

Taking It to the Streets/Free or Low Cost Resources on the Topic of Obesity

Please note that this list is ongoing. You will find that one site will lead you to another!
If you have some sites to add, please send to msinnovate@aol.com

Title and/or group	Main Agency or Company	Website	Category (poster, brochure, curriculum, book, children's activities, etc.)	Eligibility to Receive these materials	Target Audience :	Ordering Deadline	Quantity Limits:	Implications/additional ideas, tips, suggestions for FCS:
Ace Fitness Youth Fitness, Child Obesity, Physical Fitness for Children	American Council on Exercise	http://www.acefitness.org/ofk/default.aspx	Free educational materials and informational resources Monthly newsletter on health and fitness Free Operation FitKids curriculum is offered to educators looking to integrate health and fitness into classroom learning for grades 3-5.	Educators can receive curriculum	Everyone	N/A	N/A	Partnership and certification opportunities, recipes, and exercise techniques
Action Coalition for Media Education national coalition of health care professionals, educators, advocacy groups and concerned parents who counter the harmful effects of marketing to children through action, advocacy, education, research, and collaboration.	Action Coalition for Media Education	http://www.acmecoalition.org/aggregator/sources/3	Curricula, lesson plans, and classroom activities are available on this page for download under a <u>Creative Commons license</u> Partner resources also available	Health care professionals, educators, advocacy groups and concerned parents	Children and youth	N/A	N/A	Gives a better understanding of the effect of the media on children. Some pertains to the effect of media on obesity and what children are encouraged to eat by various forms of media.
All Educational Software Providing teenage, youth and childhood obesity, nutrition, health and exercise	All Educational Software	http://www.alleducationalsoftware.com/links.html	independent study resources free educational games	Site for teachers, parents, and kids featuring				

American Heart Association collection of free educational materials for preschool	American Heart Association	Americanheartassociation.org	Varied resources	Educators, healthcare professionals	Children and youth			
A to Z Free Teaching Resources		http://www.free-teaching-resources.co.uk/a-z.shtml then scroll to A to Z key resources	Help teachers find teaching resources and sort out which lesson plans would be of use to them by reviewing each one individually. Free-teaching-resources.co.uk contains hundreds of reviewed free lesson plans and other teaching resources such as resource packs, worksheets, assembly ideas, school visits, project ideas, videos and images.	Educators,	Children and youth			Link to other useful websites including: Early LearningHQ would be useful for child development classes that work with young children. The British Red Cross offer free teaching resources, useful for Child Safety Week
The Bell Institute	General Mills	http://www.bellinstitute.com/default.aspx	Free educational materials, mostly brochure and handouts. Information related to health conditions, healthy eating, nutrients and vitamins, food service resources, produce nutrition information. Most of the information can be downloaded. Note: Gants and research under professional tools.	Anyone. Persons can join to receive free educational resources.	All ages	N/A	N/A	Serves as a resource base for FCS educators. Site does quite a bit of advertising of brand name products. These products are sometimes part of the handout or educational material.

Be Smart Be Well	Blue Cross Blue Shield	http://www.besmartbewell.net/index.htm	Educates the public about domestic violence. Features managing pregnancy risks, childhood obesity, care giving, mental health, drug safety, traumatic brain injury, STD, domestic violence, childhood asthma and food safety	Anyone	All ages	N/A	N/A	This site contains a wealth of information related to the topics mentioned. Resources, transcripts and information provided.
Blue Cross Blue Shield of TN	Blue Cross Blue Shield	http://www.bcbst.com/	Information related to health coverage. For example, plan option, health tools, etc.	Everyone who is interested in the health plans.	Adults	N/A	N/A	Provide in-depth information and self service for members.
Centers for Disease Control and Prevention (CDC)	USA.gov	http://www.cdc.gov/	The number one website for up-to-date scientific information on most health and safety topics. Provides background information on all health and safety topics.	Everyone	Educators, the general public	N/A	N/A	This is an excellent website for concise information on topics. Very informative. This site is a first place to visit when researching topics.

