



## Tool-kit Handouts Available on the Internet by Category

### Infant

- Bright Futures Nutrition Family Fact Sheets  
English: <http://www.brightfutures.org/nutritionfamfact/index.html>  
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>

### Child

- Bright Futures Nutrition Family Fact Sheets  
English: <http://www.brightfutures.org/nutritionfamfact/index.html>  
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>

### Teen

- Bright Futures Nutrition Family Fact Sheets  
English: <http://www.brightfutures.org/nutritionfamfact/index.html>  
Spanish: <http://www.brightfutures.org/nutritionfamfactspa/index.html>
- Body Basics, Healthy Weight for Youth  
<http://www.californiateenhealth.org/download/Body-Basics.pdf>  
Pages E-24 and E-25

### Parent

- 5210 Healthy Lifestyle Goal Setting Worksheet  
[http://www.mcph.org/major\\_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf](http://www.mcph.org/major_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf)
- Video: Max's Magical Delivery Fit for Kids (A DVD for parents and kids)  
Order online: [http://gold.ahrq.gov/eorders/order\\_page4907.cfm](http://gold.ahrq.gov/eorders/order_page4907.cfm)
- How many fruits and vegetables do you need?  
<http://www.fruitsandveggiesmatter.gov/publications/index.html>  
English: [http://www.fruitsandveggiesmatter.gov/downloads/General\\_Audience\\_Brochure.pdf](http://www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf)  
Spanish: [http://www.fruitsandveggiesmatter.gov/downloads/Spanish\\_Audience\\_Brochure.pdf](http://www.fruitsandveggiesmatter.gov/downloads/Spanish_Audience_Brochure.pdf)
- How to Use Fruits and Vegetables to Manage Your Weight  
<http://www.fruitsandveggiesmatter.gov/publications/index.html>  
English: [http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC\\_5-A-Day.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC_5-A-Day.pdf)  
Spanish: [http://www.fruitsandveggiesmatter.gov/downloads/R2P\\_ConsumerSpanish.pdf](http://www.fruitsandveggiesmatter.gov/downloads/R2P_ConsumerSpanish.pdf)

## Physical Activity

- Coalition on Children and Weight of San Diego, Active and Healthy Tips for Families  
English: <http://www.ccwsd.org/documents/children-and-weight-what-families-can-do-english.pdf>  
Spanish: <http://www.ccwsd.org/documents/children-and-weight-what-families-can-do-spanish.pdf>
- Healthy Kids, Healthy Families brochures  
<http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/index.htm>  
English: <http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/pdf/parent.pdf>  
Spanish: <http://www.cdc.gov/HealthyYouth/PhysicalActivity/brochures/pdf/spanish.pdf>
- KeepMEHealthy, Healthy Lifestyle Goal Setting Worksheet  
[http://www.mcph.org/major\\_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf](http://www.mcph.org/major_activities/KeepMEHealthy/OLD/Goal%20Setting%20Worksheet.pdf)
- KeepMEHealthy, In-Depth Physical Activity Survey  
[http://www.mcph.org/major\\_activities/KeepMEHealthy/In\\_Depth\\_Physical\\_Activity\\_Survey.pdf](http://www.mcph.org/major_activities/KeepMEHealthy/In_Depth_Physical_Activity_Survey.pdf)

## Community Resources

- Coalition on Children and Weight of San Diego Resource Guide  
English: <http://www.ccwsd.org/documents/sd-childhood-overweight-resource-guide-english.pdf>  
Spanish: <http://www.ccwsd.org/documents/sd-childhood-overweight-resource-guide-spanish.pdf>
- List of Community Clinics  
<http://www.ccc-sd.org/clinics/clinic-search.aspx>
- List of Chula Vista Family Resource Centers  
[http://www.chulavistacc.org/phpwebsite-0.9.3-2-full/index.php?module=pagemaster&PAGE\\_user\\_op=view\\_page&PAGE\\_id=14&MMN\\_position=38:23](http://www.chulavistacc.org/phpwebsite-0.9.3-2-full/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=14&MMN_position=38:23)

## General Messages

- 20 ways to Make Your Child Fit for Learning: Spanish, English and Vietnamese  
<http://www.fitforlearning.org/20ways.asp>
- Eating Right and Being Active Are as Easy as 5,4,3,2,1,Go!  
<http://www.clocc.net/coo/prevention/resources.html>

## Growth Charts

- CDC Growth Charts  
Boys: <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj41c021.pdf>  
Girls: <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj41c022.pdf>

## Recipes & Menus

- Healthy Latino Recipes Made with Love  
English: [http://www.dhs.ca.gov/cdic/cpns/lat5aday/download/LatinoCookbook\\_English.pdf](http://www.dhs.ca.gov/cdic/cpns/lat5aday/download/LatinoCookbook_English.pdf)  
Spanish: <http://www.dhs.ca.gov/cdic/cpns/lat5aday/download/LatinoCookbookSP.pdf>
- NIH Bilingual Recipes: Platos Latinos ¡Sabrosos y Saludables!/Delicious Heart-Healthy Latino Recipes  
[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recip.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf)

## Physician Information

- AAP Obesity and Related Co-Morbidities Coding Fact Sheet for Primary Care Pediatricians (2006 American Medical Association)  
<http://www.aap.org/obesity/Obesity%20CodingFactSheetAugust07.pdf>
- Guidelines for the Medical Evaluation of Overweight Child 3-18 years old  
[http://www.mcph.org/Major\\_Activities/KeepMEHealthy/Clinical\\_Guidelines\\_Flip\\_Chart.pdf](http://www.mcph.org/Major_Activities/KeepMEHealthy/Clinical_Guidelines_Flip_Chart.pdf)  
Pages 5 & 6
- Obesity Evaluation and Treatment: Expert Committee Recommendations. Sarah E. Barlow, MD, MPH, and William H. Dietz, MD, PhD. *Pediatrics*, Vol. 102, No. 3. Full article available at:  
<http://pediatrics.aappublications.org/cgi/content/full/102/3/e29>
- Bright Futures, Nutrition Tools  
<http://www.brightfutures.org/nutrition/pdf/tools.pdf>  
Pages 258 – 261