

DBHS Quarterly Health Initiative Kit
Obesity Resources for Consumers:

American Dietetic Association: Eating Right

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>

American College of Sports Medicine

www.acsm.org

Arizona Nutrition Network: Tips for kids and parents

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

Arizona Action for Healthy Kids

www.ActionForHealthyKids.org

Publications and Websites

Active at Any Size is a brochure from WIN that helps very large people become more physically active. National Institutes of Health (NIH) Publication No. 04–4352.

Better Health and You: Tips for Adults is a brochure from WIN on healthy eating and physical activity. It is part of the series *Healthy Eating and Physical Activity Across Your Lifespan*. NIH Publication No. 07–4992.

Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans is a brochure from the U.S. Department of Health and Human Services (DHHS) and the U.S. Department of Agriculture. It is available online at www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf. DHHS Publication No. HHS–ODPHP–2005–01–DGA–B.

SmallStep.Gov is a website from DHHS that helps users take small steps toward a healthy weight. You can find it online at www.smallstep.gov.

Walking: A Step in the Right Direction is a pamphlet from WIN about beginning a walking program. NIH Publication No. 07–4155.

Weight Loss for Life is a brochure from WIN offering sensible weight-control advice. NIH Publication No. 04–3700.

More Resources:

American Dietetic Association

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>

American Heart Association

<http://www.americanheart.org/presenter.ihtml?identifier=1200000>

Center for Disease Control (CDC): Health Youth Section

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

CDC 5 A Day

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

CDC Division of Nutrition, Physical Activity, and Obesity

<http://www.cdc.gov/nccdphp/dnpao/index.html>

Centers for Disease Control and Prevention

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

North American Association for the Study of Obesity

<http://www.obesitymyths.com/mythmaker1.3.2.htm>

Partnership for Prevention

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

President's Council on Physical Fitness and Sports

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

Shaping America's Youth Initiative

<http://www.shapingamericasyouth.org/Default.aspx>

USDA Center for Nutrition Policy and Promotion

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

USDA Food and Nutrition Service

www.fns.usda.gov