

CHAPTER 10

Resources for More Information and New Directions

- 10.1 Resources Specific to the Five *Fit WIC* Programs
 - 10.1.1 Forms and Tools
 - 10.1.2 Published Papers from the Five-State *Fit WIC* Overweight Prevention Project
 - 10.1.3 Published Abstracts from the Five-State *Fit WIC* Overweight Prevention Project
 - 10.1.4 Other
- 10.2 Resources for Research Methods
 - 10.2.1 Qualitative Research: General and Focus Groups
 - 10.2.2 Demographic Information
 - 10.2.3 Other
- 10.3 Accessible and Informative Resources for Making Changes
 - 10.3.1 Community Coalition Building
 - 10.3.2 Facilitated Group Discussions
 - 10.3.3 Focus on Physical Activity in Your Programs
 - 10.3.4 Nutrition, Health and Well Being
- 10.4 Potential Partners for Coalition Building and Community Activities
- 10.5 Places to Seek Funding
- 10.6 References about Childhood Overweight and Related Topics
 - 10.6.1 Assessment of Weight Status
 - 10.6.2 Consequences of Overweight
 - 10.6.3 Prevalence of Overweight
 - 10.6.4 Social Context and Causes of Overweight
 - 10.6.5 Prevention of Overweight
 - 10.6.6 Treatment of Overweight
 - 10.6.7 Young Children and Physical Activity



Chapter 10

Resources for More Information and New Directions

10.1 Resources Specific to the Five *Fit WIC* Programs

10.1.1 Forms and Tools

All forms and tools described in the Implementation Manual, listed at the end of each Project Team's chapter, are available through the *Fit WIC* link on the *WIC Works* website: <http://www.nal.usda.gov/wicworks/> (accessed 4 Dec 2002).

10.1.2 Published Papers from the Five-State *Fit WIC* Overweight Prevention Project

- Burdette HL, Whitaker RC, Kahn RS, Harvey-Berino J. The association of maternal obesity and depressive symptoms with television viewing time in low-income preschool children. *Archives of Pediatric and Adolescent Medicine*. In press.
- Chamberlin LA, Sherman SN, Jain A, Powers SW, Whitaker RC. The challenge of obesity prevention: perceptions of WIC health professionals. *Archives of Pediatric and Adolescent Medicine* 2002;156(7):662-8.
- Crawford PB, Gosliner W, Anderson C, Strode P, Bercerra-Jones Y, Samuels S, Carroll AM and Ritchie LD. Counseling Latina mothers of preschool children about weight issues. *Journal of the American Dietetic Association*. In press.
- Crawford PB, Gosliner W, Strode P, Samuels S, Burnett C, Crayoo L and Yancey A. Walking the talk: staff wellness improves counseling for childhood obesity. Submitted.
- Harvey-Berino J, Geller B, Dorwaldt A, Flynn K, Walfield L. A qualitative data analysis of parental attitudes towards preschool physical activity. *Annals of Behavioral Medicine* 2001;23:24S.
- Jain A, Sherman SN, Chamberlin LA, Carter Y, Powers SW, Whitaker RC. Why don't mothers worry about their preschoolers being overweight? *Pediatrics* 2001;107(5):1138-46.
- McGarvey EL. Non-randomized comparison study of enhanced versus standard services to prevent obesity through Virginia's Special Supplemental Nutrition Program for Women, Infants, and Children: *Fit WIC*. Submitted.
- Whitaker RC, Sherman SN, Chamberlin LA, Powers SW. Altering the perceptions of WIC health professionals about childhood obesity using video with facilitated group discussion. *Journal of the American Dietetic Association*. In press.



10.1.3 Published Abstracts from the Five-State *Fit WIC* Overweight Prevention Project

Burdette HL, Whitaker RC, Harvey-Berino J. Television viewing and outdoor time in low-income preschool children: relationship to depression, perceived stress, and BMI in their mothers. *Obesity Research* 2001;9 (suppl. 3):59S (abstract no. O28).

Burdette HL, Harvey-Berino J, Kahn RS, Whitaker RC. Maternal depression and obesity predict television viewing in low-income preschool children. *Pediatric Research* 2002;51:203A (abstract no. 1180).

