Resource List for Obesity Prevention

This document includes resources and websites for obesity prevention. Resources are listed by main category. Many websites contain information on multiple content areas. Additional resource lists are available on the CSDE's Resources for Child Nutrition Programs webpage.

The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

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Resource List for Obesity Prevention

Body Mass Index (BMI)

BMI Frequently Asked Questions (Centers for Disease Control and Prevention):
https://www.cdc.gov/bmi/faq/

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

Child and Teen BMI Calculator Widget (Centers for Disease Control and Prevention):
https://www.cdc.gov/bmi/child-teen-calculator/widget.html

BMI Screening in Schools: Helpful or Harmful (Health Education Research):
https://academic.oup.com/her/article-abstract/21/6/761/611950

Body Mass Index (BMI) (Centers for Disease Control and Prevention):
https://www.cdc.gov/bmi/index.html

Body Mass Index Measurement in Schools: Executive Summary (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthy-schools/media/pdfs/BMI_execsumm.pdf

Calculate Your BMI (National Institutes of Health, National Heart, Lung and Blood Institute):
https://www.nhlbi.nih.gov/calculate-your-bmi

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/growth-chart-training/hcp/training/index.html

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Hunger and Food Access

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

Food Assistance Programs (USDA Nutrition.gov):
https://www.nutrition.gov/topics/food-security-and-access/food-assistance-programs

Food and Nutrition Security (USDA National Institute of Food and Agriculture):
https://www.nifa.usda.gov/topics/food-nutrition-security

Food Security and Access (USDA):
https://www.nutrition.gov/topics/food-security-and-access

Healthy Food Access Portal (PolicyLink, The Food Trust, and The Reinvestment Fund):
https://healthyfoodaccess.org/why-hffi/

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 Connections (Center for Science in the Public Interest)
https://www.cspi.org/resource/hunger-and-obesity

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

Understanding the Connections: Food Insecurity and Obesity (Food Research and Action Center):
https://frac.org/wp-content/uploads/frac_brief_understanding_the_connections.pdf

USDA National Hunger Hotline (USDA):
https://www.fna.usda.gov/national-hunger-hotline

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Obesity Data and Trends

Adult Obesity Facts (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/adult-obesity-facts/

Adult Obesity Prevalence Maps (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/data-and-statistics/adult-obesity-prevalence-maps.html

Behavioral Risk Factor Surveillance System (Centers for Disease Control and Prevention):
https://www.cdc.gov/brfss/

Catalogue of Surveillance Systems (National Collaborative on Childhood Obesity Research):
https://www.nccor.org/nccor-tools/catalogue/

Childhood Obesity Facts (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/childhood-obesity-facts/childhood-obesity-facts.html

Childhood Obesity Library (Robert Wood Johnson Foundation):
https://www.rwjf.org/en/insights/collections/childhood-obesity-library.html

Division of Nutrition, Physical Activity, and Obesity (DNPAO) Data, Trends, and Maps (Centers for Disease Control and Prevention):
https://dnpao-dtm.cdc.gov/dnpao-data-trends-maps

Managing Obesity in Schools (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/chronic/obesity.html

NIH-Supported Obesity Research (National Institutes of Health):
https://www.obesityresearch.nih.gov/

Obesity Data and Statistics (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/data-and-statistics/index.html

Prevalence Data & Data Analysis Tools (Centers for Disease Control and Prevention):
https://www.cdc.gov/brfss/data_tools.htm

For additional resources related to 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.

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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/

Aim for a Healthy Weight (National Institutes of Health, National Heart, Lung and Blood Institute):
https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-weight

Childhood Obesity Library (Robert Wood Johnson Foundation):
https://www.rwjf.org/en/insights/collections/childhood-obesity-library.html

Division of Nutrition, Physical Activity, and Obesity (Centers for Disease Control and Prevention):
https://www.cdc.gov/nccdphp/divisions-offices/about-the-division-of-nutrition-physical-activity-and-obesity.html

National Collaborative on Childhood Obesity Research (NCCOR):
https://www.nccor.org/

Nutrition, Diet and Lifestyle Medicine Hub (American Medical Association):
https://edhub.ama-assn.org/nutrition-diet-lifestyle-medicine-hub

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 (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/index.html

Obesity and Cancer (Centers for Disease Control and Prevention):
https://www.cdc.gov/cancer/risk-factors/obesity.html

Overweight and Obesity (USDA Nutrition.gov):
https://www.nutrition.gov/topics/diet-and-health-conditions/overweight-and-obesity

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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/

The Obesity Society:
https://www.obesity.org/

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/healthy-weight-growth/tips-parents-caregivers/

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

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Obesity Prevention Strategies

AAP Policy Statements on Obesity (American Academy of Pediatrics):
https://www.aap.org/en/patient-care/institute-for-healthy-childhood-weight/aap-policy-statements-on-obesity/

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

Healthy Child Care Settings (Harvard T. H. Chan School of Public Health):
https://nutritionsource.hsph.harvard.edu/healthy-child-care/

Healthy Schools (Harvard T.H. Chan School of Public Health):
https://nutritionsource.hsph.harvard.edu/healthy-schools/

Local Government Action to Prevent Childhood Obesity Report Brief (Institute of Medicine):
https://www.ncbi.nlm.nih.gov/books/NBK219692/

Managing Obesity in Schools (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/chronic/obesity.html

Obesity Strategies: What Can Be Done (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/php/about/obesity-strategies-what-can-be-done.html

Preventing Childhood Obesity: 6 Things Families Can Do (Centers for Disease Control and Prevention):
https://www.cdc.gov/obesity/family-action/index.html

Preventing Obesity (Harvard T.H. Chan School of Public Health)
https://nutritionsource.hsph.harvard.edu/obesity/preventing-obesity/

Public Health Strategies for State and Local Programs(Centers for Disease Control and Prevention):
https://www.cdc.gov/dnpao-state-local-programs/php/public-health-strategies/index.html

School-Based Obesity Prevention Strategies for State Policymakers (Centers for Disease Control and Prevention):
https://stacks.cdc.gov/view/cdc/5799

Strategies for Early Care and Education (Centers for Disease Control and Prevention):
https://www.cdc.gov/early-care-education/php/public-health-strategy/index.html

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

Weight Stigma

Obesity & Weight Stigma (World Obesity):
https://www.worldobesity.org/what-we-do/our-policy-priorities/weight-stigma

Weight Bias & Weight Stigma (UConn Rudd Center for Food Policy and Health):
https://uconnruddcenter.org/research/weight-bias-stigma/

Weight Bias (Obesity Action Coalition):
https://www.obesityaction.org/action-through-advocacy/weight-bias/

Weight Stigma (National Eating Disorders Association):
https://www.nationaleatingdisorders.org/weight-stigma/

Weight Stigma and Food Bias (National Alliance for Eating Disorders):
https://www.allianceforeatingdisorders.com/weight-stigma-food-bias/

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For more information, visit the CSDE's Nutrition Education 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.

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