

Obesity Awareness Week

MAKING THE *healthy choice*

THE *easy choice*

Sep. 12th - 16th, 2011

Ways to support healthy living in all aspects of your life

Choose one or more of these suggestions to incorporate physical activity and healthy eating in to your community, school, and workplace

Community

Physical Activity

- Schedule a 'clean up and play day' at the neighborhood park
- Start a neighborhood walking or biking club
- Ask officials to build and/or upgrade tennis and basketball courts, playgrounds, soccer fields, and swimming pools
- Work with physical trainers from the local health center, or gym to start classes on physical activity and exercise
- Ask officials to build well-lit, safe trails and activity stations in parks
- Conduct exercise classes at local community or senior centers
- Work with local facilities (malls, schools, religious facilities) in the community to establish times community members can use the facility for physical activity
- Speak with city officials and Bike Texas to create safe routes for cyclists and pedestrians



Nutrition



- Ask restaurants to label menu items with calories, fat, and sodium content
- Encourage your grocery store, like HEB, and restaurants to reduce the price of healthy options
- Request local officials to create a healthy vending and concession policy at community events
- Speak with restaurant managers to offer small portions at a reduced price
- Ask your local grocery store to provide information on healthy eating and cooking skills
- Set up a community garden in your neighborhood
- Organize a healthy recipe exchange
- Provide basic-skill cooking classes

For more information and resources visit:

Michael & Susan Dell Center for Healthy Living at <http://www.sph.uth.tmc.edu/>

School

Physical Activity

- Have students participate in a brief physical activity as part of morning announcements
- Organize intramural sports and recess activities
- Develop a 'walking school' bus group to promote active transport to and from school
- Speak with school officials to offer Open Gym before or after school
- Encourage families to participate in physical activity through school sponsored-events



Nutrition

- Organize a cafeteria tour to highlight and taste healthy foods
- Encourage cafeteria staff to place healthy options such as fruits and vegetables at the beginning of the tray line
- Ask your principal about setting up a farm-to-school salad bar or community garden
- Hold a contest for kids to make cafeteria table tents or tray liners that explain and promote healthy foods
- Speak with school administrators to create a policy to ban unhealthy foods for fundraisers

Work-site and Organizations



Physical Activity

- Provide a fitness tip of the day or week on social media outlets
- Implement a 'take the stairs' campaign
- Create and display a list of walkable local venues for lunch, activity breaks, and after work
- Post stretches and/or exercises that can be performed at workstations
- Establish a team member or committee to lead stretches during breaks

Nutrition

- Circulate a healthy recipe within the organization newsletter
- Become a mother-friendly worksite and accommodate new mothers with a clean place to pump and store breast milk
- Request healthy meal and snack options readily available and labeled in the cafeteria
- Create a healthy vending machine policy where at least half of the food available meets healthy guidelines
- Place articles, tips, and recipes about healthy eating on bulletin boards, public spaces in the work environment, and on social media sites





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Online Resources

Live Smart Texas

www.livesmarttexas.org/

Texas Medical Association – AMA Healthier Life Steps

<http://www.texmed.org/Template.aspx?id=7635>

ACTIVE TEXAS 2020

<http://activetexas2020.org>

Active Life Movement

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

Partnership for a Healthy Texas

www.partnershipforahealthytexas.org

Families, Food and Fitness

http://www.extension.org/families_food_fitness

Nature Rocks and Nature Rocks Austin

<http://www.naturerocks.org/> ; <http://naturerocksAustin.org/>

East Texas Area Health Education Center

<http://easttexasahec.org/>

FYI AHEC

<http://fyiahec.org/HealthLiteracy/TopicalHealthIssues/Obesity.aspx>

Salud America!

