

Weight Management Educational Materials

These top choices for weight management education materials were obtained from focus groups conducted at four Children's Hospital regional sites across Washington State with health care providers, parents (English and Spanish speaking) and teens. The results are listed below with information on how to obtain these materials on the back.

Best All Around Flyer:

The Kid's Activity Pyramid (English and Spanish)

Top Picks:

- CANfit Dance Video
- What's Normal Supposed to Look Like Anyway? Poster
- Exercise Your Options Booklet
- Fast Food Survival Guide
- Kids Get Cookin' / Chicos...¡A Cocinar! Cookbook

Teens:

- Think Your Drink
- 101 Ways to Get Fit
- Sports Nutrition Pyramid
- Healthy Habits for Life
- Eat to Win

Parents:

- Kid's Food Pyramid
- Eat to Compete Recipes
- How'd You Do Your 5 Today?
- Parent's Guide to Physical Play
- Sports Nutrition Pyramid
- Bright Futures
- Wellness Trek

Spanish Materials:

- Pirámide Poderosa (Power Pyramid)
- Coma para Competir (Eat to Compete)
- Guía para la Buena Alimentación (Guide to Good Eating)
- Grizzly Gourmets
- Lista de Alimentos con Bajas en Grasa (Lowfat Food List)
- Comidas Fáciles y Rápidas para gente ocupada (Easy and Fast Foods for Busy People)
- Rápido, Divertidos y Sanos... Alimentos para la Familia (Fast, Fun and Healthy... Foods for the Family)
- Gana Energía con 5 al Día (With 5 a Day Gain Energy)

Materials Specific to African-American Population:

- Soul Food Pyramid
- Nutrition & Kids Handout

Health Care Providers:

In addition to some of the titles listed, health care providers recommended the following nutrition self-assessment and education piece for kids:

- Your One and Only Body

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Title	Description	How to get this Resource
101 Ways to Get Fit	Pamphlet–Ways teens can keep fit and have fun, created by teens. (Eng)	ETR Associates 1-800-321-4407
Bright Futures Activity Coloring Book	Coloring Book–teaches young children about health and safety. (Eng/Span)	202-784-9770 brightfutures@ncemch.org
CANfit Dance Video “P.H.A.T”	Video–Hip hop showcases African American, Latino, Asian/Pacific Islander, and American Indian youth (ages 10-14). (Eng)	CA Adolescent Nutrition and Fitness Program www.canfit.org/phat 510-644-1533
Easy and Fast Foods for Busy People (Comidas Fáciles y Rápidas para gente ocupada)	Brochure–Advice for the cook, saving time, portion size description for fruits and vegetables and menu ideas. Emphasizes maintaining a healthy life. (Span)	Latino California 5 a Day Program / CA Prevention and Nutrition Services 1-916-449-5371
Eat to Compete (Come para Competir)	Booklet–Recipes with pictures and cooking instructions for kids. (Eng/Span)	San Bernardino Co. Dept. of Public Health 1-909-387-0181
Eat to Win	Handout–Focus on dairy intake. (Eng)	National Dairy Council www.whymilk.com
Exercise Your Options: A Food Choice & Activity Program for Middle School Students	Workbook–Eating and activity habit workbook. (Eng)	Washington Dairy Council 1-888-868-3133 www.eatsmart.org
Fast Food Survival Guide	Booklet–A pocket size review of fast food. (Eng)	Co. of San Bernardino Human Services System, Dept. of Public Health Contact: mwhitaker-saucedo@dph.sbcounty.gov
Fast, Fun and Healthy... Foods for the Family (Rápidos, Divertido y Sanos... Alimentos para la Familia)	Brochure–Reviews ways to include fruit and vegetables every day. Recipes included. (Span)	Latino California 5 a Day Program / CA Prevention and Nutrition Services 1-916-449-5371
Grizzly Gourmets–The Grizzly Gourmet Guidebook	Guidebook–Menu planning with recipes developed by kids. (Eng/Span)	California Adolescent Nutrition and Fitness Program www.canfit.org/phat
Guide to Good Eating (Guía para la Buena Alimentación)	Flier–Gives examples of daily portion recommendations for food groups. (Span/Eng)	WA Dairy Council www.eatsmart.org/catalog/search.asp
Healthy Habits for Life: Your 6 Week Guide to Food and Fitness	Notebook–Plan for healthy lifelong eating/fitness with food/activity journal. (Eng)	Washington Dairy Council www.eatsmart.org
How’d You Do Your 5 Today?	Magnet–Sticker chart for families to track daily fruits/vegetables servings. (Eng)	www.dole5aday.com/Grownups/Fun/G_5adayFamilyFUN.jsp

