

Resource List for Obesity Data and Prevention

This document contains resources and websites for promoting healthy weight. Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For resources on nutrition and healthy eating, see the CSDE’s document, [Resource List for Dietary Guidance and Nutrition Information](#). For resources on nutrition education, see the CSDE’s document, [Resource List for Nutrition Education](#). For resources on physical activity and physical education, see the CSDE’s document, [Resource List for Physical Activity and Physical Education](#). For additional resource lists related to nutrition and healthy school environments, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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Body Mass Index (BMI)

About Child and Teen BMI (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Adult Energy Needs and BMI Calculator (Baylor College of Medicine): <https://www.bcm.edu/cnrc-apps/caloriesneed.cfm>

BMI Percentile Calculator for Child and Teen (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

BMI Screening in Schools: Helpful or Harmful (Health Education Research):

<https://academic.oup.com/her/article/21/6/761/611950>

Body Mass Index (BMI) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyweight/assessing/bmi/index.html>

Body Mass Index Measurement in Schools: Executive Summary (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyschools/obesity/bmi/pdf/BMI_execsumm.pdf

Calculate Your Body Mass Index (National Institutes of Health, National Heart, Lung and Blood Institute): https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

CDC Growth Charts Interactive Training Modules (Maternal and Child Health Bureau):

<http://depts.washington.edu/growth/mainover.htm>

Children's BMI Tool for Schools (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/tool_for_schools.html

Children's BMI-Percentile-for-Age Calculator (Children's Nutrition Research Center, Baylor College of Medicine): <https://www.bcm.edu/cnrc-apps/bodycomp/bmiz2.html>

The Link Between Schoolwide Food Practices and Student Weight (ACSD Research Brief):

<http://www.ascd.org/publications/researchbrief/v4n01/toc.aspx>

Hunger and Food Access

Healthy Food Access Portal (PolicyLink, The Food Trust, and The Reinvestment Fund):

<https://www.healthyfoodaccess.org/>

Hunger and Obesity (Food Research and Action Center): <https://frac.org/hunger-obesity>

Hungry and Overweight: How is It Possible? (Academy of Nutrition and Dietetics):

<https://eatrightfoundation.org/wp-content/uploads/2016/10/HungerObesityPossible.pdf>

Understanding the Connections: Food Insecurity and Obesity (Food Research and Action Center):

https://frac.org/wp-content/uploads/frac_brief_understanding_the_connections.pdf

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Obesity Data and Trends

Adult Obesity Facts (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/data/adult.html>

Adult Obesity Prevalence Maps (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/data/prevalence-maps.html>

Catalogue of Surveillance Systems for Datasets Relevant to Childhood Obesity Research (National Collaborative on Childhood Obesity Research): <https://www.nccor.org/nccor-tools/catalogue/>

CDC Healthy Schools: Obesity (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/obesity/index.htm>

Childhood Obesity (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/our-focus-areas/topics/childhood-obesity.html>

Childhood Obesity Facts (Centers for Disease Control and Prevention):

www.cdc.gov/obesity/data/childhood.html

Childhood Overweight and Obesity (Centers for Disease Control and Prevention):

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

National Institutes of Health (NIH)-Supported Obesity Research:

<https://www.obesityresearch.nih.gov/>

Nutrition, Physical Activity, and Obesity: Data, Trends and Maps (Centers for Disease Control and Prevention): <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>

Obesity and Overweight Data (The Child and Adolescent Health Measurement Initiative):

[https://www.childhealthdata.org/old-\(pre-july-2018\)/saipages/test/topic/obesity](https://www.childhealthdata.org/old-(pre-july-2018)/saipages/test/topic/obesity)

Overweight and Obesity: Data and Statistics (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/data/index.html>

Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):

https://www.cdc.gov/brfss/data_tools.htm

State Indicator Reports (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/resources/reports.html#State>

Surveillance Systems (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/data/surveillance.html>

For additional resources on health data, see “Data and Trends” in the CSDE’s documents, *Resource List for Wellness Policies for Schools and Child Care* and *Resource List for Physical Education and Physical Activity*.

