



# CALIFORNIA TASK FORCE ON Youth and Workplace Wellness

## *Important Links to Obesity Prevention Sites*

The California Task Force on Youth and Workplace Wellness wants to make available to you the most current research on obesity prevention programs and policies. This document will help connect you with the experts who can provide you with accurate information, statistics, programs, and scientific research, which can be used to develop and/or support health and wellness legislation. Please contact Leah Cox at [wellnesstaskforce@yahoo.com](mailto:wellnesstaskforce@yahoo.com) for more information.

### **Action for Healthy Kids**

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/) Action is a national organization that focuses on improving the health of children through nutrition and physical activity. Their website provides background information on childhood obesity, healthy eating and physical activity. Check out the section "Tools for Action" for information and resources. You may find their "Resource Database" especially helpful, as it contains well over 100 links to websites, toolkits, and literature on topics related to promoting children's nutrition and physical fitness.

### **Active Community Environments Initiative (ACES)**

<http://www.cdc.gov/nccdphp/dnpa/aces.htm> This section of the Center for Disease Control and Prevention website is an excellent resource if you are interested in the relationship between health/fitness and community design. The Initiatives goal is to promote easier accessibility to physical activity, like walking and biking, in the context of community design. Visit this site to learn about ACES programs such as the *Kids Walk-to-School* and find links to publications on the connection between health and community design. Make sure to check out their link "Environmental Approaches to Promote Physical Activity," as it will lead you to relevant organizations and information on this subject.

### **Active Healthy Kids (formerly, The Foundation for Active Healthy Kids)**

<http://www.activehealthykids.ca/Ophea/ActiveHealthyKids/index.cfm> Active Healthy Kids Canada (formerly, The Foundation for Active Healthy Kids) was established as a national charitable organization and has become a passionate voice for the development of active healthy children and youth in Canada. This website provides information about their programs, which include a curriculum-based physical activity challenge; a web page that lets kids, parents and coaches find sports activities that not only match their skill and interest level, but give kids a positive, enjoyable physical activity experience; and a youth summit that brings students together to discuss issues related to physical activity.

### **Active Living By Design**

<http://www.activelivingbydesign.org/> Active Living by Design is a national program that establishes innovative approaches to increase physical activity through community design, public policies and communication strategies. This site provides links to information and resources for increasing physical activity through community design, public policy and communications strategies through community partnerships and funding.

### **Active Living Network**

<http://www.activeliving.org/index.php/resources/5> This site offers a list of articles and research materials on schools, health and nutrition, and community design. This includes research on active living issues, annotated fact sheets (categorized by subject area), materials to use in presentations, and links to related information and websites.

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org) The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy and service.

**Contact:** Mae Ng, 213.386.7760

### **American Dietetic Association**

<http://www.eatright.org/Public/> The Association provides a user-friendly site with a section on “Nutritional Information” listing links to professional and consumer resources as well as general information. You will also find fact sheets and other information on nutritional programs run by the Association and position papers on a number of topics, including child nutrition.

### **American Heart Association**

[www.americanheart.org](http://www.americanheart.org) This site offers many useful research publications, materials, and information on both youth and adult health data. Under the “Publications and Resources” section, you can find easy-to-use materials, PowerPoint presentations and the latest statistics related to heart disease and health issues associated with this disease. They also have an extensive library that offers clinical updates, journals, performance measures, and more.

**Contact:** 800.242.8721 or look online for local contacts and resources

### **American Obesity Association**

<http://www.obesity.org/subs/childhood/prevention.shtml> Who better to visit for information on obesity? The website has a section specifically about childhood obesity, which discusses surveys on obesity and parents’ perceptions of their children’s weight and health. You will also find recommendations about how families, schools and communities can combat and prevent obesity, as well as many links to articles and other websites addressing childhood obesity.

