

**"A Family Health Approach for Promoting Healthy Weights in Children"  
Satellite January 11, 2004  
*Resources***

**Breastfeeding Initiation and Duration**

Recent studies suggest that breastfeeding reduces the risk of childhood overweight and obesity in later life. The American Academy of Pediatrics used this evidence in their policy statement "Prevention of Pediatric Overweight and Obesity." They state, "The extent and duration of breastfeeding has been found to be inversely associated with risk of obesity in later childhood." The following websites provide further information on breastfeeding and how improved breastfeeding rates may impact childhood overweight.

LaLeche League [www.la lecheleague.org](http://www.la lecheleague.org)

International Lactation Consultant Association [www.ilca.org](http://www.ilca.org).

HHS Office of Women's Health [www.4woman.gov/Breastfeeding/index.htm](http://www.4woman.gov/Breastfeeding/index.htm)

AAP statement on obesity and overweight

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;112/2/424>

United States BF Committee - The Importance of BF/Human Milk Feeding in the Prevention of Obesity

<http://www.usbreastfeeding.org/Position-Statements/USBC-IOM-Obesity-Conf.pdf>

**Television Viewing**

Research shows TV viewing is associated with increased weights for children. This relationship is likely due to a decrease in energy expenditure while viewing and/or an increase in calorie intake. The CDC, IOM and the AAP recommend children watch less than 2 hours of TV per day. This may be difficult for some families as we know that over 1/3 of our young children watch 5 hours of TV a day. The following websites provide information on how to assist families in decreasing their TV viewing.

Virginia Fit WIC project (go to TV)

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/statedev\\_FIT.html](http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_FIT.html)

Southwest Region Teleconference Syllabus "On the Road to Excellence" (page 50)

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/Road\\_to\\_Excellence/FitKidsSyllabus.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/Road_to_Excellence/FitKidsSyllabus.pdf)

**Fruit and Vegetable Consumption**

Experts agree that eating five to nine servings of fruits and vegetables can be beneficial to overall health. Eating fruits and vegetables daily helps in maintaining a healthy weight when eaten in place of higher calorie items. Vegetables and fruits are packed with vitamins, antioxidants and fiber. The following websites provide information on the benefits of eating fruits and vegetables daily, recipes families can try, and fun facts.

[www.dole.com](http://www.dole.com)

[www.aboutproduce.com](http://www.aboutproduce.com)

<http://www.5aday.com/>

## Physical Activity

Increasing time spent being physically active can help prevent child overweight by burning calories. When considering activities one should be sure they are age appropriate. Many families are very inactive and should be encouraged to take small steps towards their goals. Identifying an activity the whole family can enjoy may be key. The following websites provide information on how families can become more active.

[www.bechoosy.org](http://www.bechoosy.org)

[www.pecentral.org](http://www.pecentral.org) (Click on Lesson Plans)

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

[www.VERBnow.com](http://www.VERBnow.com)

Southwest Region Teleconference Syllabus "On the Road to Excellence" (page 28)

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/Road\\_to\\_Excellence/FitKidsSyllabus.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/Road_to_Excellence/FitKidsSyllabus.pdf)

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/) (Click on Physical Activity, then youth)

[www.nasbe.org](http://www.nasbe.org) (Click on Healthy Schools, then Policy Guidance-reports and look for Fit, Healthy and Ready to Learn)

## Feeding Relationships

Parents' capabilities in setting limits and respecting the "Division of Responsibility" (Satter) are key in helping their children establish healthy relationships with food and about feeding. Below are some sites to aid you in counseling parents about their role in feeding.

Southwest Region Teleconference Syllabus "On the Road to Excellence" (page 90)

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/Road\\_to\\_Excellence/FitKidsSyllabus.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/Road_to_Excellence/FitKidsSyllabus.pdf)

Bright Futures in Practice: Nutrition Fact Sheets

<http://www.brightfutures.org/nutritionfamfact/index.html>

[www.ellynsatter.com](http://www.ellynsatter.com)

## General Resources on Healthy Weights

Centers for Disease Control and Prevention site:

<http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm>

[http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_whatcanyoudo.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.htm)

American Academy of Pediatrics position statement:

<http://www.aap.org/healthtopics/overweight.cfm>

Bright Futures in Practice Nutrition (page 77)

<http://www.brightfutures.org/nutrition/pdf/concerns.pdf>

Your Child's Weight (Available in English and Spanish)

<http://www.bcm.edu/pa/childsweight.htm>

"Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers"

[http://www.nal.usda.gov/fnic/pubs\\_and\\_db.html](http://www.nal.usda.gov/fnic/pubs_and_db.html)