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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 facilitating 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:

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