### **America Walks**

<http://www.americawalks.org/> This organization is dedicated to promoting walkable communities. At this website you will learn what actions walking advocates are taking to encourage and make it easier for Americans to walk. Be sure to visit the “Resources” section of their website which provides links to resources supported by America Walks and includes recommendations, information, and tools for pedestrian advocacy such as an advocacy toolkit and their list of ten essentials for pedestrian advocacy.

**Contact:** 617-367-1170 or [info@americawalks.org](mailto:info@americawalks.org)

### **California 5 a Day—For Better Health! Campaign**

<http://www.ca5aday.com> or <http://www.dhs.ca.gov/ps/cdic/cpns/ca5aday/default.htm> The *California 5 a Day—for Better Health! Campaign*, as part of the California Department of Health Services’ *California Nutrition Network for Healthy, Active Families*, includes five initiatives: *Children’s 5 a Day—Power Play! Campaign*, *Latino 5 a Day Campaign*, *African American 5 a Day Campaign*, *5 a Day Retail Program*, and *5 a Day—Be Active! Worksite Program*. Each campaign and program has many resources and tools that help promote fruit and vegetable consumption and physical activity.

**Contact:** Dr. Desiree Backman at 916.449.5409 or [dbackman@dhs.ca.gov](mailto:dbackman@dhs.ca.gov)

**California Adolescent Nutrition and Fitness Program (CANFit)**

<http://www.canfit.org/> The mission of CANFit is a non-profit organization that helps improve the nutrition and physical activity status of low income African-American, American Indian, Latino, Asian American, and Pacific Islander youth. CANFit provides training and technical assistance; develops and promotes culturally appropriate nutrition and physical activity education materials and social marketing programs; advocates for policies that support their mission; and awards academic scholarships.

**Contact:** 510.644.1533 or [info@canfit.org](mailto:info@canfit.org)

**California Bicycling Coalition**

<http://www.calbike.org/> The California Bicycle Coalition is a non-profit education and lobbying organization working to improve bicycling conditions throughout the State of California. Integrating bicycling into everyday transportation and recreation routines is one way that many people are staying fit. Visit the CBC's website to learn about the policies that bike advocates are fighting for and view the advocacy tools that the CBC provides for the public, including the *Guide to Bicycle Advocacy*.

**California Center for Physical Activity**

<http://www.caphysicalactivity.org> The California Center for Physical Activity works to create opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikeable communities. The website includes the California Center for Physical Activity mission, project descriptions, case studies, quarterly newsletters, trainings and events, publications and research and links to physical activity best practices and partners.

**Contact:** Lisa Cirill, Acting Chief, 916.552.9943, [lcirill@dhs.ca.gov](mailto:lcirill@dhs.ca.gov) or [cacenterforpa@dhs.ca.gov](mailto:cacenterforpa@dhs.ca.gov)

**California Center for Public Health Advocacy**

<http://www.publichealthadvocacy.org/> The California Center for Public Health Advocacy (CCPHA) is a nonpartisan nonprofit organization that raises awareness about critical public health issues and mobilizes communities to promote the establishment of effective health policies. The Center's website provides data about overweight and unfit children that can be searched for by State Legislative District and information on California legislation designed to combat the problem. You will also find information on the Center's grassroots campaign to educate policy makers on the importance of healthy eating and physical activity for children.

**Contact:** 530.297.6000 or [info@publichealthadvocacy.org](mailto:info@publichealthadvocacy.org)

**California Department of Health and Human Services**

<http://www.dhs.ca.gov/> The "Cancer Prevention and Nutrition" section on this website provides information about both nutrition and physical activities. You can also learn about programs and campaigns like the *California 5 a Day Campaign* and the *Physical Activity Integration Campaign*. You will also find surveys on food and nutrition by clicking on the "Evaluation Tool" icon.

**California Food Policy Advocates (CFPA)**

[www.cfpa.net](http://www.cfpa.net) and [www.breakfastfirst.org](http://www.breakfastfirst.org)

California Food Policy Advocates' mission is to promote the health and well-being of low-income Californians by increasing their access to nutritious and affordable food. For more than 13 years, CFPA has worked to strengthen the National School Lunch Program, the School Breakfast Program, the Food Stamp Program and other federal nutrition programs. In 2005, CFPA launched "Breakfast First: Healthy Food for Hungry Minds."

