

NEW! From the University of California

Children and Weight:

What Communities Can Do

Children and Weight: What Communities Can Do is the most recent project in a series of materials on childhood overweight developed through Cooperative Extension at the University of California. The Children and Weight series includes informative publications for parents, teachers, and health care professionals on this high profile public health concern.

The *Children and Weight: What Communities Can Do* resource kit is a how-to guide offering technical assistance to community leaders who want to launch a local task force dedicated to reducing childhood overweight.

This resource kit includes:

- Essential, up-to-date information on childhood overweight, including: prevalence, best-practices approaches for prevention, and social concerns related to body image.

- An explanation of rationale and philosophy for empowerment approach.
- Guidelines for mapping community resources, identifying and recruiting potential task force members, and discovering the range of possible activities; and objectives, and devising an action plan.
- Tips for facilitation effective meetings.
- Step-by-step guides, including agendas, overheads and handouts, for initial task force meetings.
- Suggestions for how to help the group maintain momentum.
- An extensive list of print and electronic resources on childhood overweight and community building.
- "Make A Change" an inspiring video that shows different ways that local communities have mobilized to improve kids access to nutritious foods and fun ways to stay fit.

To order:

By mail send to University of California, ANR Communication Services, 6701 San Pablo Avenue, 2nd Floor, Oakland, CA 94608-1239

By phone call 1-800-994-8849 or 510-642-2431. Please have your VISA, OR MasterCard handy.

By FAX to 510-643-5470. Be sure to include a completed order form with credit card information or a company purchase order.

Online at <http://anrcatalog.ucdavis.edu>

Customer information:

Name _____

Address _____

City _____

State, ZIP _____

Occupation _____

Phone () _____

Country (if outside the USA) _____

Please send me the following:

No. of copies	Product no.	Title	Unit price	Total price
	3422	Children and Weight: What Communities Can Do	\$100.00	
			Merchandise Total	
			CA orders only: Add 8.25% sales tax	
			Shipping (see shipping table)	
			Total	\$

Shipping Table (to U.S. addresses)

Merchandise Total	Shipping Charge
first copy	\$15.00
each additional copy	\$5.00

Payment information:

Check/Money order enclosed (payable to UC Regents)

Purchase order enclosed. P.O. number _____

Bill my (check one) MasterCard VISA

Card number _____ Exp. date _____

Signature _____ Phone () _____