Burdette HL, Kahn RS, Harvey-Berino J, Whitaker RC. The relationship of well-being in low-income mothers to emotional and social functioning (PedsQL™) in their preschool children. *Pediatric Research* 2002;51:197A (abstract no. 1144).

10.1.4 Other

An overview of the 5-State *Fit WIC* Overweight Prevention Project can be found on The Center for Weight and Health's website, <http://www.cnr.berkeley.edu/cwh/activities/fitwic.shtml>. There you will find a description of the project background, a synopsis of each of the five *Fit WIC* programs, some of the assessment findings, and Project Team member contact information.

10.2 Resources for Research Methods

10.2.1 Qualitative Research: General and Focus Groups

Creswell, JW. *Qualitative inquiry and research design: Choosing among five traditions*. Sage Publications, January 1998; ISBN: 0761901442.

Giacomini MK, Cood DJ. Users' guides to the medical literature: XXIII. Qualitative research in health care. A. Are the results of the study valid? Evidence-Based Medicine Working Group. *Journal of the American Medical Association* 2000;284:357-62.

Giacomini MK, Cood DJ. Users' guides to the medical literature: XXIII. Qualitative research in health care. B. What are the results and how do they help me care for my patients? Evidence-Based Medicine Working Group. *Journal of the American Medical Association* 2000;284:478-82.

Glaser BG, Strauss AL. *Discovery of grounded theory: Strategies for qualitative research*. Publisher: Aldine de Gruyter, June 1, 1967; ISBN: 0202302601.

Guidelines for preparing documents for research with human subjects.
<http://www.cdc.gov/od/ads/hsrdocs.htm> (accessed 2 Dec 2002).

Miles MB, Huberman MA. *Qualitative data analysis: An expanded sourcebook*. 2nd ed. Sage Publications, February 1994; ISBN: 0803955405.

National Institute of Mental Health. *Qualitative methods in health research: Opportunities and considerations in applications and review*.
<http://www.nimh.nih.gov/research/qualitative.cfm> (accessed 22 November 2002).

10.2.2 Demographic Information

Ameristat. Developed by the Population Reference Bureau and the Social Science Data Analysis Network, this website is a "one-stop source for US population data and summary reports. There are links to many family and household related articles as well."
<http://www.ameristat.org/> (accessed 2 April 2003).

Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion; Nutrition and Physical Activity: Overweight and Obesity; Obesity Trends.
<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/> (accessed 16 Dec 2002).

KIDS COUNT. A project of the Annie E. Casey Foundation, KIDS COUNT is "a national and state-by-state effort to track the status of children in the U.S. By providing policymakers and citizens with benchmarks of child well-being, KIDS COUNT seeks to enrich local, state, and national discussions concerning ways to secure better futures for all children." Their website provides many valuable links to community-wide and national census information, summarized in a way that is helpful to those interested in children as a demographic group.
<http://www.aecf.org/kidscount/> (accessed 2 April 2003).



Pediatric Nutrition Surveillance System (PedNSS) of the Centers for Disease Control and Prevention. PedNSS is a program-based surveillance system, using data (ethnicity/race, age, geographic location, birth weight, height/length, weight, iron status, breastfeeding) collected from health, nutrition, and food assistance programs for infants and children, such as WIC. <http://www.cdc.gov/nccdphp/dnpa/pednss.htm> (accessed 11 March 2003).

US Census Bureau. On the Census Bureau website, the Census 2000 Gateway is the spot where you can access census data by geography to the block level, get state and county “quick facts,” and Census 2000 highlights: <http://www.census.gov/main/www/cen2000.html> (accessed 1 April 2003). Another Census Bureau link, Local Sources for Census 2000, provides links to State data centers, which provide easy and efficient access to Census information: <http://www.census.gov/dmd/www/groupcnr.html> (accessed 1 April 2003).

10.2.3 Other

Searchable Bibliographic Databases. Several are listed on WIC Works (e.g., *Agricola*, *ERIC*, *Grateful Med*) and links are provided. Visit the WIC Works website: http://www.nal.usda.gov/wicworks/Reports_Studies/Databases.html (accessed 2 April 2003).



10.3 Accessible and Informative Resources for Making Changes

10.3.1 Community Coalition Building

Building Communities from the Inside Out: A Path Toward Finding and Mobilizing a Community's Assets

By John P. Kretzman and John L McKnight. This inspiring guide is packed with ideas to help communities transform themselves by developing a commitment to discovering their unique assets and capacities. Order from: ACTA Publications, 4848 North Clark Street, Chicago, IL 6640. Phone: (800) 397-2282.

