

AAHD

American Association on Health and Disability
110 N. Washington Street • Suite • 340-A Rockville, MD 20850

SOURCES ON PARENTAL INVOLVEMENT IN THEIR CHILDREN'S NUTRITION ACTIVITIES

Source: AGENCY FOR HEALTHCARE RESEARCH AND QUALITY

Title: "Max's Magical Delivery: Fit for Kids" DVD

Description: "Max's Magical Delivery: Fit for Kids is a fun, interactive DVD targeted to children ages 5-9 and their families. The DVD offers suggestions to: Try to eat five fruits and vegetables a day, Get away from the TV and computer screens and move around, Find fun ways to be physically active inside and outside. There is a separate section for parents on small, achievable steps they can take to encourage these healthy habits in their children and themselves."

<http://www.ahrq.gov/child/dvdobesity.htm>

Source: ALLIANCE FOR A HEALTHIER GENERATION, WILLIAM J. CLINTON FOUNDATION/AMERICAN HEART ASSOCIATION

Title: "Parents: Our Ally in Helping Kids Make Healthy Choices" webpage

Description: "Helping your kids get and stay healthy isn't always easy. It's hard for them to resist the unhealthy snacks, sodas and fast food that seem to be all around them. It's also tough to get them away from the television and computer screens and find places for them to play and exercise. Here are some helpful tips and information to help you take positive steps!" Provides links for parents to webpages in the following areas: 1) Healthy Home: Adopt New Habits And Make Your Home A Healthy Home, 2) At School: Advocate For Your School And Take Action, 3) Out And About: Keep Things Healthy When You Are Away From Home, 4) At The Doctor's Office: Get The Information You Need.

<http://www.healthiergeneration.org/parents.aspx>

Source: AMERICAN HEART ASSOCIATION

Title: "How To Help Your Kids" webpage

Description: Provides information for parents on the following topics regarding how to lead a heart-healthy life: "Diseases, Conditions and Treatments," "Top Ten Ways," "How to Make Fast Food Friendlier," "How to Limit Tube Time and Get Your Kids Moving," "Ten Do's for Dealing With a Picky Eater," "How to Get Non-Athletes to be Physically Active," and "Take Control of Portion Sizes."

<http://www.americanheart.org/presenter.ihtml?identifier=3033987>

Source: ARIZONA STATE UNIVERSITY (ASU)

Title: PLAY! (Parents Leading Active Youth)

Description: “The National Institute of Diabetes, Digestive and Kidney Diseases, a unit of the National Institutes of Health, has awarded a two-year grant to ASU’s College of Nursing & Healthcare Innovation to study a new primary care intervention program for the treatment of overweight preschool children.” “PLAY! (Parents Leading Active Youth) is the name of the intervention to be used in the study. Its ultimate goal is to reduce the risk for negative physical and mental health outcomes in 4- to 7-year-old children who are overweight or obese, or at risk for later-life obesity and its adverse co-morbidities, such as Type II diabetes and cardiovascular disease. PLAY! includes a strong mental health and positive parenting component, in addition to emphasizing healthy weight and weight control by educational information, such as healthy nutrition and activity, motivational support and behavioral skills training.”

<http://asunews.asu.edu/node/473>

Source: BRIGHT FUTURES AT GEORGETOWN UNIVERSITY

Title: “Bright Futures Nutrition Family Fact Sheets”

Description: Provide tips for parents on nutrition and physical activity: “Bright Futures Nutrition Family Fact Sheets (2002) are a series of fact sheets for families that highlight content from the publication Bright Futures in Practice: Nutrition. These illustrated fact sheets provide information in a question and answer format.”

