



Food and Nutrition Information Center

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Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers

September 2004

This publication is a collection of resources on the topic of childhood obesity for educators and researchers. It is comprised of articles from professional journals (published 2000 to present), information available on the World Wide Web, consumer educational materials and contact information of related organizations. Items with a public health emphasis have been selected for this list. While there is extensive literature on the clinical aspects of pediatric obesity, it is not the goal of this publication to cover it.

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This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at http://www.nal.usda.gov/fnic/pubs_and_db.html.

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I. Prevalence

Body composition and overweight prevalence in 1704 schoolchildren from 7 American Indian communities. B. Caballero, et al. *American Journal of Clinical Nutrition*, 78(2): 308-312. 2003.

Childhood overweight in a New York City WIC population. J.A. Nelson, M. Chiasson, and V. Ford. *American Journal of Public Health*, 94(3): 458-462. 2004.

Extent of overweight among U.S. children and adolescents from 1971 to 2000. D. Jolliffe. *International Journal of Obesity*, 28(4): 4-9. 2004.

Measuring the prevalence of overweight in Texas schoolchildren. D.M. Hoelscher, et al. *American Journal of Public Health*, 94(6): 1002-1008. 2004.

Prevalence of obesity in children in Alabama and Texas participating in social programs. M. Feese, et al. *Journal of the American Medical Association*, 289(14): 1780-1781. 2003.

Prevalence of overweight and obesity among U.S. children, adolescents, and adults, 1999-2002. A.A. Hedley, et al. *Journal of the American Medical Association*, 291(23): 2847-2850. 2004.

Prevalence and trends in overweight among U.S. children and adolescents, 1999-2000. C.L. Ogden, et al. *Journal of the American Medical Association*, 288(14): 1728-1732. 2002.

The prevalence of overweight among WIC children – Nutrition Assistance Program Report Series (Special Nutrition Programs Report No. WIC-01-PCOM). Food and Nutrition Service, U.S. Department of Agriculture. Washington, DC. July 2001. 54 pp. Available at: <http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/overwgt.pdf>.

II. Assessment

Body mass index charts: useful yet underused. E. Miller Perrin, K.B. Flower, and A.S. Ammerman. *The Journal of Pediatrics*, 144(4): 455-460. 2004.

Comparison of methods to assess change in children's body composition. J. Elberg, et al. *American Journal of Clinical Nutrition*, 80(1): 64-69. 2004.

Comparison of weight-for-height indices as a measure of adiposity and cardiovascular risk from childhood to young adulthood: the Bogalusa Heart Study. M.G. Frontini, et al. *Journal of Clinical Epidemiology*, 54(8): 817-822. 2001.

Guidelines for collecting heights and weights on children and adolescents in school settings: how to measure in a private, respectful way. Center for Weight and Health, College of Natural Resources, University of California Berkeley. September 2000. 2 pp. Available at: http://www.cnr.berkeley.edu/cwh/PDFs/color_weighing.pdf.

Inter-relationships among childhood BMI, childhood height, and adult obesity: the Bogalusa Heart Study. D.S. Freedman, et al. *International Journal of Obesity*, 28(1): 10-16. 2004.

Longitudinal analysis of changes in indices of obesity from age 8 years to age 18 years: Project HeartBeat! S. Dai, et al. *American Journal of Epidemiology*, 156(8): 720-729. 2002.

Measures of overweight status in school-age children. T. Skybo and N. Ryan-Wenger. *The Journal of School Nursing*, 19(3): 172-180. 2003.

Medical evaluation of overweight children and adolescents: reports from pediatricians, pediatric nurse practitioners, and registered dietitians. S.E. Barlow, et al. *Pediatrics*, 110(1): 222-228. 2002.

III. Outcomes, Predictors and Associated Factors

A. Family/Societal Influences and Impacts

Childhood overweight and academic performance: national study of kindergartners and first-graders. A. Datar, R. Sturm, and J.L. Magnabosco. *Obesity Research*, 12(1): 58-68. 2004.

Family environmental factors influencing the developing behavioral controls of food intake and childhood overweight. L. Lipps Birch and K. Krahnstoever Davison. *Pediatric Clinics of North America*, 48(4): 893-907. 2001.

Low family income and food insufficiency in relation to overweight in U.S. children. K. Alaimo, C.M. Olsen, and E.A. Frongillo. *Archives of Pediatric Adolescent Medicine*, 155(10): 1161-1167. 2001.

