



Tool-kit Handouts Available on the Internet by Category

Infant

- Bright Futures Nutrition Family Fact Sheets
English: <http://www.brightfutures.org/nutritionfamfact/index.html>
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>

Child

- Bright Futures Nutrition Family Fact Sheets
English: <http://www.brightfutures.org/nutritionfamfact/index.html>
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>

Teen

- Bright Futures Nutrition Family Fact Sheets
English: <http://www.brightfutures.org/nutritionfamfact/index.html>
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>
- Body Basics, Healthy Weight for Youth
<http://www.californiateenhealth.org/download/Body-Basics.pdf>
Pages E-24 and E-25

Parent

- 5210 Healthy Lifestyle Goal Setting Worksheet
http://www.mcph.org/major_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf
- Video: Max's Magical Delivery Fit for Kids (A DVD for parents and kids)
Order online: http://gold.ahrq.gov/eorders/order_page4907.cfm
- How many fruits and vegetables do you need?
<http://www.fruitsandveggiesmatter.gov/publications/index.html>
English: http://www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf
Spanish: http://www.fruitsandveggiesmatter.gov/downloads/Spanish_Audience_Brochure.pdf
- How to Use Fruits and Vegetables to Manage Your Weight
<http://www.fruitsandveggiesmatter.gov/publications/index.html>
English: http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC_5-A-Day.pdf
Spanish: http://www.fruitsandveggiesmatter.gov/downloads/R2P_ConsumerSpanish.pdf

Physical Activity

- Coalition on Children and Weight of San Diego, Active and Healthy Tips for Families
English: <http://www.ccwsd.org/documents/children-and-weight-what-families-can-do-english.pdf>
Spanish: <http://www.ccwsd.org/documents/children-and-weight-what-families-can-do-spanish.pdf>
- Healthy Kids, Healthy Families brochures
<http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/index.htm>
English: <http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/pdf/parent.pdf>
Spanish: <http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/pdf/spanish.pdf>
- KeepMEHealthy, Healthy Lifestyle Goal Setting Worksheet
http://www.mcph.org/major_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf
- KeepMEHealthy, In-Depth Physical Activity Survey
http://www.mcph.org/major_activities/KeepMEHealthy/In_Depth_Physical_Activity_Survey.pdf

Community Resources

- Coalition on Children and Weight of San Diego Resource Guide
English: <http://www.ccwsd.org/documents/sd-childhood-overweight-resource-guide-english.pdf>
Spanish: <http://www.ccwsd.org/documents/sd-childhood-overweight-resource-guide-spanish.pdf>
- List of Community Clinics
<http://www.ccc-sd.org/clinics/clinic-search.aspx>
- List of Chula Vista Family Resource Centers
http://www.chulavistacc.org/phpwebsite-0.9.3-2-full/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=14&MMN_position=38:23

General Messages

- 20 ways to Make Your Child Fit for Learning: Spanish, English and Vietnamese
<http://www.fitforlearning.org/20ways.asp>
- Eating Right and Being Active Are as Easy as 5,4,3,2,1,Go!
<http://www.clocc.net/coo/prevention/resources.html>

Growth Charts

- CDC Growth Charts
Boys: <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj41c021.pdf>
Girls: <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj41c022.pdf>

Recipes & Menus

- Healthy Latino Recipes Made with Love
English: http://www.dhs.ca.gov/cdic/cpns/lat5aday/download/LatinoCookbook_English.pdf
Spanish: <http://www.dhs.ca.gov/cdic/cpns/lat5aday/download/LatinoCookbookSP.pdf>
- NIH Bilingual Recipes: Platos Latinos ¡Sabrosos y Saludables!/Delicious Heart-Healthy Latino Recipes
http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

Physician Information

- AAP Obesity and Related Co-Morbidities Coding Fact Sheet for Primary Care Pediatricians (2006 American Medical Association)
<http://www.aap.org/obesity/Obesity%20CodingFactSheetAugust07.pdf>
- Guidelines for the Medical Evaluation of Overweight Child 3-18 years old
http://www.mcph.org/Major_Activities/KeepMEHealthy/Clinical_Guidelines_Flip_Chart.pdf
Pages 5 & 6
- Obesity Evaluation and Treatment: Expert Committee Recommendations. Sarah E. Barlow, MD, MPH, and William H. Dietz, MD, PhD. *Pediatrics*, Vol. 102, No. 3. Full article available at:
<http://pediatrics.aappublications.org/cgi/content/full/102/3/e29>
- Bright Futures, Nutrition Tools
<http://www.brightfutures.org/nutrition/pdf/tools.pdf>
Pages 258 – 261