<http://www.brightfutures.org/nutritionfamfact/index.html>

Source: CENTER FOR YOUNG WOMEN’S HEALTH—CHILDREN’S HOSPITAL, BOSTON

Title: “Nutrition and Teens: A Guide for Parents”

Description: “Family members can play an important role in helping teens to become healthier. It is much easier to cook, shop, and prepare delicious and nutritious meals and snacks when everyone is working on the same goals. Here are nutrition and wellness tips you can work on as a family.”

http://www.youngwomenshealth.org/nutrition_parent.html

Source: CENTERS FOR DISEASE CONTROL AND PREVENTION

Title: “Formative Research for a Campaign to Promote Healthy Weight Using Relevant Physical Activity and Nutrition Messages for Youth: Healthy Weight, Physical Activity, and Nutrition: Focus Group Research with African American, Mexican American, and White Youth” Executive Summary

Description: This report summarizes a collaborative qualitative research study conducted by the CDC’s Division of Nutrition and Physical Activity (DNPA) and by Westat. The activities summarized are a part of a communication effort that will use relevant physical activity and nutrition messages to promote healthy weight among youth. Among other findings, “Young people reported learning about healthy eating from their parents, their schools, and sometimes their peers. Participants mentioned parents and school health classes as their initial sources of health information, especially when they were younger. These sources also were mentioned as the largest contributors to learning what constitutes healthy eating modeling their parents’ behaviors and looking at food packaging for ingredient content and nutritional value, which sometimes influences their selection of healthy foods. Eating with certain peers also can influence young

people's eating behavior, as they often imitate what their friends eat, consuming either healthy or unhealthy foods."

http://www.cdc.gov/nccdphp/dnpa/physical/pdf/exec_summary_2000.pdf

Source: CENTERS FOR DISEASE CONTROL AND PREVENTION

Title: "Tips for Parents - Ideas and Tips to Help Prevent Childhood Overweight"

Description: "You've probably read about it in newspapers and seen it on the news: in the United States, the number of overweight children and teens has continued to rise over the past two decades.⁴⁶ You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may also ask: What steps can we take to help prevent overweight in our children? This page provides answers to some of the questions you may have and provides you with resources to help you keep your family healthy."

http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm

Source: CLINICAL TRIALS.GOV

Title: "Randomized, Controlled, Open, Comparative Intervention Study for Obesity Prevention in Children (4055obesityprv)"

Description: "Randomized, controlled, open, comparative intervention study in 270 children at risk for obesity. Patients will be randomly allocated into one of two behavior intervention groups or control group in ratio of 1:1:1. The study will consist of two main periods: an intervention period of 3 months followed by 21 months of a follow up period. During the intervention period, participants (parents or both parents and children, depending on randomization) will attend a behavior intervention program once a week, each session will last one hour and would be guided by dietician and psychologist. Follow up visits will be performed at the clinic (for participants in all 3 groups) at months 0, 3, 12 and 24. Objectives: to develop an intervention program for obesity prevention in children aged 5-10 years old, who are at risk to develop obesity; to compare between the efficacy of two different intervention programs and a control group in preventing obesity in the short and the long term; to evaluate the role and significance of including parents in an intervention program for obesity prevention; to identify demographic parameters, lifestyle characteristic and biochemical markers that predict the risk of developing obesity and the response for treatment. "

<http://www.clinicaltrials.gov/ct2/show/NCT00438555?term=nutrition+children+parents&rank=5>

Source: DEPARTMENT OF HEALTH AND HUMAN SERVICES, DEPARTMENT OF AGRICULTURE, DEPARTMENT OF EDUCATION

Title: "Help Your Child Grow Up Healthy and Strong"

Description: "You play an important role in helping your child, and the entire family, learn about healthy eating and regular physical activity. Parents have the power to set examples. Make healthy eating and daily physical activity fun, to help children learn good habits to last a lifetime. This brochure provides some tips on how you can promote healthy eating habits and encourage active lifestyles in your family."

<http://www.ed.gov/parents/academic/health/growhealthy/growhealthy.pdf>

Source: FOOD AND NUTRITION SERVICE, UNITED STATES DEPARTMENT OF AGRICULTURE

Title: “Nibbles For Health: Nutrition Newsletters For Parents Of Young Children”

Description: Newsletters for parents on nutrition and physical activity: “Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting discussions with parents in three ‘sharing sessions’ and accompanying posters. Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face.”