Maternal employment and overweight children. P.M. Anderson, K.F. Butcher and P.B. Levine. *Journal of Health Economics*, 22(3): 477-504. 2003.

Neighborhood playgrounds, fast food restaurants, and crime: relationships to overweight in low-income preschool children. H.L. Burdette and R.C. Whitaker. *Preventive Medicine*, 38(1): 57-63. 2004.

Obesigenic families: parents' physical activity and dietary intake patterns predict girls' risk of overweight. K. Krahnstoever Davison and L. Lipps Birch. *International Journal of Obesity*, 26(9): 1181-1193. 2002.

Overweight children: is parental nutrition knowledge a factor? J.N. Variyam. *ERS Food Review: Examining the Well-Being of Children*, 24(2): 18-22. 2001.
Available at:
<http://www.ers.usda.gov/publications/FoodReview/May2001/FRV24I2c.pdf>.

Prevention of childhood obesity: sociocultural and familial factors. M.B. Bruss, J. Morris, and L. Dannison. *Journal of the American Dietetic Association*, 103(8): 1042-1045. 2003.

A primer on early childhood obesity and parental influence. E.A. Hodges. *Pediatric Nursing*, 29(1): 13-16. 2003.

The role of media in childhood obesity. The Henry J. Kaiser Family Foundation. Menlo Park, CA. February 2004. 12 pp. Available at:
<http://www.kff.org/entmedia/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=32022>.

Television viewing and change in body fat from preschool to early adolescence: the Framingham Children's Study. M.H. Proctor, et al. *International Journal of Obesity*, 27(7): 827-833. 2003.

B. Infant/Child Feeding Practices

Association between infant breastfeeding and overweight in young children. M.L. Hediger, et al. *Journal of the American Medical Association*, 285(19): 2453-2460. 2001.

Attitudes, practices, and concerns about child feeding and child weight status among socioeconomically diverse white, Hispanic, and African-American mothers. B. Sherry, et al. *Journal of the American Dietetic Association*, 104(2): 215-221. 2004.

Breastfeeding and infant growth: biology or bias? M.S. Kramer, et al. *Pediatrics*, 110(2): 343-347. 2002.

Breast-feeding through the first year predicts maternal control in feeding and subsequent toddler energy intakes. J. Orlet Fisher, et al. *Journal of the American Dietetic Association*, 100(6): 641-646. 2000.

Children's meal patterns have changed over a 21-year period: the Bogalusa Heart Study. T.A. Nicklas, et al. *Journal of the American Dietetic Association*, 104(5): 753-761. 2004.

Does breastfeeding protect against pediatric overweight? Analysis of longitudinal data from the Centers for Disease Control and Prevention Pediatric Nutrition Surveillance System. L.M. Grummer-Strawn and Z. Mei. *Pediatrics*, 113(2): 81-86. 2004.

Early infant feeding and growth status of U.S.-born infants and children aged 4-71 months: analysis from the third National Health and Nutrition Examination Survey, 1988-1994. M.L. Hediger, et al. *American Journal of Clinical Nutrition*, 72(1): 159-167. 2000.

Food purchased away from home as a predictor of change in BMI z-score among girls. O.M. Thompson, et al. *International Journal of Obesity*, 28(2): 282-289. 2004.

Is breastfeeding protective against child obesity? K.G. Dewey. *Journal of Human Lactation*, 19(1): 9-18. 2003.

Is late bottle-weaning associated with overweight in young children? Analysis of NHANES III data. K. Bonuck, R. Kahn, and C. Schechter. *Clinical Pediatrics*, 43(6): 535-540. 2004.

Is parental control over children's eating associated with childhood obesity? Results from a population-based sample of third graders. T.N. Robinson, et al.

Obesity Research, 9(5): 306-312. 2001.

Maternal-child feeding patterns and child body weight: findings from a population-based sample. M.S. Faith, et al. *Archives of Pediatric Adolescent Medicine*, 157(9): 926-932. 2003.

Risk of overweight among adolescents who were breastfed as infants. M.W. Gillman, et al. *Journal of the American Medical Association*, 285(19): 2461-2467. 2001.

The pediatric obesity epidemic: causes and controversies. A.H. Slyper. *The Journal of Clinical Endocrinology & Metabolism*, 89(6): 2540-2547. 2004.

