

## External Obesity Resources Web Sites

Name of site	Information provided	Link
Mission: Healthy Kids	Free resources for families to learn about nutrition, physical activity and mindfulness in a fun and interactive way.	<a href="https://www.chw.org/childrens-and-the-community/community-partners-professionals/resources-for-schools/mission-healthy-kids/for-families">https://www.chw.org/childrens-and-the-community/community-partners-professionals/resources-for-schools/mission-healthy-kids/for-families</a>
Let's Move Milwaukee	Topics include breastfeeding, nutrition information, physical activity, local food pantries, farmer's markets, recipes, & more.	<a href="http://city.milwaukee.gov/letsmove">http://city.milwaukee.gov/letsmove</a> English and Spanish versions of handouts available
My Plate	Healthy eating, meal plans, recipes, and budget-friendly tips.	<a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>
Kids Health	Link for parents, kids and teens on nutrition & fitness, staying healthy, and food & fitness. Explains BMI and encourages healthy eating and physical activity.	<a href="http://kidshealth.org/">http://kidshealth.org/</a>
American Academy of Pediatrics	Child nutrition related articles on healthy eating.	<a href="http://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx">http://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx</a>
NIH-National Heart, Lung, and Blood Institute	Multiple resources for starting an activity plan, food plans, and decreasing screen time.	<a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/">http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/</a>
Dairy Council of California: Healthy eating made easier	Healthy eating tools include healthy eating planner, meal tips and healthy recipes.	<a href="http://www.healthyeating.org/Healthy-Eating.aspx">http://www.healthyeating.org/Healthy-Eating.aspx</a>
Academy of Nutrition and Dietetics	Recipes, workout ideas, and MyPlate portion control ideas.	<a href="http://www.eatright.org/">http://www.eatright.org/</a>
American Heart Association	Click "healthy living" tab to find information on healthy kids, physical activity and more.	<a href="http://www.heart.org/HEARTORG/">http://www.heart.org/HEARTORG/</a>
Impact 211	Information about resources available in nine counties in southeast Wisconsin for food, clothing and household needs.	<a href="https://www.impactinc.org/impact-2-1-1/">https://www.impactinc.org/impact-2-1-1/</a>