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Obesity Education and Information

5 Healthy Goals: Help prevent childhood obesity and ensure that kids are healthy in child care and early education programs (Healthy Kids, Healthy Future, Nemours Children's Health System): <https://healthykidshealthyfuture.org/resources-for-parents/>

Adolescent and Childhood Obesity (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/adolescent-and-childhood-obesity>

Aim for a Healthy Weight (National Institutes of Health, National Heart, Lung and Blood Institute): https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm

Child Advocacy Toolkit (National Association to Advance Fat Acceptance): https://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed

Childhood Obesity (Robert Wood Johnson Foundation): <https://www.rwjf.org/en/our-focus-areas/topics/childhood-obesity.html>

Childhood Obesity: A Select Bibliography (The Center for Health and Health Care in Schools): <http://healthinschools.org/issue-areas/other-school-health-issues/school-health-issues/childhood-obesity-a-select-bibliography/#sthash.NLZHLYLN.dpjs>

Healthy Weight (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyweight/index.html>

Nutrition, Physical Activity & Obesity Prevention Program (Connecticut Department of Public Health): <https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Nutrition-Physical-Activity-and-Obesity-Prevention-Program/Nutrition-Physical-Activity--Obesity-Prevention-Program>

Obesity and Cancer (National Institutes of Health, National Cancer Institute): <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>

Obesity Society: <https://www.obesity.org/>

Overweight and Obesity in Youth in Schools: The Role of the School Nurse (National Association of School Nurses): <https://schoolnursenet.nasn.org/blogs/nasn-profile/2017/03/13/overweight-and-obesity-in-youth-in-schools-the-role-of-the-school-nurse>

Pediatric Obesity Resources (Obesity Medicine Association): <https://obesitymedicine.org/clinician-resources/pediatric-obesity-resources/>

Public Educational Resources: Brochure/Guides (Obesity Action Coalition): <https://www.obesityaction.org/get-educated/public-resources/brochures-guides/>

The Role of the Media in Childhood Obesity (Kaiser Family Foundation): <https://www.kff.org/other/issue-brief/the-role-of-media-in-childhood-obesity/>

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Tips for Parents: Ideas to Help Children Maintain a Healthy Weight (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyweight/children/>

Weight Bias & Stigma: Schools and Educators (UConn Rudd Center for Food Policy & Obesity): <http://www.uconnruddcenter.org/weight-bias-stigma-schools-and-educators>

Weight Management and Obesity Resource List (USDA National Agricultural Library, Food and Nutrition, Information Center): https://www.nal.usda.gov/sites/default/files/fnic_uploads/weight.pdf

For resources on nutrition, developing healthy eating habits, reading food labels, and nutrition resources for families, see the CSDE's document, *Resource List for Dietary Guidance and Nutrition Information*. For nutrition handouts, see the CSDE's document, *Resource List for Nutrition Education*. For resources on physical activity and physical education, see the CSDE's document, *Resource List for Physical Activity and Physical Education*.

Obesity Prevention Strategies

Early Child Care Obesity Prevention Recommendations: Complete List (Harvard School of Public Health): <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-obesity-prevention-recommendation-complete-list/>

Early Childhood Obesity Prevention Policies (Institute of Medicine of the National Academy of Sciences, 2011): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3262615/>

Issues in Brief: Obesity Prevention Policies for Middle and High Schools: Are We Doing Enough? (National Association of Boards of Education): http://www.nasbe.org/wp-content/uploads/Obesity_Policies_Issue_Brief-4-28-10.pdf

Local Government Action to Prevent Childhood Obesity Report Brief (Institute of Medicine): <https://www.rwjf.org/en/library/research/2009/09/local-government-actions-to-prevent-childhood-obesity.html>

Obesity Prevention Source: Early Child Care: Daycare is the New Frontier for Obesity Prevention (Harvard School of Public Health): <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/>

Position Statement: Guidelines for Childhood Obesity Prevention Programs (Academy for Eating Disorders): <https://www.aedweb.org/get-involved/advocacy/position-statements/guidelines-for-childhood-obesity-prevention-programs>

Preventing Childhood Obesity: A School Health Policy Guide (National Association of Boards of Education): <http://www.nasbe.org/nasbe-in-the-news/preventing-childhood-obesity-a-school-health-policy-guide/>

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School-Based Obesity Prevention Strategies for State Policymakers (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyyouth/policy/pdf/obesity_prevention_strategies.pdf

Schools and Childhood Overweight (The Center for Health and Health Care in Schools):
<http://healthinschools.org/issue-areas/other-school-health-issues/schools-and-childhood-overweight/#sthash.u3hssTG5.jxnqgGIt.dpbs>

Strategies to Prevent & Manage Obesity: Early Care and Education (Centers for Disease Control and Prevention): <https://www.cdc.gov/obesity/strategies/childcareece.html>

Strategies to Prevent Obesity (Centers for Disease Control and Prevention):
<https://www.cdc.gov/obesity/strategies/index.html>

We Can! Ways to Enhance Children's Activity & Nutrition (National Institutes of Health, National Heart, Lung, and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/>

For resources on nutrition education, see the CSDE's document, *Resource List for Nutrition Education*.
For resources on physical activity and physical education, see the CSDE's document, *Resource List for Physical Activity and Physical Education*.

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact the [Nutrition Education Coordinator](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesObesity.pdf>.

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