Childhood Obesity Coalition Coulee Region Childhood Obesity Coalition	LaCrosse, Wisconsin Resident	http://www.childhoodobesitycoalition.org	links to websites, e-newsletter, healthy recipes and nutrition tips, toolkits, and more resources	Community Parents Educators	Communities Families Schools (all levels)	None	None	Support for developing effective lessons, creating useful projects, provides valuable information to support grants
Council on Exercise American Council on Exercise	NCCA (National Commission For Certifying Agencies)	http://www.acefitness.org Could be used as a resource but not recommended.	Publications, study materials, online courses, live workshops, webinars, and university curriculum	Secondary schools	Consumers Educators Fitness Professionals	Depends on the item(s) being ordered. Some items have a fee	N/A	Could be used for research & materials for lessons focusing on wellness and nutrition.
Dairy Council National Dairy Council	NDC, USDA, and the National Football League	http://www.nationaldairycouncil.org	Nutritional programs, educational materials, and research for improved nutrition for Americans	Schools (all levels) Health professionals School Nutrition Directors Industry	All	None	None	Platform for multiple topics
Diabetes Health		http://www.diabeteshealth.com Could be used as a resource but not recommended	Cutting-edge coverage of new products, research treatment, meaningful lifestyle issues	Resource for people living with diabetes	Consumers Educators (maybe)	None	None	Could be used for research projects on secondary and post-secondary level
Discovery Education Classroom Resources	Discovery Communications, LLC	http://www.discoveryeducation.com This site provides lessons and activities for academic content excluding FACS. However it's a good resource for cross-curricular activities. Not recommended	Teacher resources grade k-12, Puzzle maker, lesson plans, clip art, homework help for students, and much more.	Community Parents Educators Administrators	Communities Families Schools (all levels)	None	None	Support for developing effective lessons, creating useful projects, provides valuable information to support grants, cross-curriculum lessons

ERIC Educational Resources Information Center (national education database)	The National Academics Press	http://www.eric.ed.gov/ Could be used as a resource but not recommended	Provides Literature Review for secondary and post-secondary levels	Community Parents Educators School Libraries	Communities Families Schools (all levels)	There is cost for some materials	None	Useful for secondary and postsecondary research
Free Teaching Resources for PE	National Obesity Forum to raise the awareness of childhood obesity	www.free-teaching-resources.co.uk/pe.shtml	Free-teaching-resources.co.uk can help teachers find teaching resources and sort out which lesson plans would be of use to them by reviewing each one individually. Free-teaching-resources.co.uk contains hundreds of reviewed free lesson plans and other teaching resources such as resource packs, worksheets, assembly ideas, school visits, project ideas, videos and images.	Community organizations Parents Educators School Libraries Administrators	Everyone	N/A	N/A	Support for developing effective lessons, creating useful projects, provides valuable information to support grants, cross-curriculum lessons
Hanover Hospital Education Programs Hanover Community Health & Education Center	Produced by the Hanover Area Healthy Community Partnership	http://www.hanoverhospital.org/pages/pdfs/Wellness/Educational%20Programs%20&%20Services.pdf	They will develop wellness policies, advise school health counselors, provide resources and support in addressing childhood obesity, provide training for teachers and school staff in health education areas, as well as assist with grant writing	Community Organizations Parents Health Care Providers Educators	Communities Families Schools (all levels)	N/A	N/A	Support for developing effective lessons, training teachers and school staff on health awareness, creating useful projects, provides valuable information to support grants
Nutrition Resources	North Carolina Nutrition Services	http://www.nutritionnc.com/	List of nutrition resources for anyone to use.	Free/ low cost	Resources for anyone wanting more information on nutrition issues.	N/A	N/A	Large variety of information on different nutrition issues.

