Resources for Parents and Caregivers: Child and Adolescent Overweight

Note: Since weight loss can affect growth and development in children and adolescents, these resources should only be used by a parent, or caregiver, after consultation with a healthcare provider if weight loss or control is desired.

Web Sites for Parents:

The University of Georgia, College of Family and Consumer Sciences Extension.
http://www.fcs.uga.edu/extension/nut_pubs/php
• General Information about Child Overweight. Your Child’s Health, Your Child’s Weight. subheading: Child Nutrition
• Nutritional Information for Several Fast Food Restaurants. Fast Food Frenzy. subheading: Dining Out

The Expanded Foods and Nutrition Education Program (EFNEP); the University of Georgia, College of Family and Consumer Sciences Cooperative Extension. www.eatwellga.com

Relevant Publications (subheading: Publications):
• What Makes a Good Snack: Feeding Your Preschool Child, FDNS-NE-1503
• Feeding Your Preschool Child, FDNS-NE-1502
• Feeding Tips For Preschool Children, FDNS-NE-1505
• Choosing Healthy Snacks, FDNS-NE-1202
• Fruits - How to Get 2-4 Servings a Day, FDNS-NE-901
• Vegetables - How to Get 3-5 Servings a Day, FDNS-NE-801
• Trimming the Fat from Our Diets, FDNS-NE

Interactive Web Sites For Children

BAM: http://www.bam.gov
• 9-13 year olds
• sponsored by CDC
• activities; short articles on physical activity, nutrition, safety, asthma, infectious diseases; games; quizzes; interviews; design a personal fitness program.

Kidnetic: http://www.kidnetic.com
• 9-12 year olds and their families
• interactive physical activity section
• International Food Information Council (IFIC) Foundation
Powerful Bones, Powerful Girls Campaign: http://www.cdc.gov/powerfulbones/
- girls, 9-12 years old
- quizzes, games, downloadable calendar, bone health, food selection.
- healthy eating and physical activity

Books for Parents:

Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight. Melinda S. Sothern, PhD, MEd, CEP, T. Kristian von Almen, PhD, and Heidi Schumacher, RD, LDN, CDE
ISBN: 0-06-018815-4

If Your Child Is Overweight: A Guide for Parents, 2e
Sharon M. Kosharek, MS, RD
Chicago, IL: American Dietetic Association, 2003
Phone: 800-877-1600 ext. 5000
http://www.eatright.org/catalog/consumer/child.htm
ISBN: 0-88091-303-7

Food, Fun n’ Fitness: Designing Healthy Lifestyles for Our Children
Mary C. Friesz, PhD, RD, CDE, LDN
New Port Richy, FL: Publishing Professionals, 2002
ISBN: 0-9715662-0-8

365 Activities for Fitness, Food, and Fun for the Whole Family
Julia E. Sweet
ISBN: 0-8092-9767-1

For questions, please contact your local Cooperative Extension Service.