

# Obesity in Children

Action Kit



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## Action Kit

The Obesity in Children Action Kit was created to provide you with valuable tools and resources to assist you in helping your patients reach and maintain a healthy weight. We hope you use these materials and work with families to set small, realistic goals about food and beverage consumption as well as physical activity to help fight this epidemic.

### Clinical Tools

- My Health Goals Pad
- My Plate Planner
- What's a Healthy Portion Size? Flipchart
- You Have the Power! You Can Make Healthy Choices. Goal-Setting Poster

### Resources

- "Bright Futures – Promoting Healthy Weight," Guidelines for Health Supervision of Infants, Children and Adolescents. Third Edition; pp. 109-119
- "Helping Children Reach and Maintain a Healthy Weight," City Health Information. 2009; Vol. 28 (suppl 5): 1-8
- New York City FITNESSGRAM and FAQ
- Obesity in Children: A Clinician's Pocket Guide
- Trends in the Diagnosis of Overweight and Obesity in Children and Adolescents: 1999-2007
- How to Order More Materials

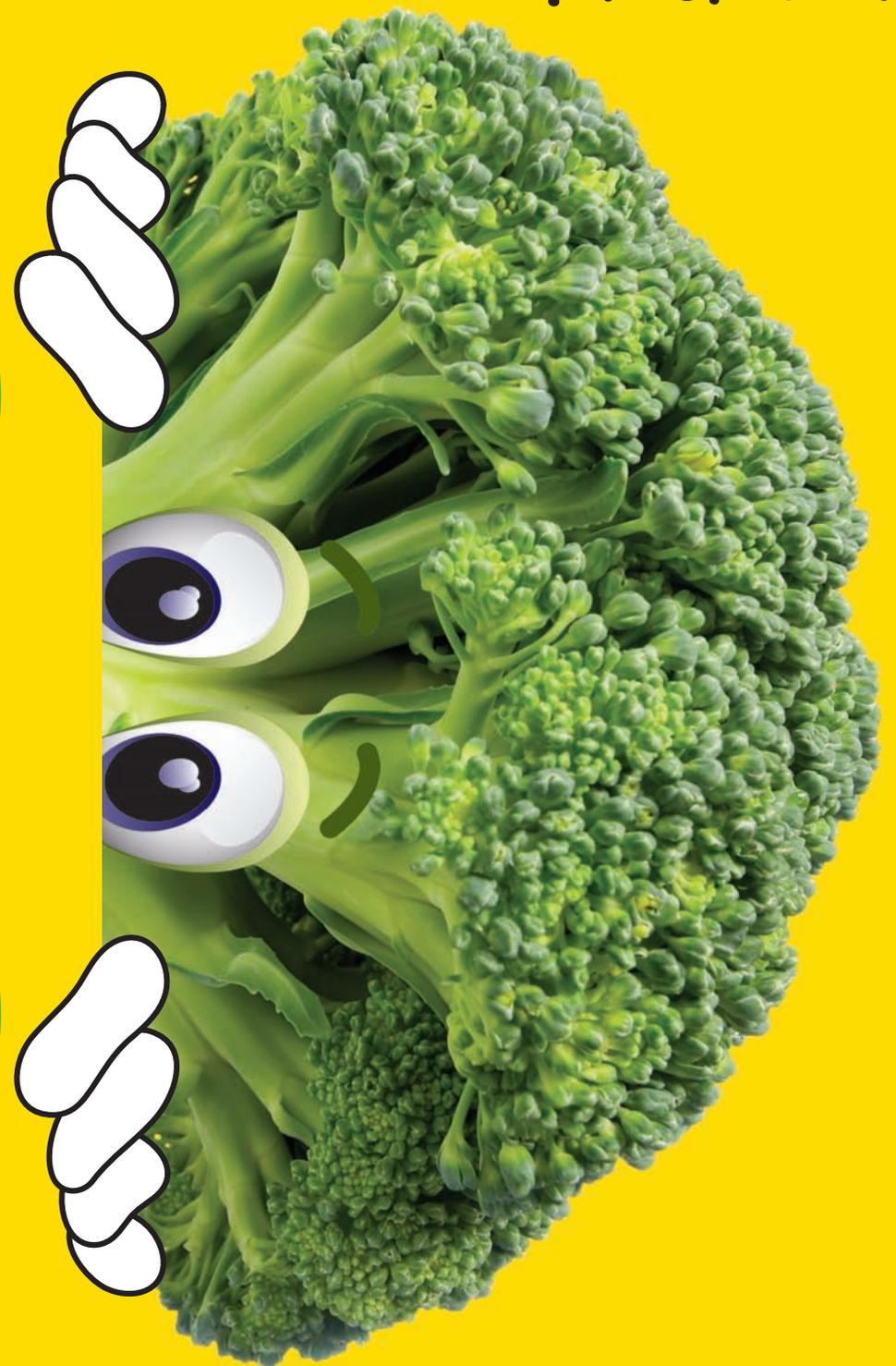
### Patient Education Materials

- Flipchart and Palm Cards
- Health Bulletin #73: "Are You Pouring on the Pounds?"
- Eating Well and Staying Active: A Parent's Coaching Card
- Helping Children Reach a Healthy Weight Booklet
- Wall Poster



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## Patient Education Materials



## Clinical Tools and Provider Resources



This Action Kit is available to download at [www.nyc.gov/health/publichealthdetailing](http://www.nyc.gov/health/publichealthdetailing)

