



Weigh of Life...Taking Action Together

Resources

Selected References on Childhood Overweight

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Selected Websites for Additional Resources on Childhood Overweight

Policy, Advocacy, and Action

American Academy of Pediatrics
www.aap.org/policy/pcyhome.cfm

Center for Disease Control (CDC) Division of Child and Adolescent Health
www.cdc.gov/nccdphp/dash

Food and Nutrition Information Center
USDA/National Agriculture Library
www.nal.usda.gov/fnic

USDA, Food and Nutrition Services
www.fns.usda.gov

WIC Works Resource System
www.nal.usda.gov/wicworks

Weight Management

Boston Medical Center
617-638-7470
www.bmc.org

Dietary Guidelines
www.health.gov/dietaryguidelines

Massachusetts WIC Program
614-624-6100
www.mass.gov/WIC

Resource Guide For Pediatric Overweight Treatment Services in Massachusetts
www.maclclearinghouse.com

Steps to a Healthier You
www.mypyramid.gov

WIC Works Resource System
www.nal.usda.gov/wicworks

Physical Activity

American Academy of Pediatrics
www.aap.org/healthtopics/physact.cfm

Bright Futures Physical Activity
www.brightfutures.org/physicalactivity/about.htm

Mass Moves
www.mass.gov/dph/fch/massmoves

Massachusetts State Parks Locator
www.Mass.gov/dem/forparks.htm

National Alliance for Nutrition and Physical Activity
www.cspinet.org/nutritionpolicy/nana.html

The President's Council on Physical Fitness and Sports
www.fitness.gov

Shape Up America
www.shapeup.org

WIC Works Resource System
www.nal.usda.gov/wicworks

YMCA
www.ymca.net

Menu Planning

Steps to a Healthier You
www.mypyramid.gov

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

WIC Works Resource System
www.nal.usda.gov/wicworks





Nutrition Education Materials

5-a-day
www.5aday.com

American Dietetic Association
www.eatright.org

American Institute of Cancer Research
www.aicr.org/publications/nap

California FIT WIC Project
www.wicworks.ca.gov/education/nutrition/FitWIC/fitWICIndex.htm

Massachusetts Health Promotion Clearinghouse
www.maclightinghouse.com

Massachusetts WIC Nutrition Program (WIC)
1-617-624-6100
www.mass.gov/WIC

Team Nutrition
www.fns.usda.gov

WIC Works Resource System
www.nal.usda.gov/wicworks

Food Resources in Massachusetts

Food Bank of Western Massachusetts
1-413-247-9738 or 1-800-247-9632
www.foodbankwma.org

Greater Boston Food Bank
1-617-427-5200
www.gbfb.org

Merrimack Valley Food Bank
1-978-454-7272
www.merrimackvalleyfoodbank.org

Project Bread Food Source Hotline
1-800-645-8333
www.projectbread.org

Serve New England
1-888-742-7363
www.servenewengland.org

Umass Extension
1-413-545-4800
www.umassextension.org

Worcester County Food Bank
508-842-3663
www.foodbank.org

Hunger and Food Security Resources

Center on Hunger and Poverty
781-736-8885
www.centeronhunger.org

Community Food and Nutrition Program (CFNP)
www.communitynutrition.org/cfnp.htm

Food Research and Action Center
www.frac.org

Food Security in the United States, USDA Economic Research Service
www.ers.usda.gov/Briefing/FoodSecurity

National Clearinghouse on Hunger and Community Food Security, World
Hunger Year (WHY)
www.worldhungeryear.org

USDA Food and Nutrition Service
www.fns.usda.gov/fncs

