

Parent Information

The following Web sites contain information for parents on nutrition, physical activity, and healthy lifestyles. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

Alliance for a Healthier Generation

For Parents

The Alliance for a Healthier Generation is a partnership between the American Heart Association and the William J. Clinton Foundation, whose mission is to fight childhood obesity. Its Web site has information for parents on how they can empower their children to lead healthy lives, and how they can set a good example.

www.healthiergeneration.org/engine/renderpage.asp?pid=s023

American Academy of Pediatrics (AAP)

Smart Guide to Kids' TV

This guide offers suggestions for parents on how to reduce children's viewing time.

www.aap.org/family/smarttv.htm

American Heart Association

What Can I Do?

The American Heart Association's Web site offers helpful hints for parents on how to help children develop healthy habits, how to limit television viewing, and how to handle a picky eater.

www.americanheart.org/presenter.jhtml?identifier=3030484

Center for Children's Health Media, The Nemours Foundation

KidsHealth

KidsHealth, a Web site focused on the health of children and teens, has nutrition and fitness information for parents.

www.kidshealth.org/parent/nutrition_fit/index.html

Dole Food Company

5 A Day

Dole Food Company's 5 A Day Web site has tips for parents on getting kids to eat five or more servings of fruits and vegetables a day.

www.dole5aday.com/Grownups/G_Index.jsp

National Parent Teacher Association (PTA)

The National PTA Web site has several articles for parents on health and wellness topics, including eating right, obesity, healthy fundraisers, and physical education.

www.pta.org/pr_category_details_1117232379734.html

School Nutrition Association

(SNA; formerly American School Food Service Association)

The SNA Web site has information for parents on school meal programs, nutrition, communicating with school food directors, healthy fundraisers, and other topics

www.schoolnutrition.org/parent.aspx?id=1981

Stir It Up

Stir It Up is a national movement of parents working with educators and school administrators to remove junk food from schools and increase physical activity. The Web site has information for parents on nutrition, physical activity, and school meals, and also information on how to get involved with the Stir It Up campaign.

www.stiritupamerica.org/

Team Nutrition, USDA Food and Nutrition Information Center

Parents

Team Nutrition's Web site has information and resources for parents on healthy eating, MyPyramid, and changing the school environment to promote healthy eating and physical activity.

<http://teamnnutrition.usda.gov/parents.html>

TV-Turnoff Network

The nonprofit TV-Turnoff Network offers two programs designed to encourage children and adults to reduce their TV viewing: TV-Turnoff Week and More Reading, Less TV. The Web site offers information on these programs, as well as tips for parents on how to reduce screen time.

<http://tvturnoff.org/>

U.S. Department of Agriculture, Food and Nutrition Service

Eat Smart. Play Hard. Healthy Lifestyle!

The "Eat Smart. Play Hard" campaign encourages children, parents, and caregivers to eat healthy and be physically active every day. The Web site has information for parents and caregivers on how to adopt healthier lifestyles and become role models for their children.

www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/Default.htm

VERB: It's what you do

Created by the CDC, VERB is a social marketing campaign that encourages children ages 9 through 13 to be physically active every day. The VERB Web site has information for parents on how to make regular physical activity "cool" for tweens.

www.cdc.gov/youthcampaign/materials/adults/index.htm

We Can! (Ways to Enhance Children's Activity & Nutrition)

Get the Family Moving

We Can! is a federal program that gives parents and caregivers tools for promoting healthy weight in children.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Weight-Control Information Network (WIN)

WIN is an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). The WIN Web site has a section for parents with healthy eating and physical activity tips.

<http://win.niddk.nih.gov/publications/child.htm>