



# CHILDHOOD OBESITY 101

This packet was compiled by the National School Boards Association's School Health Programs to provide school policy makers and other school stakeholders with a foundation for initiating further research, if necessary, on the policy and practice issues surrounding childhood obesity. It includes excerpts from publications, articles, and more from the NSBA School Health Resource Database as well as bibliographic information, additional resources, and websites.

## **BACKGROUND**

[\*Youth Risk Behavior Surveillance—United States, 2009\*](#), Centers for Disease Control and Prevention (CDC), 2010  
[\*Trends in the Prevalence of Obesity, Dietary Behaviors, and Weight Control Practices, National YRBS: 1991-2009\*](#), CDC, 2010  
[\*Childhood Obesity: The Preventable Threat to America's Youth\*](#), Action for Healthy Kids, 2008  
[\*Overweight and Obesity Among African American Youths\*](#), Robert Wood Johnson Foundation (RWJF), 2010  
[\*Overweight and Obesity Among Latino Youths\*](#), RWJF, 2010

## **PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS**

[\*American School Board Journal Health and Leadership Special Report\*](#) "Advocating for School Wellness," National School Boards Association (NSBA), 2009  
[\*Preventing Childhood Obesity: Health in the Balance\*](#), Institute of Medicine, 2005  
[\*School District Wellness Policies: Evaluating Progress and Potential for Improving Children's Health Three Years After the Mandate\*](#), Bridging the Gap, 2010  
[\*F as in Fat: How Obesity Threatens America's Future, 2010\*](#), Trust for America's Health, 2010  
[\*Recommended Community Strategies and Measurements to Prevent Obesity in the United States\*](#), CDC, 2009  
[\*Building Healthy Communities: A School Leaders Guide to Collaboration and Community Engagement\*](#), California School Boards Association, 2009  
[\*Body Mass Index Measurement in Schools\*](#), CDC, 2007  
[\*Preventing Childhood Obesity: A School Health Policy Guide\*](#), National Association of State Boards of Education, 2009  
[\*Make a Difference at Your School! CDC Resources Can Help You Implement Strategies to Prevent Obesity Among Children and Adolescents\*](#), CDC, 2008

## **RESOURCES AND LINKS**

[Childhood Obesity Internet Resources List](#)

*If you would like additional information, please contact a member of the school health staff at (703) 838-6722 or by e-mail at [schoolhealth@nsba.org](mailto:schoolhealth@nsba.org) or visit our website at [www.nsba.org/schoolhealth](http://www.nsba.org/schoolhealth).*

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