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## Combatting childhood obesity, inactivity and improving diet and nutrition



**Building a Healthy Active Australia (DoHA initiative)** - tip to get 2 fruit and 5 veg into a child's diet

<http://www.healthyactive.gov.au/2and5/tips.htm>

**We Can!** (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

**Prevention of Obesity in Children and Youth (USA)** - in response to a request from the US Congress for a prevention-oriented action plan to tackle the alarming rise in childhood obesity, the IOM Committee on Prevention of Obesity in Children and Youth has developed a comprehensive national strategy that recommends specific actions for families, schools, industry, communities, and government.

<http://www.iom.edu/report.asp?id=22596>

**Obesity Prevention** - this program of research examines the broad environmental influences on eating and activity patterns, particularly in relation to obesity. A Deakin University initiative based in the Barwon-South Western Region.

<http://www.deakin.edu.au/hbs/cpan/ecs.php>

**Healthy Start for Life (Canada)** - resources are available to help parents and child care providers learn more about the nutrition and physical activity needs of preschoolers. These resources also provide helpful strategies to ensure that preschoolers eat well and keep active on a daily basis.

<http://www.dietitians.ca/healthystart/content/resources/index.asp>

**A Report from the British Medical Association, Preventing Childhood Obesity (UK)** - we believe that general practitioners and other healthcare professionals have a pivotal role in tackling this epidemic, in terms of both preventive measures and treatment.

<http://www.bma.org.uk/ap.nsf/Content/childhoodobesity>

**The Seesaw Project** - the Seesaw Project is a not-for-profit health charity granted DGR status. We support families and communities to provide healthy lifestyles and healthy weight for children. We promote evidence based childhood obesity prevention and treatment strategies that support the physical, social and emotional wellbeing of every child. Advice on what you can do to make a positive difference.

<http://www.seesaw.org.au/index.html>

**Go For Your Life** Families are faced with a variety of issues around food choices at different life stages. From the benefits of breastfeeding to packing school lunchboxes, use this section to explore food issues relevant to parents and families.

Tel: 1300 73 98 99

<http://www.goforyourlife.vic.gov.au/hav/articles.nsf/web1/families?open>

**Parents Jury** - a web-based network of parents who wish to improve the food and physical activity environments for children in Australia. It is also a forum for parents to voice their views on children's food and physical activity issues, and to collectively advocate for the improvement of children's food and physical activity environments.

<http://www.parentsjury.org.au/>

