MOCAN Healthy Weight Advisory Committee

# Pediatric PCP Resources

Here you will find resources that focus on effective childhood obesity treatment, and specifically how providers can team up with families to help support a healthy lifestyle.

**Childhood Obesity: Prevention and Management**

The American Academy of Pediatrics Institute for Healthy Childhood Weight provides tools, materials, and research to promote nutrition, active living, and obesity prevention into clinical care during early childhood.

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

The AAP put together several documents addressing obesity management and treatment, as well as healthy nutrition and physical activity, in children, adolescents, and families during COVID-19.

* <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/obesity-management-and-treatment-during-covid-19/>
* <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/supporting-healthy-nutrition-and-physical-activity-during-the-covid-19-pandemic/>

**Weight Bias/Stigma: How to approach**

The following video by the Rudd Center educates healthcare providers about weight bias in healthcare settings.

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

To help parents learn how to speak to their children about weight and health, refer them to the following resource.

* <http://weighinguide.com/>

**For Parents:**

For parents seeking resources on child obesity prevention and healthy living for children, please visit the following webpages.

* <https://extension.missouri.edu/programs/mocan/mocan-hwac>
* <https://healthychildren.org/English/Pages/default.aspx>
* <https://kidshealth.org/>
* <https://fittastic.org/resources/> - **(En Español)**