frost & Sullivan; Nutrition Research Letter, March 2004 http://www.findarticles.com/p/articles/mi_m0887/is_3_23/ai_114922667
Cool Kids Virginia Dept. of Health	To educate the parents of overweight 2- to 4-year-old children enrolled in the WIC Program about the importance of healthier eating and more physical activity for their children. Nine districts across the State of Virginia participated in the intervention study. The Cool Kids intervention was scheduled over a three month period and was comprised of four contacts with each family unit.	No	Yes	http://www.vahealth.org/nutrition/execsumm.htm
SHAPEDOWN	SHAPEDOWN is a family-focused weight management program for children and adolescents. The program was developed by faculty of the University of California, San Francisco, School of Medicine and includes contributions from nutrition, exercise physiology, endocrinology, psychology, family therapy, adolescent medicine, family medicine and behavioral and developmental pediatrics.	Yes	Yes	www.shapedown.com Also see "Just for Kids!", a program based on the shapedown model at: www.just-for-kids.org

PARENTS CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
"Obesity Reports From Teachers Get Parents' Attention"	This article studied the impact of health report cards on parents and children. The study involved 1,396 students at four elementary schools in Boston in 2001-2002. Health report cards were sent at the school year's end to 481 parents, including those with normal-weight children. Afterward, 42% of parents of overweight kids reported initiating or planning physical activities, 25% planned medical help and 19% planned dieting activities. Among parents of overweight children who did not get cards, 13% or fewer reported doing any of the activities. Parents who received health and fitness report cards were almost twice as likely to know or acknowledge that their child was actually overweight than those parents who did not get a report card. The school also sent home tips for daily healthy living.	No	Yes	Obesity Reports From Teachers Get Parents' Attention. Wall Street Journal. (Eastern edition). New York, N.Y.: Aug 12, 2003. pg. D.4.
<i>We Can!</i>	<i>We Can!</i> (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a resource for parents interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and activities focus on 3 critical behaviors: improved food choices, increased physical activity and reduced screen time. The program is a collaboration of four Institutes of the National Institutes of Health (NIH): the National Heart, Lung, and Blood Institute, the National Institute of Diabetes and Digestive and Kidney Diseases, the National Institute of Child Health and Human Development and the National Cancer Institute.	Yes	No	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

COMMUNITY-BASED PROGRAMS & RESOURCES

COMMUNITY-BASED PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Promoting Better Health for Young People Through Physical Activity and Sports	A report from the Secretary of Health & Human Services and the Secretary of Education outlines ten strategies to promote health and reduce obesity through lifelong participation in physical activity and sports.	--	--	www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm
Guide to Community Preventative Services/Physical Activity	Provides evidence-supported recommendations about population-based interventions to increase levels of physical activity.	--	--	www.thecommunityguide.org/pa/default.htm
Hearts N' Parks	Hearts N' Parks is a national, community-based program supported by the National Heart, Lung, and Blood Institute (NHLBI) and the National Recreation and Park Association (NRPA). It is designed to help park and recreation agencies encourage heart-healthy lifestyles in their communities.	Yes	Yes	http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm
Fresh Ideas for Community Nutrition and Physical Activity	This guide by the Center for Civic Partnerships looks at the impact that community-based nutrition and physical activity promotion programs can have on residents – adults and youth alike. The guide begins with an overview of the issue, followed by case studies of successful strategies, a reference list for further reading, and resource ideas.	--	--	http://www.civicpartnerships.org/default.asp?id=243
Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010	A guide from the Office of Disease Prevention & Health Promotion; Office of Public Health and Science; U.S. Department of Health & Human Services for building community coalitions, creating a vision, measuring results, and creating partnerships dedicated to improving the health of a community. Includes "Strategies for Success" to help in starting community activities.	Yes	Yes	http://www.healthypeople.gov/Publications/HealthyCommunities2001/default.htm