<http://www.fns.usda.gov/tn/Resources/nibbles.html>

Source: FOOD AND NUTRITION SERVICE, UNITED STATES DEPARTMENT OF AGRICULTURE

Title: Parents Webpage

Description: “Good nutrition begins at home -- and should continue at school. But it takes more than rules to make healthful school meals and to reach our goal of healthy children. To improve our children's school lunches, parents need to get involved in their schools. That's why we created Team Nutrition. It is a network of public and private partnerships of parents, teachers, food service staff, health and education groups, and the food and agricultural community. These partnerships come together at the community level through the Team Nutrition Schools program. “

<http://www.fns.usda.gov/tn/parents.html>

Source: INSTITUTE OF MEDICINE

Title: “Parents Can Play a Role in Preventing Childhood Obesity” fact sheet

Description: “Poor eating and exercise patterns are often established during childhood. Fortunately, a healthy home environment can promote healthy habits and alter unhealthy habits. Parents (defined broadly to include primary caregivers) have a profound influence on children by promoting certain values and attitudes, by rewarding or reinforcing specific behaviors, and by serving as role models. Parents are the policy makers for the home. They make daily decisions on recreational opportunities, food available at home, and children's allowances; they determine the setting for foods eaten in the home; and they implement countless other rules and policies that influence how much various members of the family engage in healthful eating and physical activity. While this is good news, economic and time constraints, as well as the stresses and demands of daily living, often make healthful eating and increased physical activity challenging on a daily basis for many families.”

<http://www.iom.edu/Object.File/Master/22/617/0.pdf>

Source: KIDSHEALTH FOR PARENTS BY THE NEMOURS FOUNDATION

Title: “Nutrition and Fitness” Webpage

Description: “You know the importance of good nutrition and exercise, but how do you feed a picky eater or encourage a child who hates sports to play outside? Learn how to keep your child healthy with the right foods and exercise. Click on any link below to view the article.” This webpage contains links to articles for parents on Fitness & Exercise, Nutrition & Weight, and Nutrition & Fitness Q&As.

http://kidshealth.org/parent/nutrition_fit/index.html

Source: KIDSHEALTH FOR PARENTS BY THE NEMOURS FOUNDATION
Title: “Parents' Perceptions About Kids' Weight Often Off” online article
Description: “It’s important to seek medical advice if you think your child might be overweight or obese — just as you would if you suspected your child had any other medical condition. If your doctor says your child’s weight *is* an issue, you can help make maintaining a healthy lifestyle a positive experience instead of a stressful, all-consuming race to trim unwanted pounds. Here are a few things families can do right now to help kids and teens — of all shapes and sizes — feel good about themselves on the inside as well as the outside.”
http://www.kidshealth.org/research/oweight_denial.html

Source: MEALS MATTER
Title: “Teen Nutrition: Helping Teens Make Healthy Choices”
Description: “Adolescence seems to be synonymous with erratic eating habits as the typical teenager’s life fills up with friends, sports and homework. Yet, adolescence is also a time of rapid growth and development that makes healthy eating habits even more important. Therefore, it is critically important that teenagers are encouraged to make nutritious food choices.”
<http://www.mealsmatter.org/CookingForFamily/Planning/article.aspx?articleId=41>

Source: NATIONAL BUSINESS GROUP ON HEALTH
Title: “Healthy Weight: Resources for Parents”
Description: Provides a list of resources for parents on healthy eating and physical activity.
<http://www.wbgh.org/pdfs/caobesitytoolkit/parentsfs7.pdf>

Source: NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY
Title: “Introducing Healthy Foods to Children”
Description: “Listed below are a few tips that can be helpful when introducing new healthy food to children.”
http://www.ncpad.org/nutrition/fact_sheet.php?sheet=365

Source: NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY
Title: “Making Family Meals a Happy and Healthy Time”
Description: “In this day and age, meals spent together are becoming few and far between. For some, a “family” meal may mean eating with friends or a caretaker, but there is still value and tradition in the idea of bringing people together for a meal. Busy schedules often result in making “fast food” choices due to the idea that time is limited by school, work, errands, appointments, and after-school programs. Children and parents may be finding themselves with less and less time to prepare or participate in a healthy meal.” “This month, focus on 1) planning healthy meals, 2) eating more meals a week as a family, 3) preparing a healthy meal even if it is only for oneself, and 4) enjoying the process and the time spent with others involved in the meal.”