Children and Weight: What Communities Can Do

This kit provides step-by-step information about forming a community coalition or task force around the issue of childhood overweight. It includes meeting agendas, presentations about issues related to children and weight, and tips for succeeding in your efforts. It was developed by the *Fit WIC California* Project Team, in partnership with the Cooperative Extension and the Center for Weight and Health at the University of California, Berkeley (2002). See Chapter 4 of this manual for more information. Order from: Agriculture & Natural Resources, University of California Communication Services. Phone: (800) 994-8849 or (510) 642-2431; Email: anrcatalog@ucdavis.edu; or, order on-line from DANR Publications: <http://anrcatalog.ucdavis.edu/merchant.ihtml?id=349&step=2> (accessed 1 Feb 2003).

Community Initiative

An alliance of professionals dedicated to creating healthy and sustainable communities wherever people live, work, and play. Helps organizations, corporations, and community collaborations shape change and accelerate results.

<http://www.communityinitiatives.com/home.html> (accessed 2 Dec 2002).

The Community Toolbox

Developed by the University of Kansas, this website has general information for developing community-based programs. You can find information on how to assess a community, form a community group, and how to evaluate and fund community programs.

<http://ctb.lsi.ukans.edu/> (accessed 2 Dec 2002).

Healthy Communities/Healthy Youth Tool Kit

This kit is written for anyone interested in unleashing the transforming power of a community to help nurture children and adolescents. Order from: Search Institute; 700 South Third Street; Suite 210; Minneapolis, MN 55415. Phone (800) 888-7828. www.search-institute.org (accessed 2 Dec 2002).

10.3.2 Facilitated Group Discussions

Abusabha R, Peacock J, Achterberg C. How to make nutrition education more meaningful through facilitated group discussions. *Journal of the American Dietetic Association* 1999;99:72-6.



McKenzie J, Achterberg C, Kiel M. Facilitated group discussion study: New staff training manual. Pennsylvania State University, March 1998. Available from: Nancy Crocker, California State WIC Branch. Email: ncrocker@dhs.ca.gov Phone: (916) 928-8529.

McKenzie J, Achterberg C, Kiel M. Facilitated group discussion study: Follow-up training manual. Pennsylvania State University, March 1998. Available from: Nancy Crocker, California State WIC Branch. Email: ncrocker@dhs.ca.gov Phone: (916) 928-8529.

Fit WIC Intertribal Council of Arizona. WIC Discussion Groups: Guidelines, Concepts and Techniques Which Encourage Clients to Participate in WIC Nutrition Education Discussions. In: *Fit WIC Families: Activities for Learning about Nutrition and Physical Activity*. Available at the *Fit WIC* link on the *WIC Works* website: <http://www.nal.usda.gov/wicworks/> (accessed 4 Dec 2002).

10.3.3 Focus on Physical Activity in Your Programs

Active Play for Families

Training session on physical activity for families with young children, developed by SPARK (Sports, Play and Active Recreation for Kids). Phone: (800) SPARK-PE.

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)

AAHPERD is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, education, and all specialties related to achieving a healthy lifestyle. AAHPERD and its associations publish more than 250 books, information materials, and supplementary products, which can be viewed and ordered on-line. www.aahperd.org (accessed 2 Dec 2002).

Division of Nutrition and Physical Activity

Of the National Center for Chronic Disease Prevention and Health Promotion, Center for Disease Control and Prevention. This site offers a rich compilation of up-to-date resources on nutrition, physical activity, and school health. Includes comprehensive resource lists of national and health-related associations. <http://www.cdc.gov/nccdphp/dnpa> (accessed 25 Nov 2002).

Fit WIC Activity Kit and the Fit WIC Activities Guide

Fit WIC Activities, an instructional book for parents, is divided into five, user-friendly sections that build on the theme of reducing barriers to, and increasing opportunities for, active play for families. Designed by the *Fit WIC Vermont* Project Team, the book can be downloaded from the *Fit WIC* website, along with instructions on how to compile an Activity Kit to accompany the Guide. See Chapter 7 of this Manual for more information. www.nal.usda.gov/wicworks/index.html (accessed 7 Feb 2003).

