

Objective 31: Reduce the proportion of children and adolescents who are considered obese

Maryland SHIP Vision Area 5: Chronic Disease Tools, Resources, and Promising Practices
updated March 2013



Information, Facts, and Figures

[Childhood Obesity Facts - CDC](#)

CDC webpage with links to resources, journal articles and information on childhood obesity in the US



[NCHS Data Brief - Prevalence of Obesity in the United States, 2009-10](#)

Key findings from the National Center for Health Statistics on childhood obesity from the National Health and Nutrition Examination Survey, 2009–2010



[State by State Childhood Obesity Trends - NCSL](#)

National Conference of State Legislatures offers mapped statistics from the National Initiative for Children's Healthcare Quality, Child Policy Research Center, and Child and Adolescent Health Measurement Initiative.



[Prevent Childhood Obesity](#)

Recommendations for actions to take to prevent obesity in children ages five and younger.



Maryland Services and Hotlines

[Playworks](#)

Playworks offers Maryland schools and coalitions dynamic ways to enhance learning through physical activity and play focusing on energizing play and recess in schools, child care settings and in the workplace.



[Healthy Schools Program In Prince George's County](#)

Program in 181 schools in Prince George's County focuses on giving schools the tools and resources they need to make healthy changes. Support for this effort has been provided by the Michael & Susan Dell Foundation and Robert Wood Johnson Foundation.



Personalized Tools

[Body Mass Index \(BMI\) Calculator—Child and Teen](#)

BMI calculator for children and teens aged 2-19.



Promising Practices

[Physical Activity Guidelines for Americans](#)

Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.



[Let's Move](#)

The First Lady's Let's Move Initiative to reduce childhood obesity. Includes educational information and action plans for all audiences including: elected officials, schools, parents, children, chefs, restaurants and businesses.



[National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

Includes “My Plate” nutrition guidelines, tips, tools, and assessment for healthy eating.



[School Wellness Policies](#)

This U.S. Department of Agriculture (USDA) and CDC sponsored clearinghouse can assist school districts with developing local wellness policies for physical activity and nutrition, and provides tools and resources for implementation, and un-reviewed sample policies.



[Institute for a Healthiest MD](#)

Institute for a Healthiest Maryland is a valuable resource providing evidence-based policies and practices to better inform community leaders about changes that can promote healthy lives and environments. Focus on obesity prevention, tobacco prevention, and management of hypertension and high cholesterol. Provides interactive ways to learn more about issues in Maryland and affords individuals opportunities to get involved and join an action coalition to promote healthy Maryland communities.



Spanish Tools

[Go Red Por Tu Corazon](#)

[Go Red Por Tu Corazon](#) pays tribute to the energy, passion and power we have to unite Hispanic women to eradicate heart disease, the leading cause of death among Latinas. This movement focuses on cultural family traditions to provide information about keeping your heart healthy and your entire family, teaches you how to eliminate risk factors for heart disease and stroke, and motivates you to promote a healthy lifestyle within the Hispanic community. It also presents [healthy recipes](#) for your heart.



[La Liga de La Leche](#)

[La Leche League](#) helps mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education. Visit La Leche League for answers to frequently asked questions about breastfeeding, online chats, podcasts, breastfeeding help forums, publications, and other resources.



Toolkits

[The Community Guide—Increase Active Living](#)

Recommendations to increase physical activity and reduce obesity, a contributor to heart disease.



[Prevent Obesity among People with Disabilities](#)

Factsheet about obesity among people with disabilities and steps for prevention.



[White House Task Force on Childhood Obesity](#)

Report to the President includes links to PDFs by chapter. Information includes detailed description of the issue, recommendations for early childhood, initiatives to empower parents and caregivers, healthy food in schools, access to healthy, affordable food, and increasing physical activity.



Task Force recommendations on behavioral and social approaches to increase physical activity.

