

# Additional Resources for Providers

## BMI Calculators and Information

- 2000 CDC Growth Charts | [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)
- WHO Growth Standards | [http://www.cdc.gov/growthcharts/who\\_charts.htm](http://www.cdc.gov/growthcharts/who_charts.htm)
- CDC Z Score Data Files | <http://www.cdc.gov/growthcharts/zscore.htm>
- CDC Child and Teen BMI Calculator | <http://apps.nccd.cdc.gov/dnpabmi/>
- KidsHealth BMI | [http://kidshealth.org/parent/growth/growth/bmi\\_charts.html](http://kidshealth.org/parent/growth/growth/bmi_charts.html)
- Children's BMI Risk Category Dependent on Age | [www.cdc.gov/nccdphp/dnpa/bmi](http://www.cdc.gov/nccdphp/dnpa/bmi)
- BMI Adults National Heart, Lung & Blood Institute | [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

## National Resources

- American Academy of Pediatrics | [www.aap.org/obesity](http://www.aap.org/obesity)
- Bright Futures in Practice | [www.brightfutures.aap.org/web](http://www.brightfutures.aap.org/web)
- Harvard Prevention Research Center | [www.hsph.harvard.edu/prc](http://www.hsph.harvard.edu/prc)
- National Initiatives for Children's Healthcare Quality – Childhood Obesity Action Network | [http://www.nichq.org/register\\_coan.html?returnpage=/online\\_communities/coan/index.html](http://www.nichq.org/register_coan.html?returnpage=/online_communities/coan/index.html)
- National Initiatives for Children's Healthcare Quality – Be Our Voice | [www.nichq.org/advocacy](http://www.nichq.org/advocacy)
- Collaborate for Healthy Weight | <http://www.collaborateforhealthyweight.org/>
- Let's Move | [www.letsmove.gov](http://www.letsmove.gov)
- CDC Guide to Breastfeeding Interventions | <http://www.cdc.gov/breastfeeding/resources/guide.htm>

## Resources for Parents and Kids

- Healthy Eating and Activities for Kids & Parents | [www.kidnetic.com](http://www.kidnetic.com)
- KidsHealth | [www.kidshealth.org](http://www.kidshealth.org)
- Choose My Plate | [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Overview of the VERB Campaign | [www.cdc.gov/youthcampaign](http://www.cdc.gov/youthcampaign)
- Children and Nature Network | [www.childrenandnature.org](http://www.childrenandnature.org)
- Screen Time | [www.screentime.org](http://www.screentime.org)
- CDC Physical Activity | [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)
- Meals for You | [www.mealsforyou.com](http://www.mealsforyou.com)
- Make Your Calories Count | <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm>

## Maine Resources

- Action for Healthy Kids is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment. | [www.healthymainekids.org](http://www.healthymainekids.org)
- Healthy Policy Partners of Maine | [www.mcd.org/HPP](http://www.mcd.org/HPP)
- Healthy Maine Partnerships Info & Contacts by Town | [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)
- Healthy Maine Walks & Sites | [www.healthymainewalks.org](http://www.healthymainewalks.org)
- Maine Bureau of Parks and Lands | [www.maine.gov/doc/parks](http://www.maine.gov/doc/parks)
- Bicycle Coalition of Maine | [www.bikemaine.org](http://www.bikemaine.org)
- Let's Go! Maine information for kids, teens, parents, childcare, healthcare providers, schools and workplaces | [www.letsgo.org](http://www.letsgo.org)
- Maine Census Data | [www.state.me.us/newsletter/may2001/maine\\_census\\_data.htm](http://www.state.me.us/newsletter/may2001/maine_census_data.htm)
- Maine Center for Public Health | [www.mcph.org](http://www.mcph.org)
- Maine Chapter of the American Academy of Pediatrics | [www.maineaap.org](http://www.maineaap.org)
- Maine Children's Alliance/Maine Kids Count Data Book | [www.mekids.org](http://www.mekids.org)
- Maine Department of Education | [www.maine.gov/education](http://www.maine.gov/education)
- Maine Governor's Council on Physical Activity | [www.maineinmotion.org](http://www.maineinmotion.org)
- Maine Prevention Research Center | <http://www.une.edu/mhprc/>
- MaineHealth Learning Resource Centers | [www.mainehealth.org/lrc](http://www.mainehealth.org/lrc)
- Maine Nutrition Network | [www.maine-nutrition.org](http://www.maine-nutrition.org)
- Maine Physical Activity & Nutrition [PAN] Program | [www.maine.gov/dhhs/boh/hmp/panp](http://www.maine.gov/dhhs/boh/hmp/panp)
- Maine WIC Program | [www.maine.gov/dhhs/wic](http://www.maine.gov/dhhs/wic)
- March into May | [www.marchintomay.org](http://www.marchintomay.org)
- WinterKids | [www.winterkids.org](http://www.winterkids.org)