COMMUNITY-BASED CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Childhood Obesity Prevention Program; Laurel Health Center, Wellsboro, PA.	The Laurel Health System developed a childhood obesity prevention program for the region by forming links between medical services and the community. A center pediatrician collaborated with community members including school nurses, teachers, PTA's, dietitians, nutritionists and psychologists.	Yes	Partial	http://www.aap.org/obesity/Summary_of_community_based_programs.pdf
Childhood Obesity Resources Planning Project (CORPP) Bowling Green, KY	The primary purpose of this project is to establish a multidisciplinary, pediatric weight-management program to combat the problem of childhood obesity in south central Kentucky . The needs, barriers, and resources available in this 10-county region will be assessed and used to develop a resource guide and referral system. In addition to a steering committee, committees of health care and community professionals will be convened within each county, and strategies to work within each county's capacity disseminate findings and garner additional support from community partners.	Yes	Will Be	http://apha.confex.com/apha/131am/techprogram/paper_64171.htm
Kids Walk-to-School	This community-based program aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. It advocates for communities to build partnerships with the school, PTA, local police department, department of public works, civic associations, local politicians, and businesses to create an environment that is supportive of walking and bicycling to school safely.	Yes	Partial	http://www.cdc.gov/nccdphp/dn/pa/kidswalk/index.htm
Marin Family Lifestyle Program (MFLP), CA	The Institute for Health & Healing awarded a 3 year, \$300,000 grant to treat and prevent obesity in children and their families through a comprehensive, community-driven and culturally sensitive lifestyle program integrating nutrition, physical activity, stress management, group support, and family and community involvement. Program participants will receive three years of lifestyle support from physicians, educators, counselors and community groups (ranging from bicycle organizations to a grocery store) in the form of weekly meetings, classes, coaching and counseling.	Yes	Partial	http://www.stonyfield.com/WebLogarchives/CreatingHealthyKids/2004_12.html

STATE-BASED PROGRAMS & RESOURCES

STATE-BASED PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
An Assessment of State Capacity for Comprehensive Nutrition and Physical Activity Programs	This report by the Association of State & Territorial Directors of Health Promotion and Public Health Education was designed to determine planning and implementation activity to reduce the public health impact of the growing obesity problem. Specifically, this assessment describes organizational factors associated with nutrition and physical activity programs in state health agencies; assesses the capacity of state health agencies to address recommended components of a state-based, comprehensive nutrition and physical activity program; and assesses state technical assistance and program guidance needs	--	--	http://www.astdhphe.org/DNPAreportonstatecapacityonlineversion.pdf
Preventing Obesity and Chronic Disease through Good Nutrition and Physical Activity	In addition to general obesity statistics, this CDC Web page lists promising approaches and examples of state programs for the prevention of obesity.	--	--	www.cdc.gov/nccdphp/pe_factsheets/pe_pa.htm
The Obesity Epidemic – How States Can Trim the “Fat”	Produced by the National Governors Association , this issue brief outlines programs and policies that states can use to address the causes of the obesity epidemic.	--	--	www.nga.org/cda/files/OBESITY1B.pdf
Moving Forward: Increasing Physical Activity in Youth	An Issue Report from the Association of State and Territorial Health Officials that identifies four strategy areas that state public health agencies should consider to promote and support healthy behaviors among youth.	--	--	http://www.astho.org/pubs/ISSUEREPORT_final.pdf
ASTPHND Resource Database	This Association of State and Territorial Public Health Nutrition Directors database contains searchable information on organizations, knowledgeable people, books, periodicals, journal articles, web sites, and other helpful information.	Yes	--	http://www.astphnd.org/resources_search.php3?&sid=046a2e950a323529fb3af320ce96ae66&member_id=0

STATE-BASED CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
American on the Move	America On the Move is a national initiative that creates and supports an integrated grassroots network of State affiliates dedicated to helping individuals and communities make positive changes to improve health and quality of life.	Yes	No	http://www.americaonthemove.org/WAboutUs.asp?PageID=1#37
Eat Smart, Move More North Carolina	Eat Smart, Move More... North Carolina is a statewide initiative that promotes increased opportunities for physical activity and healthy eating through policy and environmental change. The ultimate goal of the initiative is to promote healthy behaviors that reduce risks and prevent disease related to inactivity and unhealthy eating behaviors.	Yes	No	http://www.eatsmartmovemorenc.com/aboutus.htm
Cooperative State Research, Education and Extension Service (CSREES) – Expanded Food & Nutrition Education Program	The CSREES' Expanded Food and Nutrition Education Program (EFNEP) is a program that operates in all 50 states and is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. Aimed at both youth and adults, the program is provided by County extension home economists who provide on-the-job training to paraprofessionals and volunteers who teach the EPNEP.	Yes	No	http://www.csrees.usda.gov/nea/food/efnep/about.html

