Don't Get Weighed Down

Summer vacation is the time of year when kids are most likely to gain weight. Children who are overweight or obese have an increased chance of developing serious health conditions like type 2 diabetes, heart disease, high blood pressure and high cholesterol. Below are resources listed to help fight childhood obesity. For more resources, check out UF Diabetes Institute Helping Kids Fight Obesity.

Choose MyPlate

In 2011, the USDA replaced the Food Pyramid nutrition guide with a new food icon called MyPlate. Learn about MyPlate and share the tips, handouts, and games with your children and teach them about proper meal sizes and recommendations.

Effective Health Care Program

The Agency for Healthcare Research and Quality developed a comprehensive summary of various child obesity prevention programs and settings that are effective.

Weight Management for Youth

The nutrition.gov website provides a list of resources to help maintain and improve your child's weight.

Let's Move!

Review Michelle Obama's initiative to get America's youth active and healthy. This website has lots of action plans, tips, resources and "let's move" programs in your area!

Kidnetic.com

Kidnectic is a fun website that encourages kids to play games to get them moving, make healthy meals, learn about nutrition and exercise, and connect with their parents.

Nourish Interactive

This website provides kids and parents with interactive tools, tips, and fun games to teach your child about nutrition.

Health Youth! Childhood Obesity CDC

The Center for Disease Control and Prevention provides resources with science-based strategies that communities can use to tackle childhood obesity.

Adapted from UF Diabetes Institute

Picture from activeforlife.com