Happy New Year! Families often begin the New Year with resolutions to improve health. Below you will find selected resources for promoting healthy eating and preventing childhood obesity developed for children and families.

Feel free to forward this newsletter to others.

Ann Garwick, Center Director

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**Childhood Obesity Prevention Resources**

Compiled by Cecilia Engler, DNP, RN

**Suggested Web-based Resources for Youth/Families:**


- Resource for families on how to enhance nutrition and activity. There are family recipe cards, tips to eating healthy at restaurants, grocery shopping tips, portion control, reading nutrition labels, etc.
CDC: Tips for Parents – Ideas to Help Children Maintain a Healthy Weight:  
http://www.cdc.gov/healthyweight/children/

- Overview of obesity and related health risks
- Provides advice on how to help prevent obesity by improving nutrition and activity
- Games designed for children that use kid-friendly lingo, quizzes, and interactive features to teach about nutrition, physical activity, safety, etc.

USDA: Choose MyPlate.gov:  www.choosemyplate.gov

- Videos, recipes, nutrition tips, and food plans for patients and families. There is a “SuperTracker” for families to track diet and physical activity.

Let's Move!:  http://www.letsmove.gov/

- First Lady's initiative for solving childhood obesity and includes resources and education on how to do so

Kids Health:  http://kidshealth.org/parent/general/body/overweight_obesity.html

- Comprehensive information separated in tabs for parents, kids and teens
- Information about Metabolic Syndrome and other reasons why being
overweight is a health problem