<http://www.salud-america.org/>

Building Healthy Families: Step by Step

<http://www.bcm.edu/cnrc/buildinghealthyfamilies/>

American Cancer Society's "Choose You"

<http://www.chooseyou.com/>

Shaping Policy for Health

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

Obesity in Texas: Reaching Epidemic Proportions

www.texashealthinstitute.org/files/obesity_brochure.pdf

Findings about the Obesity Epidemic in Texas

www.texashealthinstitute.org/files/Key_findings_obesity_Eschbach.pdf

Texas obesity projections by county

www.texashealthinstitute.org/files/Methodology_for_obesity_projections_Eschbach.pdf

Obesity in Texas policy implications

www.texashealthinstitute.org/files/ObesityBriefForum_080406.pdf

Nutrition and Fitness in Texas schools

www.texashealthinstitute.org/files/nutrition_fitness_hpb.pdf

CDC recommendations to promote healthy eating and active living

www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm

Publication on the health risks of being overweight

www.win.niddk.nih.gov/publications/health_risks.htm

Let's Move!

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

IOM Community Perspectives on Obesity Prevention in Children

<http://www.iom.edu/Reports/2009/Community-Perspectives-on-Obesity-Prevention-in-Children.aspx>

Physical Activity

Action for Healthy Kids

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

The President's Council on Physical Fitness and Sports

<http://www.fitness.gov/>

Office of the Surgeon General – Childhood Overweight and Obesity Prevention Initiative

<http://www.surgeongeneral.gov/obesityprevention/index.html>

CDC's Division of Adolescent and School Health – Addressing Physical Activity

http://www.cdc.gov/HealthyYouth/physicalactivity/pdf/Addressing_Phys_Activity.pdf

US Department of Health & Human Services – Smallstep Kids

<http://www.smallstep.gov/kids/flash/index.html>

US Department of Health & Human Services – We Can!

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

US Department of Agriculture – Eat Smart. Play Hard.

<http://teammnutrition.usda.gov/Resources/eatsmartmaterials.html>

Active Living Research – Active Education

http://www.activelivingresearch.org/files/Active_Ed_Summer2009.pdf

Active Living Research – Parks, Playgrounds and Active Living

http://www.activelivingresearch.org/files/Synthesis_Mowen_Feb2010.pdf

Leadership for Healthy Communities

http://www.leadershipforhealthycommunities.org/images/stories/lhc_policybrief_econ_4.6.09_final.pdf

Walk Across Texas

<http://walkacrosstexas.tamu.edu/>

Sample Walking Program

www.win.niddk.nih.gov/publications/PDFs/walking2004.pdf

CDC StairWELL to Better Health worksite campaign

www.cdc.gov/nccdphp/dnpa/hwi/toolkits/stairwell/index.htm

HHS Physical Activity Guidelines for Americans

www.health.gov/paguidelines

Alliance for a Healthier Generation Toolkit: Physical Activity

http://healthiergeneration.org/uploadedFiles/For_Schools/New_Builder_Pages/Toolkits/PhysicalActivityToolkit.pdf

Alliance for a Healthier Generation Toolkit: Before & Afterschool

http://healthiergeneration.org/uploadedFiles/For_Schools/New_Builder_Pages/Toolkits/BeforeAfterschoolToolkit.pdf

Safe Routes to School Increases Physical Activity and Improves Health

http://www.saferoutespartnership.org/media/file/SafeRoutes_Health_Sept08_lowres.pdf

Built Environment

Active Living By Design

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

Active Living/Healthy Eating 101

http://www.activelivingbydesign.org/sites/default/files/ALHE_101_2010.pdf

Healthy Kids, Healthy Communities

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

Safe Routes to School Improves the Built Environment

http://www.saferoutespartnership.org/media/file/SRTS_built_environment_lo-res.pdf

Walkable Communities, Inc.

