

Resources for Obesity, Physical Activity and Nutrition

Obesity and Overweight

Centers for Disease Control and Prevention, Nutrition and Physical Activity Program <http://www.cdc.gov/nccdphp/dnpa/index.htm>

The Institute of Medicine of the National Academies was created by the federal government to be an adviser on scientific and technological matters.

Food Marketing to Children and Youth: Threat or Opportunity?:

<http://www.iom.edu/Object.File/Master/31/337/0.pdf>

Preventing Childhood Obesity: Health in the Balance

<http://www.iom.edu/CMS/3788/5867/22596.aspx>

Kaiser Permanente Institute for Health Policy, Roundtable Summary Report: *Prevention and Treatment of Overweight and Obesity: Toward a Roadmap for Advocacy and Action.*

http://www.kpihp.org/publications/briefs/Obesity_Summary.pdf

NAASO, The Obesity Society is a leading scientific society dedicated to the study of obesity. <http://www.naaso.org/>

National Heart, Lung and Blood Institute Obesity Education Initiative

<http://www.nhlbi.nih.gov/about/oei/index.htm>

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

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity, 2001 Report

http://www.surgeongeneral.gov/topics/obesity/calltoaction/1_1.htm

Physical Activity

Active Living by Design is a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. This program establishes innovative approaches to increase physical activity through community design, public policies and communications strategies.

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

Active Transportation refers to human-powered transportation, and most commonly refers to walking and bicycling, to get to primary destinations such as work and school. The goal of this website is to provide resources, suggestions and information on Active Transportation.
<http://www.activetransportation.org/>

American College of Sports Medicine
ACSM.org

American Council on Exercise
Acefitness.org

Healthful Eating

CDC 5 A Day Website
<http://www.cdc.gov/nccdphp/dnpa/5aday/>

Dietary Approaches to Stop Hypertension (DASH) Eating Plan
<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

Food and Health Communications
<http://foodandhealth.com/>

Produce for Better Health
<http://www.pbhfoundation.org/educators/teachers/>

Team Nutrition, USDA
<http://teamnnutrition.usda.gov/>

USDA, Food and Nutrition Service: Eat Smart Play Hard
<http://www.fns.usda.gov/eatsmartplayhard/>

United States Department of Agriculture, My Pyramid
<http://www.mypyramid.gov>

United States Department of Agriculture, 2005 Dietary Guidelines for Americans, <http://www.health.gov/dietaryguidelines/>