

# 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, refer to the CSDE’s [Resource List for Dietary Guidance and Nutrition Information](#). For resources on nutrition education, refer to the CSDE’s [Resource List for Nutrition Education](#). For resources on physical activity and physical education, refer to the CSDE’s [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.



## Contents

Body Mass Index (BMI).....	2
Hunger and Food Access .....	3
Obesity Data and Trends.....	3
Obesity Education and Information.....	5
Obesity Prevention Strategies .....	7

**Quick search tips:** Click on the topics above to go directly to each section. Search for key words using the “Find” option in the PDF toolbar or Control + F.

# Resource List for Obesity Data and Prevention

## 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](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](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](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.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](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>

Growth Chart Training (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nccdphp/dnpao/growthcharts/index.htm>

# Resource List for Obesity Data and Prevention

## Hunger and Food Access

Food Insecurity (Healthy People 2030, U.S. Department of Health and Human Services):  
<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/food-insecurity>

Healthy Food Access Portal (PolicyLink, The Food Trust, and The Reinvestment Fund):  
<https://www.healthyfoodaccess.org/>

Hunger and food insecurity (Feeding America):  
<https://www.feedingamerica.org/hunger-in-america/food-insecurity>

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

Hunger and Obesity? Making the Connection (Center for Science in the Public Interest)  
[https://www.cspinet.org/sites/default/files/attachment/hunger\\_and\\_obesity\\_\\_frac\\_.pdf](https://www.cspinet.org/sites/default/files/attachment/hunger_and_obesity__frac_.pdf)

Hungry and Overweight: How is It Possible? (Academy of Nutrition and Dietetics):  
<https://www.eatrightfoundation.org/videos/hungry-and-overweight>

Nutrition Security (National Agricultural Library):  
<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-security>

The Hunger and Obesity Paradox (Harvard T.H. Chan School of Public Health):  
<https://www.hsph.harvard.edu/obesity-prevention-source/hunger-and-obesity/>

Understanding the Connections: Food Insecurity and Obesity (Food Research and Action Center):  
[https://frac.org/wp-content/uploads/frac\\_brief\\_understanding\\_the\\_connections.pdf](https://frac.org/wp-content/uploads/frac_brief_understanding_the_connections.pdf)

## 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 (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>

## Resource List for Obesity Data and Prevention

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

[www.cdc.gov/obesity/data/childhood.html](http://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>

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

<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 Reports (Centers for Disease Control and Prevention):

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

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](https://www.cdc.gov/brfss/data_tools.htm)

Surveillance Systems (Centers for Disease Control and Prevention):

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

For additional resources on health data, refer to “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*.

# Resource List for Obesity Data and Prevention

## 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/>

Accelerating Progress to Reduce Childhood Obesity (National Collaborative on Childhood Obesity Research):

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

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](https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)

Childhood Obesity Library (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/insights/collections/childhood-obesity-library.html>

Healthy Weight, Nutrition, and Physical Activity (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 (USDA National Institute of Food and Agriculture):

<https://www.nifa.usda.gov/topics/obesity>

Obesity and Cancer (Centers for Disease Control and Prevention):

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

Obesity Society:

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

Overweight and Obesity Fact Sheets (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/resources/factsheets.html>

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/resources/pediatric-resources/>

Public Educational Resources: Brochure/Guides (Obesity Action Coalition):

<https://www.obesityaction.org/get-educated/public-resources/brochures-guides/>

## Resource List for Obesity Data and Prevention

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/>

Tips to Support Healthy Routines for Children and Teens (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyweight/children/>

Weight Bias & Weight (UConn Rudd Center for Food Policy and Health):

<https://uconnruddcenter.org/research/weight-bias-stigma/>

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

# Resource List for Obesity Data and Prevention

## 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/>

Local Government Action to Prevent Childhood Obesity Report Brief (Institute of Medicine):

<https://www.ncbi.nlm.nih.gov/books/NBK219692/>

Obesity Prevention Source: Early Child Care: Daycare is the New Frontier for Obesity Prevention (Harvard T.H. Chan School of Public Health):

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/>

Obesity Prevention Strategies (Harvard T.H. Chan 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>

Prevention Strategies & Guidelines (Centers for Disease Control and Prevention):

<https://www.cdc.gov/obesity/resources/strategies-guidelines.html>

School Obesity Prevention Recommendations: Complete List (Harvard T.H. Chan School of Public Health):

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/schools/school-obesity-prevention-recommendations-read-and-print/>

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](https://www.cdc.gov/healthyyouth/policy/pdf/obesity_prevention_strategies.pdf)

State and Local Strategies (Centers for Disease Control and Prevention):

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

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>

## Resource List for Obesity Data and Prevention

The Role of Schools in Preventing Childhood Obesity (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/physicalactivity/pdf/roleofschools\\_obesity.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/roleofschools_obesity.pdf)

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



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For more information, visit the CSDE's [Food Safety for Child Nutrition Programs](#) webpage or contact the [child nutrition staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources\\_Obesity.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Obesity.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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