

BMI Resources
Compiled Summer 2015

A. For Practices

1. The **Michigan Quality Improvement Consortium** website has a one-page document with ideas for talking to teens about BMI and weight control, entitled “Communication Guidelines to Promote Health Behavior Change.”

[http://www.mqic.org/pdf/Communication Guidelines to Promote Health Behavior Change 176076_7.pdf](http://www.mqic.org/pdf/Communication_Guidelines_to_Promote_Health_Behavior_Change_176076_7.pdf)

2. The **National Institute for Children’s Health Quality (NICHQ)** website has a toolkit with resources designed to help primary care practice teams provide coordinated, integrated and multidisciplinary services to both prevent obesity and improve care for children who are already overweight or at risk for becoming overweight. Includes tools for prevention, assessment and diagnosis, management and treatment and community resources.

<http://obesity.nichq.org/resources/healthy%20care%20for%20healthy%20kids%20obesity%20toolkit>

3. Additional information summarizing recommendations derived from NICHQ’s 2006 Childhood Obesity Action Network (COAN) can be found on the **Oregon Health and Services University (OHSU)** website

<http://www.ohsu.edu/xd/health/services/doernbecher/patients-families/healthy-lifestyles/upload/COANImplementationGuide62607FINAL.pdf>

4. The **US Preventive Services Task Force** website has a link to a one-page graphic of the components of the “5 A’s Behavioral Counseling Framework.” The framework recommends 5 steps in working with patients/families to support change: “Ask, Advise, Assess, Assist, and Arrange.”

<http://www.uspreventiveservicestaskforce.org/Page/Name/browse-tools-and-resources>

5. The Centers for Disease Control and Prevention (CDC) website has a toolkit on supporting youth physical activity guidelines implementation, with roles for families, schools, and communities.

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

B. For Families

1. **Mass in Motion** has publications available for families with ideas for healthy foods and activities; *selected posters, brochures available in English, Portuguese, Spanish*

<http://massclearinghouse.ehs.state.ma.us/category/MIM.html>

(To order items, you must [login](#) or [register](#) first. All items are FREE for residents of Massachusetts)

2. The **National Heart Lung and Blood Institute of the National Institute for Health's "We Can"** (Ways to Enhance Children's Activity and Nutrition) program website has tools and resources for weight management, nutrition, physical activity and screen time reduction.

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/weight-management.htm#handbook>

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/tools-reduce-screen-time.htm>

3. The **United States Department of Agriculture (USDA) Choose My Plate** website provides access to many resources, such as an interactive supertracker, informative quizzes, tips for eating on a budget, recipes, and

information on the five food groups,

<http://www.choosemyplate.gov/food-groups/>

and, ideas on weight management

<http://www.choosemyplate.gov/videos.html>

4. The **Nemours Children Health System** has a Kids Health site that includes links to fact sheets for parents on nutrition and fitness. The fact sheets are web-based information, and also have an audio component, so parents can listen to the information. *Information is also available in Spanish.*

http://kidshealth.org/parent/nutrition_center/

5. **Let's Move.gov** has a lot of information on nutrition and physical activity. The link below goes to a page with an infographic "5 Simple Steps" for parents to support better eating and exercise habits for their children. Each of the "steps" has suggestions for how to accomplish them, and the full document can be printed out, or viewed online.

<http://www.letsmove.gov/parents>

6. The **American Heart Association** and the **National Football League** have teamed up to create the PLAY 60 Challenge, a program that inspires kids to get the recommended 60 minutes of physical activity a day in school and at home. The Play 60 website has links to suggestions for fun activities

<http://www.nflrush.com/play60/kids>

as well as a “Play 60” app.

<http://www.nflrush.com/apps/play60>

7. The **American Heart Association** website has information on portion sizes, and offers tips for controlling serving sizes.

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Portion-Size-Versus-Serving-Size_UCM_304051_Article.jsp

Tips to help families develop healthy habits

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Top-10-Tips-to-Help-Children-Develop-Healthy-Habits_UCM_303805_Article.jsp

Dietary recommendations for healthy children

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Dietary-Recommendations-for-Healthy-Children_UCM_303886_Article.jsp

Healthy low cost food choices

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Healthy-Foods-Under-1-Per-Serving_UCM_303809_Article.jsp

And activities for kids

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/ActivitiesforKids/Activities-for-Kids_UCM_304155_SubHomePage.jsp

8. The **Centers for Disease Control and Prevention (CDC)** website has some fact sheets on the role of families in supporting physical activity in youth

http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf

C. Community Resources

1. The **Project Bread** website assists Massachusetts families in finding out if they may be eligible for Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps).

<http://www.gettingfoodstamps.org/>

2. The **Massachusetts Association for Community Action**: You can find Community Action agencies by towns and regions:

<http://www.masscap.org/agencies.html#ssca>