



Some Obesity Prevention Resources

Resources for public health leaders, program managers, agency directors, health care providers, nutritionists, chronic disease and maternal and child health professionals

Centers for Disease Control and Prevention Resources

<http://www.cdc.gov/obesity/resources/recommendations.html>

<http://www.cdc.gov/physicalactivity/>

Me and My Family <http://www.cdc.gov/physicalactivity/strategies/meandfamily.html>

My Workplace <http://www.cdc.gov/physicalactivity/strategies/workplace.html>

My Community <http://www.cdc.gov/physicalactivity/strategies/community.html>

CDC Guide to Strategies to Increase Physical Activity in the Community

http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables

http://www.cdc.gov/obesity/downloads/fandv_2011_web_tag508.pdf

CDC Guide to Breastfeeding Interventions

<http://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF>

School Health Guidelines to Promote Healthy Eating and Physical Activity.

<http://www.cdc.gov/healthyyouth/npao/strategies.htm>

School-Based Obesity Prevention Strategies for State Policymakers

http://www.cdc.gov/healthyyouth/policy/pdf/obesity_prevention_strategies.pdf

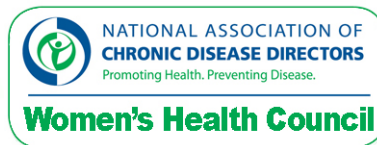
The Community Guide: Obesity Prevention and Control Resources

<http://www.thecommunityguide.org/obesity/index.html>

National Heart, Lung, Blood and Institute (NHLBI) Professional Resources

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

<http://www.nhlbi.nih.gov/health-pro/guidelines/in-develop/obesity-evidence-review>



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Institute of Medicine Resources

Obesity Prevention Activities and Progress

<http://www.iom.edu/About-IOM/Leadership-Staff/Boards/Food-and-Nutrition-Board/ObesityReports.aspx>

Pregnancy Weight Gain Guidelines: Dissemination Workshops and Related Activities

<http://www.iom.edu/activities/children/pregnancyweightdissemination.aspx>

Resources for chronic disease, maternal child health and other women's health practitioners' public or educational resources for patients and Resources for you, the participant resources for you and your networks.

Resources from the CDC Division of Nutrition, Physical Activity and Obesity

Healthy Weight

<http://www.cdc.gov/healthyweight/>

National Heart, Lung, Blood and Institute (NHLBI) Public Resources

Aim for a Healthy Weight

http://www.nhlbi.nih.gov/files/docs/public/heart/aim_hwt.pdf

Aim for Healthy Weight Website

http://www.nhlbi.nih.gov/health/educational/lose_wt/

We Can Program for children

<http://www.nhlbi.nih.gov/health/educational/wecan/index.htm>



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Resources from the National Institute for Diabetes, Digestive and Kidney Disease

Weight-control Information Network (WIN), Active at Any Size

<http://www.win.niddk.nih.gov/>

USDA Center for Nutrition Policy & Promotion

Choose My Plate

<http://www.choosemyplate.gov/>

SuperTracker

<https://www.supertracker.usda.gov/default.aspx>

Dietary Guidelines for Americans Dietary Guidelines for Americans

<http://www.cnpp.usda.gov/DietaryGuidelines>

What's Cooking USDA Mixing Bowl

<http://www.whatscooking.fns.usda.gov/nutrition-focus>

Million Heart Initiative

Recipes

<http://recipes.millionhearts.hhs.gov/>

Heart Healthy recipes, help with food shopping and reading labels

http://millionhearts.hhs.gov/resources/action_guides.html

Office on Women's Health and Indian Health Services

BodyWorks for Girls Spanish Language and American Indian toolbox

<http://www.womenshealth.gov/bodyworks/>

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American Heart Association Resources

Face the Fat – AHA Fat Calculator

Center with healthy living tips and tools

http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp

American Diabetes Association Resources

Weight Loss

<http://www.diabetes.org/food-and-fitness/weight-loss/?loc=ff-slabnav>

Arthritis Foundation

Weight Loss

<http://www.arthritistoday.org/what-you-can-do/losing-weight/>

National/State Programs

North Carolina's Eat Smart, Move More

<http://www.eatsmartmovemorenc.com/>

California's Project Lean

<http://www.californiaprojectlean.org/>

Utah's "make the Healthy Choice

<http://www.choosehealth.utah.gov/your-health/resources-locator.php>

ACHIEVE

<http://www.achievecommunities.org/>