



CHILDHOOD OBESITY 101

This packet was compiled by the National School Boards Association's School Health Programs to provide school policy makers and other school stakeholders with a foundation for initiating further research, if necessary, on the policy and practice issues surrounding childhood obesity. It includes excerpts from publications, articles, and more from the NSBA School Health Resource Database as well as bibliographic information, additional resources, and websites.

BACKGROUND

Code #	Document
90040	<i>Youth Risk Behavior Surveillance—United States, 2009</i> , Centers for Disease Control and Prevention (CDC), 2010
8549	<i>Trends in the Prevalence of Obesity, Dietary Behaviors, and Weight Control Practices, National YRBS: 1991-2009</i> , CDC, 2010
70020	<i>Childhood Obesity: The Preventable Threat to America's Youth</i> , Action for Healthy Kids, 2008
70011	<i>Overweight and Obesity Among African American Youths</i> , Robert Wood Johnson Foundation (RWJF), 2010
70012	<i>Overweight and Obesity Among Latino Youths</i> , RWJF, 2010

PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS

6785	<i>Preventing Childhood Obesity: Health in the Balance</i> , Institute of Medicine, 2005
90082	<i>School District Wellness Policies: Evaluating Progress and Potential for Improving Children's Health Three Years After the Mandate</i> , Bridging the Gap, 2010
60020	<i>F as in Fat: How Obesity Threatens America's Future, 2010</i> , Trust for America's Health, 2010
100048	<i>Recommended Community Strategies and Measurements to Prevent Obesity in the United States</i> , CDC, 2009
110013	<i>Building Healthy Communities: A School Leaders Guide to Collaboration and Community Engagement</i> , California School Boards Association, 2009
100039	<i>American School Board Journal Health and Leadership Special Report</i> , National School Boards Association, 2009
9321	<i>Body Mass Index Measurement in Schools</i> , CDC, 2007
60021	<i>Preventing Childhood Obesity: A School Health Policy Guide</i> , National Association of State Boards of Education, 2009
15146	<i>Make a Difference at Your School! CDC Resources Can Help You Implement Strategies to Prevent Obesity Among Children and Adolescents</i> , CDC, 2008

Additional information specific to healthy eating, physical activity and local wellness policies is included in NSBA's School Health Programs' Healthy Eating 101, Physical Activity 101, and Addressing Wellness Policies 101 packets.

If you would like additional information, please contact a member of the school health staff at (703) 838-6722 or by e-mail at schoolhealth@nsba.org or visit our website at www.nsba.org/schoolhealth.

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