**Contact:** Jessica Reich, 415.777.4422 x129

### **California Health Interview Survey**

<http://www.chis.ucla.edu> The California Health Interview Survey (CHIS) covers a broad range of health indicators, including obesity, diet, and physical activity. CHIS is a very large biennial survey of the state's adults, adolescents and children. It provides unusually large samples for most California counties and for a substantial number of ethnic and racial groups. AskCHIS, an easy-to-use free data query system, provides readily tailored analyses of CHIS data.

**Contact:** Rick Brown, [erbrown@ucla.edu](mailto:erbrown@ucla.edu)

### **California Medical Association (CMA) Foundation**

[www.calmedfoundation.org](http://www.calmedfoundation.org) or <http://www.calmedfoundation.org/projects/diabetes.asp> Access the "Projects" section at this website to view the Foundation's Diabetes and Obesity project which aims to increase the involvement of California's physicians in education, outreach, and advocacy efforts related to healthy eating and active lifestyles. This website contains links to nutrition and physical activity community resources for physicians and their patients, policy statements from leading health and medical organizations, and information for scheduling physician presentations with schools, community groups, and/or policymakers.

**Contact:** Christine Maulhardt, Director, Obesity Prevention 916.551.2874 or [cmaulhardt@cmanet.org](mailto:cmaulhardt@cmanet.org)

### **California Nutrition Network for Healthy, Active Families**

<http://www.dhs.ca.gov/> or <http://www.dhs.ca.gov/ps/cdic/cpns/network/default.htm>

Administered by the Cancer Prevention and Nutrition Section of the California Department of Health Services, the California Nutrition Network for Healthy, Active Families (Network) is the United State's largest nutrition education campaign, providing population-based, innovative programs that reach food stamp applicants, participants, and low-income households. The Network now provides interventions in schools and other community sites, including clinics, festivals, health fairs, food banks, food stamp offices, faith organizations, grocery stores, farmers' markets, and low-wage worksites.

**Contact:** Susan B. Foerster, MPH, RD. Chief. 916.449.5385 or [sfoerste@dhs.ca.gov](mailto:sfoerste@dhs.ca.gov)

### **California Obesity Prevention Institute (COPI)**

<http://www.dhs.ca.gov/ps/cdic/copi/default.htm> COPI's mission is to reduce the prevalence of obesity and its associated health risks in Californians by addressing the societal, technological, and environmental influences on obesity and by creating environments that promote physical activity and healthful eating. COPI provides training and technical assistance to both state and local agencies involved in obesity prevention, works to coordinate state efforts by coordinating with the State Planning Group consisting of DHS' nutrition and physical activity programs, and provides guidance and recommendations on addressing the obesity issue in California.

**Contact:** 916.522.9889 or [obesityprevention@dhs.ca.gov](mailto:obesityprevention@dhs.ca.gov)

### **California Project LEAN (Leaders Encouraging Activity and Nutrition)**

<http://www.californiaprojectlean.org> California Project LEAN (CPL) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL's mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes. Through an infrastructure of ten regions, CPL implements local interventions utilizing the *Spectrum of Prevention* model which describes six levels of prevention activities—from strengthening individual knowledge and skills to influencing policy. CPL has a variety of resources available to help improve access to healthy eating and physical activity.

**Contact:** 916.522.9874

### **Center for Disease Control and Prevention (CDC)**

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm> The CDC's *Overweight and Obesity* website containing information on obesity, nutrition and physical activity. The CDC provides scientifically backed data, recommended strategies for prevention, a resource guide for nutrition, physical activity interventions to prevent obesity, and other helpful information. Check out their Prevention & Research Center for various relevant research projects and their database of legislative bills addressing nutrition and physical activity.

