

Families and Communities Together (FACT) Coalition and the
Institute for Public Policy and Social Research present a web cast forum:

“Obesity: A Personal or Public Health Issue?”

Obesity Resources

Action for Healthy Kids

<http://www.ActionForHealthyKids.org>

American Academy of Pediatrics

Benefits of Physical Activity. 2000.

http://www.medem.com/MedLB/article_detailb.cfm?article_ID=ZZZCSE23B7C&sub_cat=405

American Heart Association

Obesity and Overweight in Children. 2002.

www.americanheart.org/presenter.jhtml?identifier=4670

CDC. Overweight and Obesity

Includes information about definitions, trends, consequences, FAQs, and more. 2002.

www.cdc.gov/nccdphp/dnpa/obesity/index.htm

Center for Weight and Health at Univ. of CA Berkeley

Position paper on Prevention of Childhood Overweight-What should be done?

<http://www.cnr.berkeley.edu/cwh/activities/position.shtml> and <http://www.cnr.berkeley.edu/cwh/>

Governor's Council on Physical Fitness, Health and Sports / Michigan Fitness Foundation. Information about Michigan's award-winning Exemplary Physical Education Curriculum, Walk to School Day, Active Community Environments, and more.

<http://www.michiganfitness.org>

The importance of physical activity for children and adolescents

<http://www.michiganfitness.org/reference/YouthPositionPaper.pdf>

Michigan Action for Healthy Kids Coalition

<http://www.udim.org>

Michigan Department of Community Health

<http://www.michigan.gov/mdch>

Michigan Department of Education and Michigan Department of Community Health

The Role of Michigan Schools in Promoting Healthy Weight 2001 Consensus Document

http://www.michigan.gov/documents/healthyweight_13649_7.pdf

Michigan Fitness Foundation

Exemplary Physical Education Curriculum. Michigan's nationally-recognized physical education curriculum.

<http://www.michiganfitness.org>

Michigan Nutrition Network Homepage URL

<http://www.mnn.fcs.msue.msu.edu/>

Michigan State University, Children, Youth and Family Programs
Promoting Healthy Weight for Children. Information for Professionals.
<http://www.msue.msu.edu/msue/cyf/family/index.html>

MSU, College of Human Medicine, Institute for Health Care Studies and Institute for Public Policy and Social Research
"Promoting Healthy Weight in Michigan Through Physical Activity & Nutrition" paper
<http://www.ippsr.msu.edu/Publications/Weight.pdf>

Michigan Team Nutrition
This website connects to the national Team Nutrition site at www.fns.usda.gov/tn. Both sites have information and materials for reaching children and families with healthy eating and physical activity education messages.
www.tn.fcs.msue.msu.edu

National Institute of Diabetes & Digestive & Kidney Diseases
For more information about proper serving portions and for a menu of a balanced diet
<http://www.niddk.nih.gov/health/nutrit/pubs/helpchild.htm>

Office of the Surgeon General
The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity
<http://www.surgeongeneral.gov/topics/obesity/>

Shapedown [For youth and teens between 6-17 years]
<http://www.weightmanagement@sparrow.org>

U.S. Department of Health and Human Services
Healthier US.gov. 2002. Information for a new government initiative sponsored by the Bush Administration.
<http://www.healthierus.gov/exercise.html>

U.S. Department of Health and Human Services. CDC.
Adolescent & School Health.
Guidelines to Promote Lifelong Physical Activity: Fact Sheet. 2002.
http://www.cdc.gov/nccdphp/dash/healthtopics/physical_activity/guidelines/factsheet.htm

Weight-control Information Network (WIN)
<http://www.niddk.nih.gov/health/nutrit/win.htm>

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