C. Physical Activity

Assessing risk factors for obesity between childhood and adolescence: energy metabolism and physical activity. A.D. Salbe, et al. *Pediatrics*, 110(2): 307-314. 2002.

Does early physical activity predict body fat change throughout childhood? L.L. Moore, et al. *Preventive Medicine*, 37(1): 10-17. 2003.

Effects of contingent television on physical activity and television viewing in obese children. M.S. Faith, et al. *Pediatrics*, 107(5): 1043-1048. 2001.

One-year changes in activity and in inactivity among 10- to 15-year-old boys and girls: relationship to change in body mass index. C.S. Berkey, et al. *Pediatrics*, 111(4): 836-843. 2003.

Physical activity and determinants of physical activity in obese and non-obese children. S.G. Trost, et al. *International Journal of Obesity*, 25(6): 822-829. 2001.

Physical activity in overweight and non-overweight preschool children. S.G. Trost, et al. *International Journal of Obesity*, 27(7): 834-839. 2003.

Physical education in elementary school and body mass index: evidence from the Early Childhood Longitudinal Study. A. Datar and R. Sturm. *American Journal of Public Health*, 94(9): 1501-1506. 2004.

D. Type II Diabetes/Metabolic Syndrome

Insulin resistance syndrome in children. S. Ten and N. Maclaren. *Journal of Endocrinology and Metabolism*, 89(6): 2526-2539. 2004.

Obesity and the metabolic syndrome in children and adolescents. R. Weiss, et al. *New England Journal of Medicine*, 350(23): 2362-2374. 2004.

Obesity hypertension in children: a problem of epidemic proportions. J. Sorof and S. Daniels. *Hypertension*, 40(4): 441-447. 2002.

Obesity, insulin resistance, diabetes and cardiovascular risk in children: an American Heart Association scientific statement from the Atherosclerosis, Hypertension, and Obesity in the Young Committee (Council on Cardiovascular Disease in the Young) and the Diabetes Committee (Council on Nutrition, Physical Activity, and Metabolism). J. Steinberger and S.R. Daniels. *Circulation*, 107(10): 1448-1453. 2003.

Obesity, regional fat distribution, and Syndrome X in obese black versus white adolescents: race differential in diabetogenic and atherogenic risk factors. F. Bacha, et al. *The Journal of Clinical Endocrinology & Metabolism*, 88(6): 2534-2540. 2003.

Prevalence and trends of a metabolic syndrome phenotype among U.S. adolescents, 1999-2000. G.E. Duncan, S.M. Li and X. Zhou. *Diabetes Care*, 27(10): 2438-2443. 2004.

Prevalence of impaired glucose tolerance among children and adolescents with marked obesity. R. Sinha, et al. *New England Journal of Medicine*, 346(11): 802-810. 2002.

Time-course of adiposity and fasting insulin from childhood to young adulthood in offspring of parents with coronary artery disease: the Bogalusa Heart Study. A.A. Youssef, et al. *Annals of Epidemiology*, 12(8): 553-559. 2002.

Type 2 diabetes mellitus in children and youth: a new epidemic. F.R. Kaufman. *Journal of Pediatric Endocrinology and Metabolism*, 15 (Supplement 2): 737-744. 2002.

IV. Prevention and Intervention Approaches

Childhood obesity and the role of USDA (Food Assistance Research Brief No. FANRR-34-11). V. Oliveira and J.N. Variyam, USDA, Economic Research Service. Washington, DC. July 2003. 2 pp. Available at: <http://www.ers.usda.gov/publications/fanrr34/fanrr34-11/fanrr34-11.pdf>.

Childhood obesity - advancing effective prevention and treatment: an overview for health professionals. National Institute for Health Care Management Research and Educational Foundation. Washington, DC. May 2003. 48 pp. Available at: <http://www.nihcm.org/ChildObesityOverview.pdf>.

Committed to kids: an integrated 4-level team approach to weight management in adolescents. M.S. Sothorn, et al. *Journal of the American Dietetic Association*, 102 (Supplement 3): 81-85. 2002.

Counseling Latina mothers of preschool children about weight issues: suggestions for a new framework. P.B. Crawford, et al. *Journal of the American Dietetic Association*, 104(3): 387-394. 2004.