SCHOOL-BASED PROGRAMS & RESOURCES

SCHOOL-BASED PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Preventing Obesity in Youth through School-Based Efforts	This Issue Brief from the National Governor's Association provides many examples of state-based policies and programs that address the roles of schools in promoting healthy living.	--	--	http://www.nga.org/portal/site/nga/menuitem.9123e83a1f6786440ddcbeeb501010a0/?vgnextoid=e666303cb0b32010VgnVCM1000001a01010aRCRD)
F as in Fat: How Obesity Policies are Failing in America	A publication of the Trust for America's Health that outlines state-by-state school policies on nutrition and health education (also community focused initiatives).	--	--	http://healthyamericans.org/reports/obesity
Guidelines for School Health Programs to Promote Lifelong Healthy Eating	These guidelines identify school-based strategies that the CDC has deemed likely to be effective in promoting lifelong healthy eating among young people.	--	--	www.cdc.gov/mmwr/PDF/RR/RR4509.pdf
Making it Happen: School Nutrition Success Stories	A joint publication from the DCD, USDA, and US Dept. of Education . Describes how thirty-two schools and school districts are improving the quality of food offered in their schools.	--	--	www.cdc.gov/healthyyouth/nutrition/Making-It-Happen/index.htm
Healthy Schools for Healthy Kids	A report from Robert Wood Johnson Foundation that identifies opportunities for increasing children's physical activity and healthy eating in schools nationwide.	--	--	http://www.rwjf.org/files/publications/other/HealthySchools.pdf
Moving Forward: Increasing Physical Activity in Youth	This report by the Association for State & Territorial Health Directors discusses what state Health Agencies can do to address the issue of overweight children.	--	--	ASHTO, Issue Report, 2004 http://www.astho.org/pubs/ISSUEREPORT_final.pdf
NSBA's School Health Resource Database	The National School Board Association's School Health Resource Database contains more than 3,000 items, including sample policies, articles and training tools that address health issues affecting schools and students. Emphasis is given to topics that are targeted by funding received from the Centers for Disease Control and Prevention.	Yes	--	http://www.nsba.org/site/page_schoolhealth_search.asp?TRACKID=&CID=1116&DID=12022#

SCHOOL-BASED CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
The Role of Schools in Preventing Childhood Obesity	This article from the National Association of State Boards of Education outlines 10 evidence-based strategies for schools to implement in addressing childhood overweight.	--	--	http://www.nasbe.org/Standard/17_Dec2004/Wechsler2.pdf
Fit, Healthy & Ready to Learn: A School Health Policy Guide	Published by the National Association of State Boards of Education , the guide provides sample "best practice" policies that can be adapted to fit local circumstances.	--	--	http://www.nasbe.org/HealthySchools/fithealthy.html
More than an Apple a Day: School Food & Nutrition Policy	From the Council of State Governments , this publication highlights tools available to state legislators to ensure that children get proper nutrition at school.	--	--	http://www.healthystates.csg.org/NR/rdonlyres/0066C01B-2106-4671-A5E2-4D37E020005E/0/coMoreThanAnApple.pdf
School Foods Tool Kit: A guide to improving school foods and beverages	This Center for Science in the Public Interest (CPSI) Took Kit includes strategies for improving school foods and beverages as well model materials for communicating with decision makers, the press, and other members of the community.	--	--	http://www.cspinet.org/schoolfoodkit/
National School Board Association's - School Health Resource Database	This NSBA's School Health Resource Database contains more than 3,000 items, including sample policies, articles, and training tools, that address health issues affecting schools and students. Emphasis is given to topics that are targeted by funding received from the Centers for Disease Control and Prevention.	Yes	--	http://www.nsba.org/site/page_schoolhealth_search.asp?TRACKID=&CID=1116&DID=12022#
Virginia Action for Healthy Kids Resource Guide	The Action for Healthy Kids website includes a resource guide for improving school health and promoting healthy lifestyles for children.	--	--	http://www.ext.vt.edu/actionforhealthykids/resources.html
Making It Happen—School Nutrition Success Stories (MIH)	This CDC paper illustrates a wide variety of approaches that schools have taken to improve student nutrition. The most consistent theme emerging from these case studies is that students will buy and consume healthful foods and beverages—and schools can make money from healthful options.	--	--	http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/index.htm