Fuel Up, Lift Off LA

Video developed by Los Angeles County Health Department about how to incorporate healthy eating and physical activity into the work site. Order from: Los Angeles County Department of Health Services, Physical Activity Program. Phone: (213) 351-7887.

KaBOOM!

This non-profit organization specializes in linking communities and corporations together to build much-needed playgrounds. www.kaboom.org (accessed 2 Dec 2002)



National Association for Sport and Physical Education

NASPE seeks to enhance knowledge and professional practice in sport and physical activity through scientific study and dissemination of research-based and experiential knowledge to members and the public. <http://www.aahperd.org/naspe> (accessed 25 Nov 2002).

Playing with your Baby, Playing With Your Toddler, and Playing With Your 3 to 5 Year Old.

These pamphlets can be purchased from the California WIC Program. They are available in English and Spanish. See Chapter 4 of this Manual for more information. To order, contact: Deanna Lester at (916) 928-8881 or dlester@dhs.ca.gov. They can also be obtained from the *Fit WIC* link on: www.nal.usda.gov/wicworks/index.html (accessed 7 Feb 2003).

President's Council on Physical Fitness and Sports

PCPFS serves as a catalyst to promote, encourage, and motivate the development of physical fitness and sports participation for all Americans of all ages. This site offers downloadable, research-based publications for youth and adults. www.fitness.gov/ (accessed 2 Dec 2002).

Project LEAN

Project LEAN stands for Leaders Encouraging Activity and Nutrition. The two websites below offer tips and resources for eating well and being physically active. <http://www.dhs.ca.gov/lean> (general website; accessed 25 Nov 2002); <http://www.caprojectlean.org/> (teen website; accessed 25 Nov 2002).

Promoting Physical Activity: A Guide for Community Action

This is a resource guide for professionals and volunteers who wish to promote physical activity in almost any setting: a community, a workplace, a school setting, a health care facility, and agency or organization, or a religious institution. Order from: Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076. Phone: (800) 747-4457 www.humankinetics.com (accessed 2 Dec 2002).

SPARK (Sports Play and Active Recreation for Kids)

An innovative elementary- and pre-school physical education curriculum and staff development program that focuses on building physical and social skills while promoting maximum activity during physical education class periods. The SPARK program evolved from a research study supported by the Heart, Lung, and Blood Institute of the National Institutes of Health. Order from: SPARK Physical Education, 6363 Alvarado Court, Suite 250, San Diego, CA 92120. Phone: (800) SPARK-PE <http://www.sparkpe.org/index.jsp> (accessed 7 Feb 2003).

Sportime

A source of physical activity products. www.sportime.com/ (accessed 2 Dec 2002).

TV-Turnoff Network

Created in 1995 to encourage adults and children to reduce television watching to promote richer, healthier, and more connected lives. www.tvturnoff.org (accessed 2 Dec 2002).

VERB It's What You Do.

VERB is a media campaign to encourage positive, healthy activity—both physical and social—among youth ages 9-13 years. It is sponsored by the Department of Health and Human Services' Centers for Disease Control and Prevention (CDC), as charged by Congress in December 2001. It aims to “get kids off the couch and into real life”. The website for



kids is: <http://www.verbnw.com/>. The website giving the campaign's background and approach is: <http://www.cdc.gov/youthcampaign/index.htm> (accessed 1 April 2003).

10.3.4 Nutrition, Health and Well Being

American Academy of Pediatrics

The academy's activities include advocating on behalf of children and youth, educating the public and professionals, conducting research, and advocating for the interests of pediatricians. The site contains AAP policy statements related to the topic of overweight. <http://www.aap.org/default.htm> (accessed 2 Dec 2002).

Beyond Nutrition Counseling: Reframing the Battle against Obesity

This video was created by the *Fit WIC Kentucky* Project Team and their collaborators to alter the perceptions of WIC staff about the problem of childhood obesity. The video is supplied with a discussion guide: when used together, they can help overcome the impasse in communication between WIC staff and WIC parents. See Chapter 6 of this Manual for more information. To order: www.cincinnatichildrens.org/fitwic (accessed 3 Feb 2003).

