

Stay'NHealthy – Growing Strong Resources

BMI Calculators/ Info:

CDC Growth Charts

www.cdc.gov/growthcharts/

BMI Calculator for Child and Teen: English Version

<http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm>

LET'S GO! BMI Growth charts

http://www.letsgo.org/resources/documents/155-516_BoysBMIChart_V2.pdf

http://www.letsgo.org/resources/documents/155-516_GirlsBMIChart_V2.pdf

Using the BMI-for-Age Growth Charts

<http://www.medscape.com/viewprogram/2640>

Physical Activity & Nutrition for Children:

Granite State FitKids

<http://www.granitestatefitkids.org/AboutFitKids.html>

To teach families how to care for their health and encourage participation at any level in both aerobic and non-aerobic activity that promotes movement.

Lean Kids

<http://www.leankids.net/index.asp>

POWERPLAYMD-OC

A pediatrician directed health, nutrition and fitness program to manage weight and to promote healthy, lean and active youth

Walk New Hampshire

www.walknh.org

This program is designed to promote walking in New Hampshire. The goal is to engage children and adults in walking and raise awareness of walking as a part of a healthy lifestyle.

Kidnetic

www.kidnetic.com

Healthy eating and activities for kids and parents

CDC's Youth Campaign

www.cdc.gov/youthcampaign/

Overview of the VERB campaign which encourages young people ages 9-13 (tweens) to be physically active every day.

UNH COOP Extension

<http://extension.unh.edu/FoodNutr/FoodNutr.htm>

Nutrition Connections, University of New Hampshire Cooperative Extension

VERB

www.verbnow.com

Tween website

Diabetes Youth Zone

www.diabetes.org

(Click on the "youth zone" in the parents and kids section)

Nutrition, weight loss and exercise

YMCA

www.ymca.net

Find the Y nearest you

Food Pyramid

www.mypyramid.gov/kids/index.html

The new food pyramid, MyPyramid and MyPyramid for kids.

New England Dairy Council

www.newenglanddairycouncil.org

Calorie counter

www.caloriesperhour.com

Interactive site about diets and healthy eating

SCHOOL/COMMUNITY

Safe Routes to School

www.walktoschool.org

Safe Routes to School NH

[John W. Corrigan, Safe Routes to School Coordinator](#)

[Bureau of Planning and Community Assistance](#)

[NH Dept of Transportation](#)

[7 Hazen Dr, PO Box 483](#)

[Concord NH 03302-0483](#)

Advocates for Healthy Youth: Community Coalition Building

Action for Healthy Kids
Cheshire Medical Center/Dartmouth Hitchcock Keene
Contacts: Gerri Rubin, MD grubin@cheshire-med.com
Yvonne Goldsberry, MD ygoldsberry@cheshire-med.com

Action for Healthy Kids
www.actionforhealthykids.org

Let's Go!

a community-based initiative to promote healthy lifestyle choices for children, youth and families in 12 Greater Portland communities.
<http://www.LETSGO.ORG>

America on the Move: Steps to a Healthier Way of Life. (working pages for families and patients)
<http://aom.americaonthemove.org>

s'COOL FOOD
<http://www.scoolfood.org>

SMART FOOD FOR HEALTHY KIDS -<http://www.smartfoodshealthykids.com>

Association for Community Health Improvement
<http://www.communityhlth.org/communityhlth/projects/youthobesity/obesityhome.html#partic>

Better School Food
www.betterschoolfood.org

Lunch Lessons
www.lunchlessons.org

National Farm to School
www.foodsecurity.org/farm_to_school.html

National School Lunch Program
www.fns.usda.gov/cnd/Lunch/default.htm

New York Coalition for Healthy School Food

www.healthyschoolfood.org

Policy/Legislation

Contacting Your Elected Representatives

<https://www.ihf.org/extranetng/content/0e489d7a-4fe5-4b9b-b24a-cddd9bb03536/694490ba-9af7-44af-9ab6-9ed2eecd877f/how%20to%20contact%20your%20legislator.pdf>

To find your senators' and representative's phone numbers, you may use the Trust for America's Health searchable online congressional directory

<http://capwiz.com/healthyam/directory/congdir.tt> or call the U.S. Capitol Switchboard at (202)224-3121 and ask for your senators' and/or representative's office.

List of House of Representatives NH

<http://www.gencourt.state.nh.us/house/members/wml.aspx>

To find or e-mail your senators and representative directly from the Trust for America's Health Website

<http://capwiz.com/healthyam/home/>

HB1422 – Commission on the prevention of childhood obesity.

<http://www.gencourt.state.nh.us/house/>

Nashua School Wellness Policy

www.nashua.edu/district-documents/POPPS/9212%20Wellness%20Policy.pdf

School Wellness Policy and Resources – Assessment Summary, June 2005

<http://www.ed.state.nh.us/education/doe/organization/programsupport/documents/4wellnesspolicysummary.doc>

The CMA Foundation's Obesity Policy

<http://www.calmedfoundation.org/policydb/policysearch.aspx>

New Hampshire State Fact Sheet

www.healthyamericans.org

Department of Health & Human Services NH

www.dhhs.state.nh.us

Menu Labeling

www.menulabeling.org

Find Registered Dietitians by zip code:

www.eatright.org

Professional Resources

American Academy of Pediatrics

www.aap.org

American Academy of Family Practice

www.aafp.org

National Initiative for Children's Healthcare Quality

<http://nichq.org/nichq>

Institute for Healthcare Improvement

<https://www.ihp.org>

National Initiative for Children's Healthcare Quality – Childhood Obesity Action Network

www.nichq.org/NICHQ/Programs/ConferencesAndTraining/ChildhoodObesityActionNetwork.htm

Center for Disease Control

<https://www.cdc.org>

Call to Action; Healthy School Nutrition Environments

www.fns.usda.gov/tn/healthy/calltoaction.html

Bright Futures in Practice

www.brightfutures.aap.org/web/

Obesity-related AAP Child Health Initiatives

www.aap.org/obesity

Motivational Interviewing online program

www.kphealtheducation.org

Funding

CDC-Steps

www.cdc.gov/steps

Provides funding to communities to support evidence-based interventions, focusing on reducing the burden of obesity, diabetes and asthma.

The Robert Wood Johnson Foundation Health and Health Care ...

www.rwjf.org

The mission of the **Robert Wood Johnson Foundation** is to improve the health and health care of all Americans.