SCHOOL-BASED CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Planet Health	Planet Health, developed by Harvard University's Prevention Research Center on Nutrition and Physical Activity is an interdisciplinary curriculum focused on improving the health of sixth through eighth grade students. The curriculum aims to increase activity, improve dietary quality, and decrease inactivity to help prevent overweight.	--	--	www.hsph.harvard.edu/prc/project/planet.html
School Nutrition Association - Sample Nutrition & Wellness Policies	This School Nutrition Association site lists sample nutrition and wellness policies submitted by their members.	--	--	http://www.schoolnutrition.org/index.aspx?id=1076
CATCH (Child and Adolescent Trial for Cardiovascular Health) intervention	The largest school-based field trial ever sponsored by the National Institutes of Health (NIH) . This tested the effectiveness of an intervention for third- to fifth-grade students (in 96 schools nationally, 24 schools in San Diego County) based on educational, behavioral and school environment components. The CATCH intervention was able to modify the fat content of schools lunches, increase moderate to vigorous physical activity in PE, and improve eating and physical activity in children during 3 school years.	No	Yes	Perry CL, Sellers DE et al. "The Child and Adolescent Trial for Cardiovascular Health (CATCH): intervention, implementation & feasibility for elementary schools in the U.S." Health Educ. Behav. 1997 Dec; 24(6):716-35. http://www.actionforhealthykids.org/resources_profile.php?id=195
USDA Team Nutrition Initiative	Team Nutrition is an initiative of the USDA Food and Nutrition Service to support child nutrition programs through training and technical assistance. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the <i>Dietary Guidelines for Americans</i> and <i>MyPyramid</i> .	Yes	--	http://www.fns.usda.gov/tn/default.htm
Take 10!	Take 10! Is a program designed by The International Life Sciences Institute that helps teachers incorporate 10 minute breaks for moderate to vigorous physical activity into their school day.	Yes	No	http://www.take10.net/whatistake10.asp

ETHNICITY-SPECIFIC PROGRAMS & RESOURCES

ETHNICITY-SPECIFIC PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Population-based Interventions Engaging Communities of Color in Healthy Eating and Active Living: A Review	The report based upon a search of electronic databases and catalogued studies from 1970 to the present of interventions that address socio-cultural, political, economic, and physical environmental factors in Preventing Chronic Disease.	--	--	Yancey AK, Kumanyika SK, Ponce NA, McCarthy WJ, Fielding JE, Leslie JP, Akbar J, 2004 January.
CANFit	The California Adolescent Nutrition and Fitness (CANFit) Program is a statewide, non-profit organization whose mission is to engage communities and build their capacity to improve the nutrition and physical activity status of California's low-income African American, American Indian, Latino, Asian American, and Pacific Islander youth 10-14 years old.	Yes	No	www.canfit.org
Hip to Health	Hip to Health is an obesity prevention program for preschool minority children in Chicago Head Start programs. The 14-week intervention presents a culturally appropriate dietary/physical activity curriculum that targets preschoolers and includes a family component.	Yes	Yes	http://health.yahoo.com/news/61889
Low Recognition of Childhood Overweight and Disease Risk among Native-American Caregivers	Pediatric obesity is a significant problem in Native-American communities. The aim of this study was to determine whether parents and caregivers from three Wisconsin tribes recognized overweight children.	--	--	Adams et al. <i>Obesity Research</i> 2005; 13: 146-152. http://www.obesityresearch.org/cgi/content/full/13/1/146?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=childhood&searchid=1123690932615_1011&stored_search=&FIRSTINDEX=30&sortspec=relevance&journalcode=obesityres
Active Living Diversity Project	This Robert Woods Johnson project identifies the barriers to and opportunities for developing effective programs to increase physical activity and healthy eating in the African American, Latino and Native American communities.	--	--	http://www.rwjf.org/files/publications/other/PublicDiversityReport.pdf