Centers for Disease Control (CDC) Division of Adolescent and School Health

The site offers a rich compilation of up-to-date resources on nutrition, physical activity, and school health. Includes comprehensive resource lists of national and health-related associations. www.cdc.gov/nccdphp/dash (accessed 2 Dec 2002).

The Center for Weight and Health

The Center at the University of California Berkeley facilitates interactions among researchers, policy makers and community-based providers from various disciplines and institutions who are concerned about weight, health and food security. It promotes collaboration on projects between professionals and members of diverse communities. The University of California, Berkeley, 101 Giannini Hall #310, Berkeley, CA 94720. Phone: (510) 642-1599; FAX: (510) 642-4612 <http://www.cnr.berkeley.edu/cwh/> (accessed 2 Dec 2002).

Children's Books That Encourage Healthy Eating

Developed by the Family Nutrition Education Program at the University of Missouri for educators, parents, and children. <http://outreach.missouri.edu/fnep/teaching.htm> (accessed 2 Dec 2002).

Children Growing Healthy and Just Move It

Two wellness handouts for families developed by the Massachusetts WIC Program. Phone: (978) 851-7321 ext. 2306, or www.wictlc.com (accessed 7 Feb 2003).

Fit WIC Families: Activities for Learning About Nutrition and Physical Activity

This guide, developed by the *Fit WIC* Inter Tribal Council of Arizona Project Team, describes activities that can be done in a clinic or classroom setting, which encourage healthy eating and physical activity in preschoolers. It also features tips on working with caregivers of preschoolers, and some curricula for caregiver discussion groups on topics related to physical activity, and parenting skills affecting the feeding relationship. See Chapter 5 of this Manual for more information. The guide and supporting documents are available on at the *Fit WIC* link on: www.nal.usda.gov/wicworks/index.html (accessed 7 Feb 2003).



The Food and Nutrition Information Center

United States Department of Agriculture. Rich with information for health and educational professionals and parents. www.nal.usda.gov/fnic/ (accessed 2 Dec 2002).

Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children

Position paper developed by the Weight Realities Division of the Society for Nutrition Education (SNE). Guidelines to encourage a health-centered, rather than weight-centered, approach that focuses on the whole child. Berg F, Buechner J, Parham E. Guidelines for childhood obesity prevention programs: promoting healthy weight in children. *Journal of Nutrition Education and Behavior* 2003 Jan-Feb;35(1):1-4. Reprints can be ordered from Sheridan Press Reprint Department. Phone: (717) 632-3535.

Nutrition Central

Contains excellent links for people of all ages. Also contains a list of recommended children's books focusing on healthy eating. www.lib.vt.edu/subjects/nutr/Nutrition.Central/default.htm (accessed 2 Dec 2002).

Nutrition Education and Training (NET)

Section of the California Department of Education. Provides comprehensive nutrition information and educational programs for children, teachers, child nutrition personnel, program administrators, and child care agencies. www.cde.ca.gov/nsd/nets/ (accessed 2 Dec 2002).

Nutrition.Gov

This federal resource provides easy access to all online federal government information on nutrition, including specialized nutrition information for infants and children, adult women and men and seniors. The site also offers a comprehensive and reliable source of information on nutrition and dietary guidance with an extensive scientific reference section. <http://www.nutrition.gov/> (accessed 25 November 2002).

Nutrition for Kids

Developed by Connie Evers, MS RD, this site has information for parents, teachers, and kids. Subscribe to the free electronic monthly newsletter. <http://nutritionforkids.com/> (accessed 25 November 2002).

Nutrition Navigator

The first online rating and review of nutrition related sites to help people find accurate, useful nutrition information they can trust. Provides links to many websites, which provide nutrition information. <http://navigator.tufts.edu/> (accessed 4 Dec 2002).

Parents and Children, Sharing Food Tasks

Video and lesson plan kit developed by EFNEP, for parents and caregivers of young children; gives guidelines on feeding relationships. University of California, EFNEP. Phone: (510) 642-3080.

Team Nutrition

The goal of USDA's Team Nutrition is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid. This site has extensive resource sections for teachers and students. <http://www.fns.usda.gov/tn/> (accessed 25 November 2002).



10.4 Potential Partners for Coalition Building and Community Activities

Here are some ideas for potential partners for your community coalition building activities. A community partner could contribute to your efforts with their ideas, time, energy and/or resources (perhaps by making contributions of money or supplies.)

