

# Childhood Obesity Recommended References

*Pediatrics*, Dec. 2007, Supplement 4, Vol. 120:

- ▶ *American Academy of Pediatrics*, “Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report”
- ▶ *American Academy of Pediatrics*, “Recommendations for Prevention of Childhood Obesity”
- ▶ *American Academy of Pediatrics*, “Assessment of Child and Adolescent Overweight and Obesity”
- ▶ *American Academy of Pediatrics*, “Recommendations for Treatment of Child and Adolescent Overweight and Obesity”

For access to the above documents please visit the “Healthcare” section of our website at [www.letsgo.org](http://www.letsgo.org).

## *Childhood Obesity Action Network*

The Childhood Obesity Action Network is a web-based national network aimed at rapidly sharing knowledge, successful practices and innovation by:

- Mobilizing and inspiring healthcare providers to accelerate improvements in care and advocate for change
- Partnering with a broad constituency of health professionals, quality improvement leaders, childhood obesity experts and child health advocates
- Designing and disseminating policy interventions that will enhance the ability of the healthcare system to address the obesity challenge
- Providing tools and technical assistance to improve clinical care
- Focusing on strategies to reduce health disparities and provide culturally effective care for all families
- Committing to evaluating, learning and sharing evidence-informed strategies

To join the Childhood Obesity Action Network, where you can gain access to the Implementation Guide’s tools, resources, and more, go to: [www.nichq.org/childhood\\_obesity/index.html](http://www.nichq.org/childhood_obesity/index.html).

You will be asked to answer some short questions that include your name, where you work and your email address.

## *Be Our Voice*

Be Our Voice is a campaign that encourages healthcare professionals to be advocates for children in the fight against childhood obesity so the collective voice is heard by legislators who make and enforce rules and regulations that affect children’s health. The campaign involves a variety of resources and tools that can support this process, including:

- Advocacy training modules live and online



- Technical assistance on how to implement the desired change
- Opportunities to find legislators and attend events that could be instrumental in policy change

To join the Be Our Voice campaign and join online communities of other healthcare professionals who are helping to treat and prevent childhood obesity, go to <http://www.nichq.org/register.html> and register.

### *Next Steps*

Next Steps is a pilot program started in April 2011 by the National Initiative for Children's Healthcare Quality (NICHQ) and the Barbara Bush Children's Hospital at Maine Medical Center that utilizes themed follow-up visits led by the practitioner that can help children and adolescents achieve a healthy weight. It emphasizes measurable goals, small steps, commitment, partnership, family, and community throughout the process. The guide includes:

- Information on how to talk to and encourage the patient and family to make long-lasting lifestyle changes
- Themed visit ideas that can be incorporated into treatment by a variety of specialists and at a variety of different points in the process
- Healthy Habits surveys that can be used to track progress

If you have any questions regarding the Next Steps program, please contact NICHQ ([obesity@nichq.org](mailto:obesity@nichq.org)), Dr. Jonathan Fanburg ([jonathanfanburg@gmail.com](mailto:jonathanfanburg@gmail.com)) or Dr. Victoria Rogers ([rogerv@mmc.org](mailto:rogerv@mmc.org)).

### *Collaborate for Healthy Weight*

Collaborate for Healthy Weight is a NICHQ project that is funded by Health Resources and Services Administration (HRSA). The project is working together to join public health, primary care and other community sectors together in the effort to initiate change to prevent and treat individuals who are overweight and obese. The main goal of the project is to manage and implement the Healthy Weight Collaborative through which multi-sector teams come together and, after the provided training, help local communities, states, and other interested groups to develop practical approaches that can help prevent and treat obesity in children and families.

To learn more about getting involved, go to:  
<http://www.collaborateforhealthyweight.org/getinvolved.html>.

You can also sign up for the listserv to stay informed on the left-hand side where it says "CLICK HERE TO JOIN."