Developing health messages: qualitative studies with children, parents, and teachers help identify communications

opportunities for healthful lifestyles and the prevention of obesity. S.T. Borra, et al. *Journal of the American Dietetic Association*, 103(6): 721-728. 2003.

An environmental intervention to promote lower-fat food choices in secondary schools: outcomes of the TACOS Study. S.A. French, et al. *American Journal of Public Health*, 94(9): 1507-1512. 2004.

Familial approach to the treatment of childhood obesity: conceptual model. M. Golan and A. Weizman. *Journal of Nutrition Education and Behavior*, 33(2): 102-107. 2001.

Guidelines for childhood obesity prevention programs: promoting healthy weight in children. Weight Realities Division of the Society for Nutrition Education. Indianapolis, IN. October 2002. 4 pp. Available at: <http://www.sne.org/>.

Management of child and adolescent obesity: attitudes, barriers, skills, and training needs among health care professionals. M.T. Story, et al. *Pediatrics*, 110(1): 210-214. 2002.

Mediators of weight loss in a family-based intervention presented over the internet. M.A. White, et al. *Obesity Research*, 12(7): 1050-1059. 2004.

Pathways: a school-based, randomized controlled trial for the prevention of obesity in American Indian schoolchildren. B. Caballero, et al. *American Journal of Clinical Nutrition*, 78(5): 1030-1038. 2003.

Position of the American Dietetic Association: dietary guidance for healthy children ages 2 to 11 years. American Dietetic Association. *Journal of the American Dietetic Association*, 104(4): 660-677. 2004.

Position of the American Dietetic Association, Society for Nutrition Education, and American School Food Service Association – nutrition services: an essential component of comprehensive school health programs. American Dietetic Association. *Journal of the American Dietetic Association*, 103(4): 505-514.

Preventing childhood obesity: health in the balance. Institute of Medicine of the National Academies. Washington, DC. September 2004. Report and supplemental fact sheets available at: <http://www.iom.edu/report.asp?id=22596>.

Preventing obesity in American Indian children: when to begin. J. Harvey-Berino, et al. *Journal of the American Dietetic Association*, 100(5): 564-566. 2000.

Prevention of pediatric overweight and obesity (policy statement). Committee on Nutrition, American Academy of Pediatrics. *Pediatrics*, 112(2): 424-430. 2003.

Prevention and treatment of overweight in children and adolescents. A. Fowler Brown and L.C. Kahwati. *American Family Physician*, 69(11): 2591-2598. 2004.

School-based health education programs can be maintained over time: results from the CATCH Institutionalization Study. D.M. Hoelscher, et al. *Preventive Medicine*, 38(5): 594-606. 2004.

Solving the obesity conundrum. J. MacAulay and R. Newsome. *Food Technology*, 58(6): 32-37. 2004.

The Surgeon General's call to action to prevent and decrease overweight and obesity. Office of the Surgeon General, U.S. Department of Health and Human Services. Washington, DC. 2001. Available at: <http://www.surgeongeneral.gov/topics/obesity/calltoaction/toc.htm>.

Walking the talk: Fit WIC wellness programs improve self-efficacy in pediatric obesity prevention counseling. P.B. Crawford, et al. *American Journal of Public Health*, 94(9): 1480-1485. 2004.

V. Educational Materials

Childhood Obesity: Breaking the Cycle: An Educator's Toolkit

Evanston, IL: United Learning, 2001.

Includes: 3 videocassettes, 1 educator's guide, participant materials

NAL Call Number: Videocassette no. 3012

Description: This toolkit is designed to assist educators in addressing environment and lifestyle issues as they related to childhood obesity. Available in English and Spanish.

Ordering Information:

1560 Sherman Avenue, Suite 100

Evanston, IL 60201

Phone: 800-323-9084

Fax: 847-328-6706

Online Ordering: http://www.unitedlearning.com/curriculum_programs/pricing.cfm?id=273

Children and Weight: What Communities Can Do

Berkeley, CA: University of California Agriculture and Natural Resources, 2002.

Includes: Resource manual, video, and CD-ROM

NAL Call Number: Kit no. 427

Description: This kit is designed for use by community leaders interested in developing an action plan to prevent and reduce the incidence of childhood obesity. It provides information on prevalence, strategies for prevention, and tips for how to mobilize community resources.