http://www.ncpad.org/nutrition/fact_sheet.php?sheet=539

Source: NATIONAL HEART, LUNG, AND BLOOD INSTITUTE

Title: “We Can! (Ways to Enhance Children Activity and Nutrition) Materials - Families Finding the Balance: A Parent Handbook – English”

Description: “Learn practical tips to help your family find the right balance of eating well and being physically active to maintain a healthy weight. This useful easy to read handbook explains the concept of Go, Slow and Whoa foods, proper portion size, and how to make screen time active time. Community planners or health care professionals may wish to order copies to share with parents at community events, or with patients. The handbook also provides resources for further information on real-life strategies for managing a healthy weight in today's world.”

http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.htm

Source: NORTHEAST REGION FAMILY LIVING EDUCATORS

Title: “Working with Overweight Children and Their Parents: Tools for Success”

Description: After viewing a presentation on strategies for helping overweight children and their parents, “108 (99%) were *very prepared* or *prepared* to identify two successful techniques to reduce the body weight of an overweight child (i.e.: 15% less food on plate, all meats cooked in a way that fat drips away, drink a full glass of water at the start of a meal, use diet drinks); 106 (95%) were *very prepared* or *prepared* to identify one method to encourage parent involvement and support in treatment of overweight children (i.e.: family exercise program, reward system, family time revolving around non-food activities). Additionally, 100 (88%) participants plan to use these techniques to reduce the body weight of overweight children, and 101 (93%) participants noted that they acquired new resources to address the problem of overweight children. Furthermore, the participants rated the overall workshop *very helpful* – 4.6 on a 5 point scale.”

<http://www.espnational.org/2005NationalMeeting/PAESPTeamAward.pdf>

Source: OFFICE ON WOMEN'S HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Title: “Bodyworks: A Toolkit for Healthy Girls and Strong Women”

Description: “BodyWorks is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. The BodyWorks program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers.”

<http://www.womenshealth.gov/bodyworks/>

Source: OFFICE ON WOMEN'S HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Title: “Body Image And Your Kids: Your Body Image Plays A Role In Theirs”

Description: “Children pick up on comments about dieting concepts that may seem harmless, such as limiting high-fat foods or eating less. Yet, as girls enter their teen years, having ideas about dieting can lead to problems. Many things can spark weight concerns for girls and impact their eating habits in potentially unhealthy ways.” “Parents are role models and should try to follow the healthy eating and physical activity patterns that you would like your children to follow — for your health and theirs. Extreme weight concerns and eating disorders, as well as obesity, are hard to treat. Yet, you can play an important role in preventing these problems for your children.”

<http://www.4woman.gov/bodyimage/kids/>

Source: THE PARENT TEACHER ASSOCIATION

Title: “PTA Healthy Lifestyles: A Parent’s Guide”

Description: “Like any parent, you want your children to be healthy, and you want your children to grow into healthy, happy adults. But how can you be sure you are doing the right things to cultivate lifelong healthy habits in your children? And do you really have the time to sort through all the information out there on health, nutrition, physical activity, etc.? Probably not. That’s why PTA, with the support of PTA Proud National Sponsor GlaxoSmithKline, has put together this booklet of up-to-date, reliable information on healthy lifestyles. The booklet focuses on key aspects of healthy lifestyles and tells you what you need to know, what you can do, and where you can go for additional information. Hopefully, these pages will help you establish healthy habits in your family—habits that will stay with you and your children long into the future.”

http://www.pta.org/documents/GSK_Parent's_Guide_Booklet_disclaimer_added.pdf

Source: WEIGHT CONTROL INFORMATION NETWORK /NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Title: “Helping Your Child: Tips for Parents brochure”

Description: “Eating well and being physically active are key to your child’s well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years. You can take an active role in helping your child—and your whole family—learn healthy eating and physical activity habits.”

<http://win.niddk.nih.gov/publications/child.htm>

Source: WEIGHT CONTROL INFORMATION NETWORK /NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Title: “Helping Your Overweight Child brochure”

Description: “Healthy eating and physical activity habits are key to your child’s well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. You can take an active role to help your child—and your whole family—learn healthy eating and physical activity habits that last a lifetime.”

http://win.niddk.nih.gov/publications/over_child.htm

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