ETHNICITY-SPECIFIC CONTINUED

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Latino Childhood Obesity Prevention Initiative Demonstration Project	Latino Health Access is an Orange County, CA based non-profit. Their initiative engages parents, students, teachers other stakeholders within and outside of the school system.	No	Yes	http://www.osophs.dhhs.gov/ops/BestPractice/LatinoObesity.htm
Prevention of Overweight in Preschool Minority Children: A Pilot Study	A study of family-based interventions in a school setting.	No	Yes	Marian L. Fitzgibbon, PhD, et al March, 2005 http://www.clocc.net/Fitzgibbon3.3.05.pdf
Kid's Work (A Community Needs Assessment for Programs Designed to Reduce Childhood Obesity in Minority Youth).	The Kid's Work grant was used to conduct a needs assessment to determine African-American community attitudes about, barriers to, and receptiveness to community-based programs designed to promote healthy lifestyles which reduce childhood obesity among minority children in West Jefferson County, Alabama .	Yes	Partial	http://www.stonyfield.com/WebLogarchives/CreatingHealthyKids/2004_12.html
Cultural Resource Database of the Cooperative State Research, Education and Extension Service (CSREES)	This CSREES' database reflects various nutrition education materials for culturally diverse audiences. The directory originated from materials developed as a result of the ES/WIC Nutrition Education Initiative. It is a searchable database that contains a brief description of the material developed, the type of resource developed, the state it was developed in, the target audience it is intended to reach, as well as the cost and contact person. The database was developed by the University of Illinois Cooperative Extension Service.	Yes	--	http://www.csrees.usda.gov/nea/food/efnep/necd2.html
Pathways: a culturally appropriate obesity-prevention program for American Indian schoolchildren	Pathways is a culturally appropriate obesity prevention study for third-, fourth-, and fifth-grade American Indian schoolchildren includes an intervention that promotes increased physical activity and healthful eating behaviors. The Pathways intervention, developed through a collaboration of universities and American Indian nations, schools, and families, focuses on individual, behavioral, and environmental factors and merges constructs from social learning theory with American Indian customs and practices.	Yes	Yes	Sally M Davis, Scott B Going et al, American Journal of Clinical Nutrition, Vol. 69, No. 4, 796S-802S, April 1999 http://www.ajcn.org/cgi/content/full/69/4/796S

**BUILT ENVIRONMENT
PROGRAMS & RESOURCES**

BUILT ENVIRONMENT PROGRAMS & RESOURCES

Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
Designing and Building Healthy Places	This CDC Web site provides resources and policy recommendations related to the link between health and the environment, including the “built environment”.	--	--	www.cdc.gov/healthyplaces
Obesity and the Built Environment: Improving Public Health Through Community Design	This is a summary report from an NIH, National Institute of Environmental Health Sciences (NIEHS) conference on this topic.	--	--	http://www.niehs.nih.gov/drcpt/bedoconf/postconf/summary.pdf
ACES: Active Community Environments Initiative	This CDC Initiative promotes walking, bicycling, and the development of accessible recreation facilities.	Yes	No	http://www.cdc.gov/nccdphp/dnpa/aces.htm
Healthy Community Design: Success Stories from State and Local Leaders	This Robert Wood Johnson report highlights the work of officials who support changes in community design that provide more opportunities for people to get routine physical activity.	--	--	http://www.rwjf.org/files/publications/other/HealthyCommunityDesign.pdf
Designing for Active Transportation Fact Sheet	This Active Living Research Fact Sheet Summarizes current scientific research into what makes a community walkable or bikeable.	--	--	http://www.activelivingresearch.org/downloads/transportation.pdf

CHILDHOOD OBESITY-RELATED LEGISLATION

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Resource/Study	Synopsis	Active?	Assessed?	Citation or Website
State Actions to Promote Nutrition, Increase Physical Activity and Prevent Obesity: A Legislative Overview (2004)	The report funded by the Robert Woods Johnson Foundation summarizes recent state legislative activities.	--	--	http://www.rwjf.org/files/research/July%202005%20-%20Report.pdf
Childhood Obesity – An Overview of Policy Options in Legislation for 2003-2004	Childhood obesity legislation proposed or enacted in 2003 and 2004 is summarized and organized. The summary was produced by the National Conference of State Legislatures (NCSL).	--	--	http://www.ncsl.org/programs/health/childhoodobesity.htm