### **Community Health Councils, Inc.**

<http://www.chc-inc.org/> Community Health Councils, Inc. is a non-profit community-based health promotion, advocacy and policy organization dedicated to strengthening community participation in defining state and local policy that impacts healthcare access and quality for uninsured, economically-disadvantaged and underserved populations.

**Contact:** Myisha Moody, MSW Organizational Wellness Specialist, 323-295-9372 ext. 246

### **Dairy Council of California**

[www.dairycouncilofca.org](http://www.dairycouncilofca.org) Dairy Council's primary goal is to provide Californians with scientifically accurate nutrition and health information to help them make healthful food choices. Their site provides information for both educators and health professionals. Educators can order free curricular materials for students in grades K-6, including a free fitness planning guide for teens. Physicians and other health care providers are offered several free publications on healthful lifestyles.

**Contact:** Tammy Anderson-Wise, Director Program Services, 916.263.3560 or [tammya@dairycouncilofca.org](mailto:tammya@dairycouncilofca.org)

### **FruitGuys, The**

[www.fruitguys.com](http://www.fruitguys.com) The FruitGuys website is an example of a private enterprise that provides companies with fresh fruit as a way to increase employee wellness and develop healthy workplaces. The FruitGuys are currently working on a project that evaluates the affect fresh fruits and vegetables have on employee health and absenteeism, as well as the economic impact of these changes for employers.

**Contact:** Chris Mittelstaedt, Founder, 650.246.1200 or [chris@fruitguys.com](mailto:chris@fruitguys.com)

### **Healthy Business Designs, LLC**

<http://www.healthybusinessdesign.com/> Healthy Business Designs offers consultation services to develop and coordinate a customized strategic approach to create dynamic, engaging, integrated and successful employee health/wellness programs for businesses and organizations.

**Contact:** Cathy Rasmusson, MHA, 530.272.2024 or [healthcr@calweb.com](mailto:healthcr@calweb.com)

### **Kaiser Permanente**

<http://www.crewnoble.com/kpwellness/> or [www.kaiserpermanente.org](http://www.kaiserpermanente.org) Visit the Kaiser Permanente public web site to access their community wellness library which includes a search capacity, on-line videos, educational resources and links to medical reference sites.

### **Local Government Commission**

<http://www.lgc.org/people/health.html> The Commission's website contains a section on "Health and Physical Activity." This is another great place to go for information on the relationship between health and community design. You will find information about their programs, fact sheets, and guidebooks on traffic calming measures and designing streets for healthy neighborhoods. The website also provides links to other organizations dedicated to increasing the physical activity of Americans.

### **Mercy Preventive Health Center and Catholic Healthcare West**

[www.mercygeneral.org](http://www.mercygeneral.org) or [www.chwhealth.org](http://www.chwhealth.org) Mercy General's Preventive Health Center provides fitness and wellness assessment and programming not only for Sacramento area corporations and government agencies, but to the general public as well. Access is available on this site to Health References, Self-Care Centers, Interactive Tools and individual health issues.

**Contact:** Philip Leake, MA, 916.453.4813

### **National Heart, Lung and Blood Institute**

[http://rover.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/](http://rover.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/) The Institute provides an Obesity Education Initiative website, where you will find healthy weight information designed for the education of individuals as well as for health professionals. Within the health professional section of the website, check out "Interactive Tools and Resources" for links to educational websites on obesity, and on "National Education Programs" to learn about the obesity education initiative.

### **National Institute of Diabetes and Digestive and Kidney Diseases**

<http://www.niddk.nih.gov/health/nutrit/win.htm>

The Institute's *Weight-Control Information Network (WIN)* provides extensive background information about weight, nutrition and physical activity. The website provides fact sheets, research, pamphlets and statistics. You will also find links to organizations, articles and other resources on a number of weight and obesity related topics.

### **Prevention Institute**

<http://www.preventioninstitute.org/nutrition.html> Prevention Institute focuses their efforts on identifying ways to improve community environments, increasing accountability among government and industries involved in food systems, and encouraging media responsibility to support healthy behaviors through changes in policy and organizational practices. This website also provides articles and other publications about nutrition and physical activity.