Ordering Information:

ANR Communication Services

6701 San Pablo Avenue

Oakland, CA 94608

Phone: 510-642-2431

Toll Free: 800-994-8849

Fax: 510-643-5470

Online Ordering: <http://anrcatalog.ucdavis.edu/merchant.ihtml?pid=5523&lastcatid=349&step=4>

The Fit WIC Implementation Manual

Alexandria, VA: Food and Nutrition Service, U.S. Department of Agriculture, 2003.

Web site: http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_FIT.html

NAL Call Number: aRJ399.C6 F67 2003

Description: This 195 page manual details the experiences of the five teams involved in Fit WIC, a childhood obesity prevention initiative funded by the USDA Food and Nutrition Service. The manual is available online in full-text, accompanied by select educational materials developed during the project. Also available in print while supplies last.

Ordering Information:

Attention: Publications Coordinator

Supplemental Foods Program Division

USDA Food and Nutrition Service

3101 Park Center Drive, Room 520

Alexandria, VA 22302

Fax: 703-305-2196

Email: wichq-sfpd@fns.usda.gov

Online Ordering: http://www.nal.usda.gov/wicworks/Learning_Center/WICpub_order_form.pdf (printable order form)

Healthy Eating and Physical Activity Across Your Lifespan: Helping Your Child

Bethesda, MD: Weight Control Information Network, National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health, 2004.

Web site: <http://www.niddk.nih.gov/health/nutrit/pubs/parentips/tipsforparents.htm>

Description: This 20 page booklet provides guidance for parents on how to encourage healthy eating and physical activity within their families. It is available online in full-text, as well as print copies.

Ordering Information:

Weight Control Information Network

1 WIN Way

Bethesda, MD 20892-3665 (Please use complete 9-digit ZIP code.)

Phone: 202-828-1025

Toll Free: 877-946-4627

Fax: 202-828-1028

Email: win@info.niddk.nih.gov

Online Ordering: <http://www.niddk.nih.gov/health/nutrit/pubs/winpubsorder.htm>

Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents

Thousand Oaks, CA: WellPoint Health Networks, Inc. and the American Dietetic Association, 2003.

Web site: http://www.wellpoint.com/healthy_parenting/index.html

Description: This 12 page booklet offers families insight into setting realistic goals for healthy eating and physical activity. It is available online in full-text, as well as print copies.

Ordering Information:

Mybar Printing

Phone: 800-794-0070, ext. 245

Online Ordering: https://www.myprint.com/wp/livewell_order.asp

The Healthy School Meals Resource System

Beltsville, MD: Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture.

Web site: <http://schoolmeals.nal.usda.gov/>

Description: This online resource system is designed to assist school food service programs in meeting the Dietary Guidelines. It includes a searchable database of food service and nutrition education materials for use by staff of USDA Child Nutrition Programs.

If Your Child Is Overweight: A Guide for Parents, 2nd edition

Sharon M. Kosharek, MS, RD

Chicago, IL: American Dietetic Association, 2003.

Description: This 48 page book is designed to assist parents and children in making positive lifestyle changes that will improve their overall health and well-being.

Ordering Information:

American Dietetic Association

General Account, Suite 6067

75 Remittance Drive

Chicago, IL 60675-6067

Phone: 800-877-1600, ext. 5000

Fax: 312-899-4899

Online Ordering: <http://www.eatright.org/Public/ProductCatalog/104.cfm>

Kids in Action: Fitness for Children Birth to Age Five

Reston, VA: National Association for Sport and Physical Education, American Alliance for Health, Physical Education, Recreation and Dance, 2003.

Web site: http://www.aahperd.org/naspe/pdf_files/brochure.pdf

Description: This 15 page booklet presents parents and caregivers with ideas for activities they can do with young children. It is available online in full-text, as well as print copies.

Ordering Information: To find out how to order contact Judy Bender at jbender@aaahperd.org.

Patient Counseling Guidelines for Families with Overweight Children and Adolescents

Wendy Slusser, MD, MS

Thousand Oaks, CA, WellPoint Health Networks, Inc., 2003.

Web site: http://www.wellpoint.com/downloads/PhysHandbook_final.pdf

Description: This 30 page reference handbook for health professionals discusses prevention, detection, assessment and management of childhood/adolescent overweight. It is available online in full-text.

