

Childhood Obesity: Approaching the Issue in Primary Care

Resources for the child, family, and physician

Internet resources

Nutrition for Kids

Books, teaching kits, and other resources

Web site: www.nutritionforkids.com

Children's Nutritional Research Center at Baylor College of Medicine

Web site: www.bcm.tmc.edu/cnrc/index.htm

Eat Smart, Play Hard Campaign, including the Power Panther cartoon character for young children

Web site: www.fns.usda.gov/eatsmartplayhard/

US Department of Agriculture food composition tables

Web site: www.nal.usda.gov/fnic

Academic, professional, and consumer medical resource

Web site: www.webmed.com

Programs for families

Shapedown

Weight-management program for children and adolescents

Web site: www.shapedown.com

Committed to Kids

Pediatric weight-management program that also offers information for health care professionals.

Web site: www.committed-to-kids.com

Local hospitals, health departments, nutrition clinics

Community education programs

Books

How to Get Your Kid to Eat—But Not Too Much, by Ellyn Satter, PhD, Bull Publishing, Boulder, Colo; 1987.

Dining Lean: How to Eat Healthy in Your Favorite Restaurants (without feeling deprived), by Joanne Lichten, PhD, Nutrifit Publishing, Houston, Tex; 2000.

Secrets of Feeding a Healthy Family, by Ellyn Satter, PhD, Kelcy Press, Boulder, Colo; 1999.

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