**Contact:** 510.444.7738 or [prevent@preventioninstitute.org](mailto:prevent@preventioninstitute.org)

### **Robert Wood Johnson Foundation**

<http://www.rwjf.org/index.jsp> The Robert Wood Johnson Foundation seeks to improve the health and health care of all Americans. One area of interest is a section on "Childhood Obesity" which provides research, publications, resources and grant information. Their *Healthy Eating Research* program focuses on policy and environmental solutions to prevent childhood obesity.

### **Strategic Alliance**

<http://www.preventioninstitute.org/sa/> This California coalition of nutrition and physical activity advocates is shifting the debate on nutrition and physical activity away from a primary focus on personal responsibility and individual choice to one that examines corporate and government practices and the role of the environment in shaping eating and activity behaviors. You will find links to the five general sectors that the Alliance targets: children's environments, government, industry practices, the health care system and the media. Within each section, the Alliance provides articles, links to programs, tools for implementing environmental change and other resources of interest. (*See enclosed community assessment.*)

**Contact:** 510.444.7738 or [SA@preventioninstitute.org](mailto:SA@preventioninstitute.org)

**UC Berkeley: The Center for Weight and Health**

<http://www.cnr.berkeley.edu/cwh/> This website is rich in data, surveys and other information concerning childhood obesity including many links to fact sheets. It also contains ideas for activities and programs, and makes materials and tool kits available to order. You will also find links to other organizations focused on obesity-related issues, including nutrition, physical activity, and self-esteem.

**UCLA Center for Health Policy Research**

<http://www.healthpolicy.ucla.edu/> This site will connect you with current publications and research regarding California health issues including The California Health Interview Survey (CHIS) which is the largest state health survey and one of the largest health surveys in the United States. A few recent studies have been on walking and access to safe park areas.

**VERB**

<http://www.cdc.gov/youthcampaign/> VERB is the CDC media campaign to create healthy movement among young people. The program's focus is encouraging regular physical activity. Visit their website to learn about the research and evaluation behind their campaign, to find out about their campaign strategies, to listen to or view their ads, and to get links to other resources.

*See back page for a list of additional publications and materials.*

## Articles, Reports & Materials

### California Department of Health Services publication, “Obesity Costs California 21.7 Billion Annually”

<http://www.applications.dhs.ca.gov/pressreleases/store/PressReleases/05-12.html> The primary focus of this article is the cost of obesity in the workplace, including loss of time and costs associated with workers compensation and rising insurance costs.

### Fit WIC

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/statedev\\_FIT.html](http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_FIT.html) This website provides a report on the US Department of Agriculture’s childhood obesity prevention initiative, called Fit WIC. The report details how five state WIC groups approached obesity prevention, some of the problems they ran into and their recommendations for future action. The report may give you ideas about how to address childhood obesity in your community.

### Food and Drug Administration article, “Losing Weight: Start By Counting Calories”

[http://www.fda.gov/fdac/features/2002/102\\_fat.html](http://www.fda.gov/fdac/features/2002/102_fat.html) This article provides information about weight, nutrition and physical activity. It is designed to educate individuals about their health, discussing tips, myths related to weight and health and provides a chart to measure Body Mass Index (BMI).

### University of Michigan Health System article, “Diabetes effort worth every penny”

[http://www.eurekalert.org/pub\\_releases/2005-02/uomh-dpe022805.php](http://www.eurekalert.org/pub_releases/2005-02/uomh-dpe022805.php)

First study to show cost-effectiveness of pre-diabetes intervention

### KRT Direct: “The Shape We’re In”

<http://www.krtdirect.com/shape/about.htm> *The Shape We’re In* is a five-part series of articles on why Americans are so often unfit and how we can change that. The series discusses ideas, policies and programs communities can use to address the problem, and provides tips and resource guides for individuals to address the problem themselves.

A list of additional resources and publications is available by contacting Leah Cox at [wellnesstaskforce@yahoo.com](mailto:wellnesstaskforce@yahoo.com).