MOCAN Healthy Weight Advisory Committee

# Parent Resources

Find resources here that will help begin or continue your journey to a healthier lifestyle. Some of the websites provide information in Spanish – see below. Please contact your child’s primary care provider for more information.

**Getting started: Childhood Obesity**

What does it mean to be overweight or obese, and how does that relate to overall health? Explore resources for parents, teens, kids, and educators.

* <https://kidshealth.org/en/teens/obesity-overweight.html?ref=search>

Take a look into the impacts of obesity during childhood, and what this may mean for the future.

* <https://stop.publichealth.gwu.edu/sites/stop.publichealth.gwu.edu/files/Obesity%20in%20Early%20Life.pdf>

**Healthy Lifestyle:**

The AAP Parenting Website offers several resources on how to help your children lead a healthy, active lifestyle at every stage of their lives **(En español).**

* <https://healthychildren.org/English/Pages/default.aspx>
* <https://healthychildren.org/spanish/paginas/default.aspx>

The AAP’s Institute for Healthy Childhood Weight also developed a page of helpful information to increase awareness and knowledge around behaviors that support healthy living **(En español).**

* <https://ihcw.aap.org/Pages/EFHALF_parents.aspx>

The following “Healthy at Home” campaign provides several simple flyers on healthy eating, physical activity, and social/emotional well-being **(En español).**

* <https://www.healthiergeneration.org/campaigns/kohls-healthy-at-home/en-espanol>

Here you can find some handouts with ideas on how to get your family active and improve your eating (adding fruits, veggies, and dairy!) **(En español).**

* <https://fittastic.org/resources/>

The Rudd Center provides more information about and solutions to childhood obesity and poor eating patterns.

* <https://uconnruddcenter.org/>

Designed for KC families, KCHealthyKids can help you learn how you can empower your children to become an advocate for their own health and stay active in their own community.

* <https://www.kchealthykids.org/news>

“Parents for Healthy Kids” is a national program designed for caregivers, filled with content that will help them become agents for change in school and student health.

* <https://www.actionforhealthykids.org/parents-for-healthy-kids/>

**Healthy Eating:**

The Academy of Nutrition and Dietetics provides an accessible toolkit with flyers, games and activities, and news. Scroll down for other languages, and see some useful flyers from the collection listed below **(En español).**

* <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>
* Flyers (English/español):
  + Eat Right with MyPlate - Coma bien con MyPlate
  + Eating Right on a Budget - Cómo alimentarse bien con un presupuesto limitado
  + Eating Right for a Healthy Weight - Comer bien para alcanzar un peso saludable
  + Smart Snacking Tips - Consejos inteligentes sobre refrigerios
  + Personalizing Your Plate To Include Foods from Other Cultures - Personalice su plato para incluir alimentos de otras culturas

**Stigma around Obesity: How to talk about it**

Find out more about the prevalence and risk factors linked to obesity during adolescence, including the stigma around weight among this age group.

* <https://stop.publichealth.gwu.edu/sites/stop.publichealth.gwu.edu/files/STOP%20Fact%20Sheet_Adolescent%20Obesity.pdf>

Children with obesity often experience weight bias in their everyday lives – learn about this stigma and how to approach the subject with your child.

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

Talking to your child about weight and health can be difficult. The following webpage helps start the conversation while staying positive and supportive.

* <http://weighinguide.com/>
* <https://stop.publichealth.gwu.edu/sites/stop.publichealth.gwu.edu/files/documents/stopobesityalliance-weighin-spanish.pdf> (**En español**)