Healthy Ohio Program	Healthy Ohio Website	http://www.healthyohioprogram.org/obesitymap/statewide.pdf	PDF file with list of initiatives being done around the state of Ohio.	Varies by county.	None specified.	N/A	N/A	Childhood Obesity Prevention Initiatives by County in the state of Ohio.
Intent Blog	Intent Blog	http://www2.intent.com/anywho/blog/strategic-approach-fight-against-childhood-obesity Could be used as a resource but not recommended	Personal Blog Opinion	N/A	Anyone who wants one person's statistics.	N/A	N/A	Posted once in April 2010. It has not been updated since.
Island County Wellness Program	Whidbey Island, WA Website	http://www.islandcounty.net/health/wellness/	List of activities and resources that Island County has for health and wellness.	No restrictions for information on-line.	None	N/A	N/A	Much of the information is specific to their county, but possibly could be gleaned for use for other places.
Kaiser Permanente	Kaiser Health Plan	https://members.kaiserpermanente.org/redirects/childhood-obesity/	Games, brochures and pdf files with information on prevention of obesity.	Free	Geared to parents.	N/A	N/A	Has information which would be good to share with parents at presentations or classes regarding childhood obesity.
Kids Health	The Nemours Foundation	http://kidshealth.org/parent/general/body/overweight_obesity.html	Information, recipes, games, BMI calculator and other misc. items.	Free, but some material is has restrictions. Need to read their policy.	Parents, teen and kids	N/A.	N/A	Commercial site so there may be some limitations for materials.
Mayo Clinic	Mayo Clinic	http://www.mayoclinic.com/health/childhood-obesity	Information regarding childhood obesity.	Free (for everything I looked at, but this may vary if you get into more detail)	Anyone who wants more information. Very factual.	N/A	N/A	Professional site with information on obesity. A good resource for statistics, and preventative measures.
Medpage Today	Medical News	http://www.medpagetoday.com/Pediatrics/Obesity/19899	Article on obesity	Free online can also log on to get updated information	Resource for current information	Professionals	none	

				and articles.				
Childhood Obesity	MaryAnne Liebert	http://www.liebertonline.com/doi/abs/10.1089/chi.2010.0426	Article	Free online	Resources for current information and how to work with Michelle Obama's program	Professionals	None	
School Nursing Review article on obesity, article from 2007 (difficult to get to)	National Association of School Nurses	http://www.nasn.org/	Website	Periodic information for school nurses with occasional articles on obesity and many on flu	Resource for information	Professional		
The NH Childhood Obesity Expert Panel	From the state of New Hampshire	http://www.healthynh.com/fhc/initiatives/ch_obesity/CO%20%20Report-%20FINAL.pdf	Report on ways to eat healthy and exercise daily. How to incorporate in your life.	Families and Professionals	Useful tool to inform students on healthy lifestyle	none		
North Carolina Public Schools Childhood Obesity Prevention -	From North Carolina Education	http://www.ncpublicschools.org/stateboard/hrstudents/obesity	Website reporting on NC think tank ideas for obesity prevention	Professionals and Families	Useful tool for school districts looking for ideas to make school lunches more healthy, how to inform families and parents. Ways to incorporate positive	none		

					eating and exercising habits.			
Nourish Interactive		http://www.nourishinteractive.com http://www.nourishinteractive.com/hco/overview	Website providing free educational tools on obesity	Professional	Great printouts and interactive material. Very nice for preschool and elementary.	All free and no deadlines		
Obesity Action Coalition	Bariatric Surgery Coalition	http://www.obesityaction.org/educationaltools/OAA/2010/february.php	Brochures & poster to members; articles, newsletters on web site	Free to members Membership is \$20.	Obese clients wanting surgery	contact the OAC National Office at (800) 717-3117	5 copy limit	State contacts: http://www.obesityaction.org/advocacy/states/map.php Statistics prior to 2004 available
Obesity Action Alert	Bariatric Surgery Coalition	http://www.obesityaction.org/magazine/oacnews10/Advocacy-%20Childhood%20Obesity.pdf	Single Advocacy brochure on 2 federal bills	Free 2 pg. download	Bariatric coalition members	Website download	N/A	Statement of support for: School Nutrition Amendment to the Farm Bill Fitness Integrated with Teaching Kids Act
Obesity Campaign	nonprofit Campaign advocates by medical & health professionals	http://www.obesitycampaign.org/	Public Policy emphasis: Federal action timeline, 2007 obesity summit report, ppt, health care cost report	Free downloads	Researchers and clinicians	Website download	N/A	Obesity facts and statistics. Advocating for effective policy solutions at the federal level
Obesity Prevention Foundation	Let's Move northern Nevada	http://www.obesitypreventionfoundation.org/	List northern Nevada events, newsletters available on line	Free	Northern Nevada parents, health providers, teachers, media reps.	Website video viewing	N/A	Dr. Kent Sasse Discusses Childhood Obesity video & guide http://www.obesitypreventionfoundation.org/youth.shtml BMI Calculator

