

Defining Childhood Obesity

Centers for Disease Control and Prevention

Childhood Overweight and Obesity Defined

Read the CDC's list of symptoms, causes, risk factors and complications of the disease, including tips on home remedies, coping, support and prevention

<http://www.cdc.gov/obesity/childhood/index.html>

Mayo Clinic

Childhood Overweight and Obesity Defined

Read Mayo Clinic's expert advice on symptoms, causes, risk factors and complications of the disease, including tips on home remedies, coping, support and prevention

<http://www.mayoclinic.com/health/childhood-obesity/DS00698>

National Institute of Health

NIH Obesity Task Force

Find resources and information on the NIH's strategic plan to fight obesity

<http://obesityresearch.nih.gov/about/about.htm>

Prevalence of Childhood Obesity

Obesity Society

Learn about the prevalence of Childhood Obesity in America, and get tips on how to calculate your child's Body Mass Index

http://www.obesity.org/information/childhood_overweight.asp

Science Daily Article

Childhood Obesity Linked to Neighborhood Social and Economic Status, Study Finds

Study finds children who live in economically disadvantaged neighborhoods are more likely to be overweight or obese

<http://www.sciencedaily.com/releases/2010/06/100611141529.htm>

Complications of Childhood Obesity

American Diabetes Association

Food and Fitness

Find nutrition and exercise tips for Diabetics

<http://www.diabetes.org/food-and-fitness>

American Academy of Child & Adolescent Psychiatry Article

Obesity in Children and Teens

Learn more about the facts, causes and complications of childhood obesity

http://www.aacap.org/cs/root/facts_for_families/obesity_in_children_and_teens

Empowered Parents Article

The 'Skinny' on Childhood Obesity

Read more on the importance of understanding the emotional problems overweight and obese children may face

http://www.empoweredparents.com/1prevention/prevention_07.htm

National Sleep Foundation Report

Children, Obesity and Sleep

Learn about how a child's weight can adversely affect sleep patterns and increase the likelihood of sleep apnea

<http://www.sleepforkids.org/html/obesity.html>

Fighting Childhood Obesity

American Heart Association

Healthier Kids

Learn about AHA programs to help kids get healthy

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp

American Public Health Association

Toolkits for intervention for overweight children and adolescents

Tools for parents, teachers, students and community leaders to eliminate overweight children and adolescents

<http://www.apha.org/programs/resources/obesity/prosobesitykit.htm>

CNN Health Article

How to fight obesity in three easy steps

Read recipe families can enjoy together, as well as ways to become more physically active as a family

<http://www.cnn.com/2010/HEALTH/02/08/childhood.obesity/index.html>

Ezine Article

Use fruit smoothie recipes to fight childhood obesity

Get some healthy, tasty tips on making the perfect low-calorie snack

<http://ezinearticles.com/?Use-Fruit-Smoothie-Recipes-to-Fight-Childhood-Obesity&id=3565587>

Georgetown University: Maternal and Child Health Library

Knowledge Path, Physical Activity and Children and Adolescents

Information and resources about physical activity

http://www.mchlibrary.info/KnowledgePaths/kp_phys_activity.html

Robert Wood Johnson Foundation

Childhood Obesity

Learn more about the strategy to fight childhood obesity, as well as programs and grants that aim to reduce and reverse the trend

<http://www.rwjf.org/childhoodobesity>

United States Department of Agriculture

Food and Nutrition Service

Find links and resources to nutrition assistance programs

<http://www.fns.usda.gov/fns>

The United States Surgeon General

Call to Action to Prevent and Decrease Overweight and Obesity

Article offers general suggestions to help determine and maintain a healthy weight

http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

Weight Control Information Network

Helping Your Overweight Child

Offers resources for childhood obesity and also offers tips on helping your child lead a healthier lifestyle

http://win.niddk.nih.gov/publications/over_child.htm