Alternative transportation advocates (e.g., bicycles, public transportation)	Health centers (e.g., teen health centers)
American Academy of Pediatrics	Hospitals/medical centers
American Cancer Society	Hunger coalitions
American Heart Association	Junior Leagues
Art supply stores	Language clubs/classes
Athletic coaches	Libraries/librarians
Banks	Local athletes
Beauty stores/shops	Local media (e.g., radio, television, newspaper)
Botanical gardens/arboretums	Mini-marts
Boys/Girls clubs	Malls
Childbirth educators	National Gardening Association
Churches/synagogues	National Hispanic advertising agencies (e.g., Salud en Tus Manos)
Childcare centers	Police leagues
Clothing stores	Public figures/Elected officials (e.g., mayor)
Colleges/universities	Public transportation
Community centers	Recreational centers
Cooperative Extension Service	Restaurants
County health departments	Salvation Army/shelters
Culinary schools/chefs	Senior centers
Cultural centers	Shelters (e.g., battered women, homeless)
Dentists/dental students	Specialty ethnic food stores
Department of Parks and Recreation	Sports programs, such as Little League
Department of Public Health	Team Nutrition Schools/supporters
Department stores (e.g., Sears, JCPenney)	Thrift stores/Goodwill
Dietitians/dietetic interns	Tenant organizations
Drop-in service support centers	Trade associations
Expanded Food and Nutrition Education Program (EFNEP)	United Way
Farmers markets	Urban gardeners
Fire stations	Urban League
Fitness centers/health clubs	Variety stores
Food stamp offices	WIC agencies and sites
Garden clubs/associations	YMCA/YWCA
Grocery stores	4-H clubs
Head Start	



10.5 Places To Seek Funding

The Food and Nutrition Service, United States Department of Agriculture

FNS typically has \$1-2 million available in Special Project grant money for WIC State agencies to conduct projects of regional or national significance. The *Fit WIC* grants were funded under this mechanism in 1999. Grant applications are mailed to all WIC State agencies each year. Contact Sheku Kamara at (703) 205-2130; Email: sheku.kamara@fns.usda.gov.

The Foundation Center's Guide to Proposal Writing (Revised Edition)

This practical guide is filled with straightforward information, tips, and real-life examples from successfully funded proposals. By Jane C. Geever and Patricia McNeill. Order from: The Foundation Center; 79 Fifth Avenue; New York, NY 103-3076. Phone: (800) 424-9836 <http://fdncenter.org/> (accessed 2 Dec 2002).

California Management Assistance Partnership (C-MAP)

C-MAP is a statewide partnership of 14 centers that provide resources (including classes on fundraising and grant writing) for nonprofit organizations. Because the sites receive grants from various funding sources and operate independently of one another, services vary from site to site. The main website contains links to each of the C-MAP resource centers. <http://search.genie.org/genie/cmap.lasso> (accessed 2 Dec 2002).

The Foundation Center

One of the most difficult aspects of the grant-seeking process is selecting, from the more than 47,000 active U.S. private foundations and corporate giving programs, the grant-makers who might be interested in your project. The Foundation Center libraries make the best and most comprehensive information available to grant-seekers so that they can identify appropriate funders and develop targeted proposals. <http://fdncenter.org/> (accessed 2 Dec 2002).

Kaiser Permanente Community Service Fund Grants

Kaiser Permanente made a generous donation to the Virginia Childhood Obesity Prevention Project to purchase educational materials. Kaiser Permanente California awards Community Service Fund grants and collaborates with numerous community organizations that share a commitment to community health. Call the Kaiser Permanente Regional Office in your area and ask about the "Small Grants Project." The website below has phone numbers for regional offices. www.kaiserpermanente.org/locations/california/index.html (accessed 2 Dec 2002).

National 4H Council Youth Grants Program

Offers grants for youth in local communities, in counties, and on the state level. These grants provide opportunities for young people and adults to take action on issues critical to their lives, their families and their communities. Get updates on grant opportunities by subscribing to the list-serve: grantsinfo-join@4hlists.org; Or, visit their website: www.fourhcouncil.edu/ (accessed 2 Dec 2002).

10.6 References about Childhood Overweight and Related Topics

10.6.1 Assessment of Weight Status

Dietz WH, Robinson TN. Use of the body mass index as a measure of overweight in children and adolescents. *Journal of Pediatrics* 1998;132:191-2.