The Obesity Society	Obesity Society	http://www.obesity.org/	News media video clips, fact sheets, journal article access	Free	Obesity health professionals	Website download and viewing	Free access to web materials	Links to professional organization library http://www.obesity.org/links.asp
OSE	California Office of the Secretary of Education & Education Initiatives	http://www.ose.ca.gov/ei/ do not recommend this site						
Peaceful Playground Play Nice!	USDE (US Dep't ED)	http://peacefulplaygrounds.com/newsletter.htm	grant development; Templates; kits available for sale; newsletters	schools	Elementary schools	none	NA	Support for developing activities and playground areas through well designed grants; research to support grants
Preventative Health		http://www.co.forsyth.nc.us//publichealth/preventative_health.aspx						Site not currently available
Seattle Children's Hospital	Health care professionals	http://www.seattlechildrens.org/classes-community/community-programs/coat/	Healthy eating and activity packets	Providers, Families	Teens, Parents, Families	None	NA	Current research related to clinical treatment of obesity; Partnering professionals with families;
Squidoo	Seth Godin, Megan Casey; Public Input	http://www.squidoo.com/search/results?q=childhood+obesity	Multiple links on childhood obesity; Backpack Buddy fact sheets	Free	Home School Students, teachers,	None	NA	Publishing platform for multiple topics;
Sun Sentinel Blogs	FL resident blog on topic	http://blogs.trb.com/features/family/parenting/blog/2010/02/fighting_childhood_obesity_may.html	Comments, resources and links	General public	everyone	NA	NA	Comments from the general public on the topic

Teacher Planet	Educator Network	www.teacherplanet.com/resource/obesity.php	Lessons, curriculum, grant information; Handouts; Childhood Obesity Prevention Theme Page	Teachers, educators	School age children	None	NA Free	Numerous teaching tools available; grants listed by state
Teaching Resource Center: Preventing Childhood Obesity	Teaching Resource	http://www.trcabcc.com/resources/parents-corner/preventing-childhood-obesity/	Facts, resources , links, curriculum	Registered members, teachers	Parents, children, educators	None	NA Free and Paid resources	Lesson Plans, projects, blogs
Thinkfinity (PPT available to view use of site). A variety of useful, free, educational resources, often in partnership with ScienceLink	Verizon	http://www.thinkfinity.org - (type in Obesity at the site)	Lesson Plans!, Nick Jr. Preschool Kids Games, ... Worksheets, Teacher Resources, Rubrics, tips, articles,	All are eligible	Teachers, students, parents	none	No limits-Free downloads	Easily accessible materials useful for FCS professionals
Shaping American's Youth provides the childhood, teenage, and youth obesity, nutrition, health and exercise information and statistics,.	Shaping America's Youth	http://www.shapingamericasyouth.org/ -	This site also offers a single location for the latest news , meetings and events , funding opportunities , publication, and other resources related to childhood obesity	Children and Youth	N/A			Information on The Skyrocketing Cost of Obesity: It's Everybody's Business The economic costs and consequences of obesity have spread into every sector of our society. America has become an overweight nation and it comes with a very high price tag.
WHO: Global Recommendations on Physical activity for Health	WHO: World Health Organization	http://www.who.int/dietphysicalactivity/factsheet_recommendations/en/index.html	curriculum	unrestricted	Health Educators, Extension, Older Adult Act. Director	none	download	<u>Recommended levels of physical activity for children aged 5 - 17 years</u> · <u>Recommended levels of physical activity for adults</u>

Addresses three age groups: 5–17 years old, 18–64 years old and 65 years old and above. These age groups were selected taking into consideration the nature and availability of the scientific evidence relevant to the prevention of non-communicable diseases through physical activity.								<u>aged 18 - 64 years</u> · <u>Recommended levels of physical activity for adults aged 65 and above</u>
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