

# CHILDHOOD OBESITY RESOURCES

## CENTERS FOR DISEASE CONTROL AND PREVENTIONS (CDC) RESOURCES:

- [Healthy Weight, Nutrition, and Physical Activity](#)
  - Healthy Eating – *Eat healthy and enjoy it! Learn about planning meals, cutting calories and healthy recipes.*
    - [Dietary Guidelines for Americans 2020 - 2025](#)
    - [My Food Diary](#)
    - [Choose my Plate for Children](#)
  - [Preventing Weight Gain](#) – *To prevent weight gain; choose a healthy eating plan, get moving, and monitor your weight.*
  - [Physical Activity for Healthy Weight](#) – *Physical activity is important for weight loss and maintaining your weight.*
- [Losing Weight](#) – *Healthy weight loss isn't just about a "diet" or "program." It's about lifestyle changes in daily eating and exercise habits.*
  - [Losing Weight: Getting Started](#)
  - [National Weight Control Registry](#)
- [Health Effects of Obesity](#) – *Extra weight increases the risk for certain health conditions.*
- [Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults](#)
- [Tips for Parents](#) – *Ideas to help children maintain a healthy weight.*

## EXTERNAL RESOURCES

### WEIGHT LOSS, WEIGHT MANAGEMENT, NUTRITION, MEAL PLANNING TOOLS

- [Aim for a Healthy Weight](#)
- [Weight Management](#)
- [Some Myths about Nutrition and Physical Activity](#)
- [Choose My Plate](#)
- [The Facts on Fats Infographic](#)
- [Portion Distortion](#)
- [MyPlate Plan](#)
- [Division of Nutrition, Physical Activity, and Obesity \(DNPAO\)](#) – *Focuses on improving nutrition supporting breastfeeding, increasing physical activity, reducing obesity, and reducing disparities.*