

## Web Sites

Academy of Nutrition & Dietetics

[www.eatright.org](http://www.eatright.org)

Provides health professionals and consumers with science-based food and nutrition information including research articles, dietary guidelines, fact sheets and educational resources.

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Provides professional education and parenting resources including nutrition tips, books and other publications. Locate obesity to view Overweight and Obesity AAP recommendations, summary and conclusions.

American Academy of Family Physicians

[www.aafp.org](http://www.aafp.org)

Provides information for health care professionals including clinical care and research, practice management and publications. Learn more about Americans in Motion (AIM) and order AIM to Change tool kit.

American Medical Association

[www.ama-assn.org](http://www.ama-assn.org)

Information for health care professionals including resources, standards and publications. Locate professional resources for information on CPT codes.

Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

Provides information for health care professionals and consumers on overweight and obesity, state-based programs and resources.

Centers for Disease Control and Prevention Nutrition and Physical Activity Program

[www.cdc.gov/needphp/dnpa](http://www.cdc.gov/needphp/dnpa)

Provides science-based activities for children and adults. Focuses on the role of nutrition and physical activity in prevention and control of chronic disease.

Missouri Council for Activity and Nutrition

[www.mocan.org](http://www.mocan.org)

Provides information about statewide obesity prevention efforts.

United States Department of Agriculture

MyPlate Kids' Place

<http://www.choosemyplate.gov/kids/index.html>

Information for professionals and consumers including nutrition tips, sample menus, recipes, interactive games and resources.

Kids Eat Right

<http://www.eatright.org/kids/>

Provides scientifically-based health and nutrition information, recipes and activities.

### Team Nutrition

[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

Team nutrition supports the Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Locate links to sister web sites: Healthy Meals Resource System and Healthier U.S. Schools Challenge.

### Food and Nutrition Information Center

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

A directory to resources for consumers, nutrition and health professionals, educators and government personnel. Locate printable format educational materials, government reports, and research papers, as well as Dietary Guidelines and MyPlate personalized plans.

### Maternal and Child Health Library

[www.mchlibrary.info](http://www.mchlibrary.info)

This index includes biographies, knowledge paths, organization lists, publications and MCH links.

### National Association of Pediatric Nurse Practitioners

[www.napnap.org](http://www.napnap.org)

Provides information about H.E.A.T. (Healthy Eating and Activity Together).

### National Heart, Lung, and Blood Institute

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Provides information on programs We Can! (Ways to Enhance Children's Activity and Nutrition) and Hearts N' Parks, and clinical guidelines on overweight and obesity and the NHLBI Obesity Initiative.

### President's Challenge

[www.presidentschallenge.org](http://www.presidentschallenge.org)

Provides information on The President's Challenge program including incentives and physical activity tracking forms for kids and teens.

### Weight Control Information Network

[www.win.niddk.nih.gov/index.htm](http://www.win.niddk.nih.gov/index.htm)

Provides the general public, health professionals, the media, and congress with up-to-date, science-based information on weight control, obesity, physical activity and related nutrition issues.

### **Web Sites for Kids**

#### Activate

[www.kidnetic.com](http://www.kidnetic.com)

Interactive site where kids can play games that get them moving, locate recipes, and learn about the human body.

#### American Council of Exercise

[www.acefitness.org](http://www.acefitness.org)

Provides health and fitness tips for professionals and consumers.

## Body and Mind

[www.bam.gov](http://www.bam.gov)

Interactive site for kids to learn about diseases, food and nutrition, physical activity, safety and their bodies.

## Bright Futures

[www.brightfutures.org](http://www.brightfutures.org)

Provides information for health professionals and consumers on the health and well-being of infants, children and adolescents.

## HealthFinder

[www.healthfinder.gov](http://www.healthfinder.gov)

Provides health information for professionals and consumers from kids to seniors of various race and ethnicity.

## KidsHealth

[www.kidshealth.org](http://www.kidshealth.org)

Provides separate interactive sections for parents, children and teens.

## National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

Provides diabetes information for health care professionals, business, schools and consumers.

## President's Council on Physical Fitness and Sports

[www.fitness.gov](http://www.fitness.gov)

Provides information for professionals and the general public on exercise related to a healthy lifestyle. Includes information on the President's Challenge program including incentives and physical activity tracking forms for kids and teens.

## Local Resources

### County Health Department

<http://www.health.mo.gov/living/lpha/lphas.php>

### County Extension

<http://extension.missouri.edu/directory/Places.aspx>

### YMCA

<http://www.missouriymcas.org/index2.html>



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