The Power of Choice: Helping Youth Make Healthy Eating Decisions: A Leader's Guide

Rockville, MD: Food and Drug Administration, U.S. Department of Health and Human Services and Alexandria, VA: Food and Nutrition Service, U.S. Department of Agriculture, 2003.

Web site: http://www.fns.usda.gov/tn/Resources/power_of_choice.html

Description: This guide is intended for use by after-school program leaders working with adolescents and includes 10 interactive sessions based on four posters that cover a variety of nutrition and physical activity-related topics. It is available to order by organizations participating in the USDA's Child Nutrition Programs and is also available online in full-text.

Ordering Information:

USDA's Team Nutrition

3101 Park Center Drive, Room 632

Alexandria, VA 22302

Fax: 703-305-2549

Online Ordering: <http://www.fns.usda.gov/tn/Resources/POCform.htm>

VERB: It's What You Do

Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

Web site: <http://www.cdc.gov/youthcampaign/>

Description: The goal of this campaign is to encourage children ages 9-13 to be physically active everyday. The campaign combines paid advertising, marketing strategies, and partnerships to reach both the children and their parents/caregivers. The Web site includes background information on the campaign, as well as educational materials available in English and Spanish.

VI. Additional Contacts

Action for Healthy Kids

4711 West Golf Road, Suite 806

Skokie, IL 60076

Email: info@actionforhealthykids.org

Web site: <http://www.actionforhealthykids.org/index.htm>

American Obesity Association

1250 24th Street, NW, Suite 300

Washington, DC 20037

Phone: 202-776-7711

Fax: 202-776-7712

Web site: <http://www.obesity.org/>

The Center for Health and Health Care in Schools

1350 Connecticut Avenue, Suite 505

Washington, DC 20036

Phone: 202-466-3396

Fax: 202-466-3467

Email: chhcs@gwu.edu

Web site: <http://www.healthinschools.org/home.asp>

Center for Health Promotion

International Life Sciences Institute

2295 Parklake Drive, Suite 450

Atlanta, GA 30345

Phone: 770-934-1010

Fax: 770-934-7126

Email: chp@ilsi.org

Web site: <http://www.ilsi.org/index.cfm?pubentityid=14>

Center for Weight and Health

College of Natural Resources

University of California

101 Giannini Hall #3100

Berkeley, CA 94720-3100

Phone: 510-642-1599

Fax: 510-642-4612

Web site: <http://www.cnr.berkeley.edu/cwh/index.html>

Coalition for a Healthy and Active America

P.O. Box 387

301 West Platt Street

Tampa, FL 33606

Phone: 866-881-7666

Email: info@chaausa.org

Web site: <http://www.chausa.org/>

Division of Adolescent and School Health

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

Phone: 404-639-3534

Toll Free: 800-311-3435

Email: HealthyYouth@cdc.gov

Web site: <http://www.cdc.gov/HealthyYouth/index.htm>

Division of Nutrition and Physical Activity

National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
Phone: 770-488-5820
Fax: 770-488-5473
Email: ccdinfo@cdc.gov
Web site: <http://www.cdc.gov/nccdphp/dnpa>

Healthy Parenting Initiative (joint project with the American Dietetic Association)
c/o WellPoint Health Networks, Inc.
1 WellPoint Way
Thousand Oaks, CA 91362
Phone: 805-557-6655
Web site: http://www.wellpoint.com/commitments/healthy_parenting.asp

National Association for Sport and Physical Education
American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive
Reston, VA 20191-1598
Phone: 703-476-3400
Toll Free: 800-213-7193
Web site: <http://www.aahperd.org/naspe/template.cfm?template=main.html>

National Coalition for Promoting Physical Activity
1010 Massachusetts Avenue, Suite 350
Washington, DC 20001
Fax: 202-454-7598
Email: info@ncppa.org
Web site: <http://www.ncppa.org/>

The NIH Obesity Research Task Force
National Institutes of Health (NIH)
9000 Rockville Pike
Bethesda, MD 20892
Web site: <http://obesityresearch.nih.gov/>

Weight Control Information Network
1 Win Way
Bethesda, MD 20892-3665
Phone: 202-828-1025
Toll Free: 877-946-4627
Fax: 202-828-1028
Email: win@info.niddk.nih.gov
Web site: <http://www.niddk.nih.gov/health/nutrit/win.htm>

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Web site: <http://www.nal.usda.gov/fnic>

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