

## Healthy Weight for Kids

### Resources, Programs and Initiatives

#### North Carolina Healthy Weight Initiative

[www.nchealthyweight.com](http://www.nchealthyweight.com)

The mission of the NC Healthy Weight Initiative is to shape the eating and physical activity patterns of North Carolina children and youth in ways that will lead to healthy weight and reduce the risk for chronic disease. The website includes recommendations for change.

#### ADA (American Dietetic Association)

[www.adaf.org/adafinitiatives/healthyweight.htm](http://www.adaf.org/adafinitiatives/healthyweight.htm)

The American Dietetic Association Foundation has made childhood obesity a primary focus with a *Healthy Weight for Healthy Kids* campaign, cosponsored by the Peanut Institute. Check website for materials as they are developed.

#### ASFSA (American School Food Service Association)

[www.asfsa.org](http://www.asfsa.org)

The 55,000 members of ASFSA work in school nutrition all across the USA, and many are active in creating school-based nutrition programs for healthy kids. The website features research, programs and ways to get involved with local schools.

#### CDC (Centers for Disease Control and Prevention)

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/)

The CDC site is an essential resource for nutrition and physical activity issues. Search for surveillance data (including maps of obesity prevalence), pediatric growth charts and several national campaigns - like Kids Walk-to-School and Turn Off Your TV.

#### USDA (Department of Agriculture)

[www.fns.usda.gov/tn/Default.htm](http://www.fns.usda.gov/tn/Default.htm)

The Team Nutrition program is a goldmine of materials, kits and local efforts to enhance school nutrition environments. You can download free materials, read about Team Nutrition success stories and find out what is going on in your state.