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Kids Activity Pyramid (Pirámide de Actividades para Niños)	Handout–Pictorial description of activities that kids should be doing daily/weekly. (Span/Eng)	Park Nicollet Healthsource 1-800-372-7776
Kids Food Pyramid	Handout–Food pyramid for kids, tips for parents. (Eng)	Park Nicollet Healthsource 1-800-372-7776
Kids...Get Cookin' (Chicos...¡A Cocinar! Cookbook)	Booklet–Cookbook for kids. (Eng/Span)	California Children's 5 a Day Campaign 1-888-328-3483 www.shop5adaycatalog.com/acatalog
Lowfat Food List– (Lista de Alimentos Bajos en Grasa)	Handout–Lists of foods to eat more often and less often. (Span)	Children's Hospital & Regional Medical Center 1-866-987-2500, option 4
Nutrition and Kids Handout	Handout–Describes a balanced weight control program for kids with recommendations for exercise, diet, habits and a chart for goals. (Eng)	Clinical Nutrition Services at Children's 206-987-4758
Parents Guide to Physical Play	Booklet–Describes physical activity by age with examples. (Eng)	Children's Hospital & Regional Medical Center 1-866-987-2500, option 4
Power Pyramid (Pirámide Poderosa)	Handout–A food pyramid emphasizing fruits, vegetables and whole grains. (Eng/Span)	San Bernardino Co. Dept. of Public Health Nutrition Program 1-909-387-0181
Soul Food Pyramid	Handout–A food pyramid emphasizing foods of the African American Culture. (Eng)	South East Michigan Dietetic Association www.semدا.org/info/pyramid.asp?ID=7
Sports Nutrition Pyramid	Handout–Describes recommended servings and food choices for active kids and adults. (Eng)	Washington Dairy Council www.eatsmart.org/catalog/search.asp
Think your Drink	Handout–Describes nutrient content of various drinks. (Eng)	Washington Dairy Council www.eatsmart.org
Wellness Trek	Map–Self-scoring game where kids keep track of nutrition/exercise activities. (Eng)	Washington Dairy Council www.eatsmart.org
What's Normal Supposed to Look Like Anyway?	Poster–Depicts teens of different weight, height and ethnicity (gender specific). (Eng)	www.oregondairycouncil.org/resources/
With 5 a Day Gain Energy (Gana Energía con 5 al Día)	Brochure–For parents of preteens to help their children eat more fruits and vegetables. (Span)	Latino California 5 a Day Program / CA Prevention and Nutrition Services 1-916-449-5371
Your One and Only Body...Feed it Right!	Handout–Personal survey to help kids evaluate their diet in the last 24 hours. (Eng)	Washington Dairy Council nutrition@eatsmart.org

Disclaimer: The inclusion of any web site link (or resource accessed through a link) does not imply endorsement by Children's Hospital and Regional Medical Center. Seek the advice of your child's health care provider before you act or rely upon any information from these resources.



Hospital & Regional Medical Center
4800 Sand Point Way N.E.
Seattle, Washington 98105-0371
206-987-2000 (Voice)
206-987-2280 (TTY)
866-987-2000 (Toll-free)
www.seattlechildrens.org