Frisancho AR. Anthropometric standards for the assessment of growth and nutritional status. Ann Arbor: University of Michigan Press, 1990.

Jackson J, Strauss CC, Lee AA, Hunter K. Parents' accuracy in estimating child weight status. *Addictive Behaviors* 1990;15:65-8.

Kraemer HC, Berkowitz RI, Hammer LD. Methodological difficulties in studies of obesity. I. Measurement issues. *Annals of Behavioral Medicine* 1990;12:112-8.

Poskitt EME. Defining childhood obesity: the relative body mass index (BMI). *Acta Paediatrica* 1995;84:961-3.

Rolland-Cachera MF, Sempe M, Guillaud-Bataille M, Patois E, Pequignot-Guggenbuhl F, Fautrad V. Adiposity indices in children. *American Journal of Clinical Nutrition* 1982;36:178-84.

10.6.2 Consequences of Overweight

Allison DB, Fontaine KR, Manson JE, Stevens J, VanItallie TB. Annual deaths attributable to obesity in the United States. *Journal of the American Medical Association* 1999;282:1530-8.

Bray, GA. Complications of obesity. *Annals of Internal Medicine* 1985;103(6[Pt 2]):1052-62.

Calle EE, Thun MJ, Petrelli JM, Rodriguez C, Heath CW. Body-mass index and mortality in a prospective cohort of U.S. adults. *New England Journal of Medicine* 1999;341:1097-105.

Dietz, WH. Childhood weight affects adult morbidity and mortality. *Journal of Nutrition* 1998;128:411S-414S.

Falkner MH, Neumark-Sztainer D, Story M, Jeffery RW, Beuhring T, Resnick MD. Social, educational and psychological correlates of weight status in adolescents. *Obesity Research* 2001;32-42.

Figuroa-Colon R, Franklin FA, Lee JY, Aldridge R, Alexander L. Prevalence of obesity with increased blood pressure in elementary school-aged children. *Southern Medical Journal* 1997;90:806-13.



- Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. The relation of overweight to cardiovascular risk factors among children and adolescents: The Bogalusa Heart Study. *Pediatrics* 1999;103:1175-82.
- French SA, Story M, Perry CL. Self-esteem and obesity in children and adolescents: A literature review. *Obesity Research* 1995;3:479-90.
- Gortmaker SL, Must A, Perrin JM, Sobol AM, Dietz WH. Social and economic consequences of overweight in adolescence and young adulthood. *New England Journal of Medicine* 1993;329:1008-12.
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- Klesges RC, Eck LH, Hanson CL, Haddock CK, Klesges LM. Effects of obesity, social interactions, and physical environment on physical activity in preschoolers. *Health Psychology* 1990;9:435-49.
- McGinnis JM, Foege WH. Actual causes of death in the United States. *Journal of the American Medical Association* 1993;270:2207-12.
- Morrison JA, Sprecher DL, Barton BA, Waclawiw MA, Daniels SR. Overweight, fat patterning and cardiovascular disease risk factors in black and white girls: The National Heart, Lung and Blood Institute Growth and Health Study. *Journal of Pediatrics* 1999;135:458-64.
- Must A, Spadano J, Coakley EH, Field AE, Colditz G, Dietz WH. The disease burden associated with overweight and obesity. *Journal of the American Medical Association* 1999;282:1523-9.
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- National Institutes of Health Consensus Development Panel on the Health Implications of Obesity. Health implications of obesity: National Institutes of Health Consensus Development Conference Statement. *Annals of Internal Medicine* 1985;103:147-51.
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- Power C, Lake JK, Cole TJ. Measurement and long-term health risks of child and adolescent fatness. *International Journal of Obesity and Related Metabolic Disorders* 1997;21:507-26.
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- Strauss RS. Childhood obesity and self-esteem. *Pediatrics* [serial online] 2000;105 (1):e15. Internet: <http://www.pediatrics.org/cgi/content/full/105/1/e15> (accessed 4 Dec 2002)
- Whitaker RC, Wright JA, Pepe MS, Seidel KD, Dietz WH. Predicting obesity in young adulthood from childhood and parental obesity. *New England Journal of Medicine* 1997;37:869-73.

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