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

Prevention Institute – The Built Environment and Health

<http://www.preventioninstitute.org/component/jlibrary/article/id-114/127.html>

Center for the Built Environment

<http://www.cbe.berkeley.edu/>

US EPA – Urban Sustainability & the Built Environment

<http://www.epa.gov/sustainability/builtenvironment.htm>

Institute for the Built Environment
<http://www.ibe.colostate.edu/>
The Built Environment and Health
<http://www.beh.columbia.edu/>
CDC Designing and Building Healthy Places
<http://www.cdc.gov/healthyplaces/>

Walking or Biking

Safe Route to School Texas
http://www.dot.state.tx.us/safety/safe_routes/default.htm
Texas Bicycle Coalition – Bike Texas
<http://www.biketexas.org/>
Texas Bicycle Routes Map
http://www.biketexas.org/index.php?option=com_weblinks&view=category&id=57:texas-bicycle-route-maps
Bike Texas Resources
http://www.biketexas.org/index.php?option=com_content&view=article&id=52&Itemid=63
National Center for Safe Routes to School
www.saferoutesinfo.org/
Safe Routes Resources
<http://www.saferoutesinfo.org/resources/index.cfm>
Safe Routes to School Complete Streets
<http://www.saferoutespartnership.org/state/5638/5666>
CDC KidsWalk-to-School
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>
America Bikes
<http://www.americabikes.org/what-we-do/bills/safe-routes-to-school/index.html>
National Center for Bicycling and Walking
<http://www.bikewalk.org/>
National Complete Streets Coalition
<http://www.completestreets.org/>
US Department of Transportation: Integrating Bicycling and Walking into Transportation Infrastructure
<http://www.fhwa.dot.gov/environment/bikeped/design.htm>
CDC *Communities Putting Prevention to Work* Grants: Suggestions for Bicycle and Pedestrian Projects and Programs
http://www.saferoutespartnership.org/media/file/Prevention_ARRA_Bike-Ped_Interventions_9_29_09_final.pdf
Active Living Research – Walking and Biking to School, Physical Activity and Health Outcomes
http://www.activelivingresearch.org/files/ALR_Brief_ActiveTransport.pdf

Nutrition

Texas AgriLife Extension Resources for Texas Obesity Awareness Week
http://fcs.tamu.edu/food_and_nutrition/promoting-healthy-weight.php
Junior Master Gardener 4-H Youth Gardening Program
<http://www.jmgkids.us/>
CATCH – GO, SLOW, WHOA Foods List
http://www.sph.uth.tmc.edu/catch/whats_new_food.htm
Texas Certified Farmers Markets 2010
http://www.picktexas.com/farm_market/farmers_market2.htm
Texas Farmers Markets Association
<http://www.texascertifiedfarmersmarkets.com/>
Sustainable Food Center
<http://www.sustainablefoodcenter.org/>

Texas 4H Healthy Lifestyles

http://texas4-h.tamu.edu/projects/healthy_lifestyles/index_healthy_lifestyles.php

Dinner Tonight

<http://healthyliving.tamu.edu>

Health Hints: Maximizing Your Exercise Payoffs

<http://fcs.tamu.edu/health/healthhints/2007jun/exercise.pdf>

Texas Ten Step Program

www.dshs.state.tx.us/wichd/lactate/TXfact.shtm

Rudd Center for Food Policy and Obesity

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

Rudd Center – Cereal F.A.C.T.S.

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

Rudd Center – Sugar-Sweetened Beverage Taxes

http://yaleruddcenter.org/what_we_do.aspx?id=271

IOM Report - Strategies to Reduce Sodium Intake in the United States

http://www.nap.edu/catalog.php?record_id=12818#toc

Square Meals

www.squaremeals.org/

HEB-Eat Better

<http://www.heb.com/template/page-delegator.jsp?ccid=cc30360071§ionId=sd30300003>

Health Foods Grocery List

nutrition.about.com/library/ngrocery_list.htm

School Gardening Project

www.kidsgardening.org/

Reading Nutrition Facts Labels

nutrition.about.com/od/recipesmenus/ss/learnlabels.htm

Nutrition for Kid and Teens

<http://www.eatright.org/Public/content.aspx?id=5530>

Locate a farmer's market in your area

www.localharvest.org/

USDA Dietary Guidelines for Americans

www.health.gov/DietaryGuidelines/

Nutrition information from MyPyramid

www.MyPyramid.gov

**These links are presented only as sources of information. The partnered organizations who created this resource guide in no way endorse any persons or organizations on this list.*

