

Growing Healthy Kids: Taking Action – Making Changes

Resources

Obesity has become one of our nation's top health problems, and is attracting a great deal of attention in the media. Surgeon General David Satcher has said, "Overweight and obesity may soon cause as much preventable disease and death as cigarette smoking."

Montgomery County Councilmember George Leventhal has brought attention to the issue locally by sponsoring a series of community meetings to examine the issue of obesity in children, and to explore what families and the community can do to keep children healthy and fit.

The following is a list of resources for parents, educators, health professionals and anyone who would like more information on fitness and nutrition for children.

--Councilmember George Leventhal

Growing Healthy Kids: Taking Action – Making Changes

Resources

Action for Healthy Kids:

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.

www.actionforhealthykids.org

Active Living Leadership project of The Robert Wood Johnson Foundation

Established in 1972, The Robert Wood Johnson Foundation is the largest philanthropy devoted exclusively to health and health care in the United States. Active Living Leadership is a National Initiative supported by the Robert Wood Johnson Foundation, developed to support government leaders as they create and promote policies, programs and places that enable active living to improve the health, well-being and vitality of communities.

<http://www.leadershipforactiveliving.org>

American Academy of Pediatrics web site with information about media literacy, including TV Impact on Nutrition: <http://aap.org/healthtopics/mediause.cfm>

American Academy of Pediatrics press release re: childhood obesity:
<http://www.aap.org/advocacy/releases/octobesity.htm>

Center for Science in the Public Interest

Since 1971, CSPI has been a strong advocate for nutrition and health, food safety, alcohol policy, and sound science. Its award-winning newsletter, [*Nutrition Action Healthletter*](#), is the largest-circulation health newsletter in North America, providing reliable information on nutrition and health.
<http://www.cspinet.org>

Guidelines for Marketing Food to Kids: CSPI has released guidelines which call on food manufacturers, broadcasters, restaurants, movie studios, and schools to reform the way drinks, snacks, fast-food meals, and other foods are marketed to kids. The guidelines propose curbing certain marketing techniques but unlike the food industry's self-imposed guidelines, CSPI is proposing basic nutritional thresholds for determining which foods should be marketed to kids in the first place. The guidelines were developed with input from experts from academia, government, and industry.
<http://www.cspinet.org/new/200501051.html>

The Institute of Medicine of The National Academy of Sciences

“Preventing Childhood Obesity: Health in the Balance”

Jeffrey P. Koplan, Catharyn T. Liverman, and Vivica A. Kraak, *Editors*, Committee on Prevention of Obesity in Children and Youth

In 2002, Congress charged the Institute of Medicine (IOM) with developing a prevention-focused action plan to decrease the number of obese children and youth in the United States. The primary emphasis of the charge was to examine the behavioral, social, cultural, and other broad environmental factors involved in childhood obesity and to identify promising approaches for prevention efforts. To address this charge, the IOM appointed a committee of 19 experts in child health, obesity, nutrition, physical activity, and public health. The committee's action plan is described in this report.

Executive Summary: http://www.nap.edu/execsumm_pdf/11015.pdf

Maryland State Dept. of Education, School and Community Nutrition Programs:
<http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition/>

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

The report outlines strategies that communities can use in helping to address the problems of overweight and obesity. Those options included requiring physical education at all school grades, providing more healthy food options on school campuses, and providing safe and accessible recreational facilities for residents of all ages.
<http://www.surgeongeneral.gov/topics/obesity/>