

# Parent Health Information Web Sites

The following Web sites contain information for parents on nutrition, physical activity, and healthy lifestyles. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* 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 *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to [www.eatwellandkeepmoving.org](http://www.eatwellandkeepmoving.org) for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

## **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 on how parents can empower their children to lead healthy lives and how parents can set a good example.

[www.healthiergeneration.org/parents.aspx](http://www.healthiergeneration.org/parents.aspx)

## **American Academy of Pediatrics (AAP)**

*Smart Guide to Kid's TV*

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

[www.aap.org/family/smarttv.htm](http://www.aap.org/family/smarttv.htm)

## **American Heart Association**

What Can I Do?

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

[www.americanheart.org/presenter.jhtml?identifier=3030484](http://www.americanheart.org/presenter.jhtml?identifier=3030484)

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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**Center for Children’s Health Media, The Nemours Foundation**

KidsHealth for Parents

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

[www.kidshealth.org/parent/nutrition\\_fit/index.html](http://www.kidshealth.org/parent/nutrition_fit/index.html)

**Center for Screen Time Awareness**

The nonprofit Center for Screen Time Awareness 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/>

**National Parent Teacher Association (PTA)**

Health and Wellness

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](http://www.pta.org/pr_category_details_1117232379734.html)

**School Nutrition Association (SNA)**

Parents: Key Partners in Developing Healthy School Environments

On its Web site the SNA (formerly the American School Food Service Association) 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](http://www.schoolnutrition.org/parent.aspx?id=1981)

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

Parents

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

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

**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/eatsmartplayhardhealthylifestyle/Default.htm](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/Default.htm)

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### **VERB Campaign**

Created by the Centers for Disease Control and Prevention, VERB is a social marketing campaign that encourages children aged 9 to 13 to be physically active every day. The VERB Web site has materials designed to promote the importance of children's physical activity to adults; materials include mini-magazines, tip sheets, and brochures.

[www.cdc.gov/youthcampaign/materials/adults/index.htm](http://www.cdc.gov/youthcampaign/materials/adults/index.htm)

### **We Can! (Ways to Enhance Children's Activity and Nutrition)**

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/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

### **Weight Control Information Network (WIN)**

Helping Your Child: Tips for Parents

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 with tips on healthy eating and physical activity.

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

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).