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**What is a promising or evidence-based practice (PEP)?**

There is no uniform definition for PEP, but the term is used by many organizations to refer to programs or practices that have demonstrated some kind of effectiveness through outcomes.

Organizations that make recommendations from intervention research findings generally use a review panel of experts (internal, external, or both). These panels review research using specific criteria to evaluate for effectiveness. Organizations use different terms for programs or practices supported by data. It is important to note the key organizations in specific areas of prevention and what terms they use to refer to PEP, such as:

- Promising practice
- Evidence-informed practice
- Evidence-based practice
- Best practice
- Research-based practice
- Science-based practice
- Potentially effective practice

## For all Promising and Evidence-based Practices (PEP) Documents

### Purpose of this Guide

#### **Cook Children's Promise:**

*Knowing that every child's life is sacred, it is the promise of Cook Children's to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.*

### Overview

To help fulfill this promise, Cook Children's Health Care System began implementing assessment strategies in 2008 to determine the status of children's health within our service region, identify health priorities for action, and support additional community collaborations to implement solutions. The first step in this process was conducting the **Community-wide Children's Health Assessment and Planning Survey (CCHAPS)**, covering a six-county service region which includes Denton, Hood, Johnson, Parker, Tarrant and Wise counties. CCHAPS helped to fill many gaps in child health data for children ages 0-14 in North Texas, and CCHAPS was re-administered in 2012.

Cook Children's confirmed that a common denominator among communities successful in creating sustainable improvements in children's health was community-based, collaborative approaches based on evidence-based practices. Cook Children's Community Health Outreach department (CHO) was already working collaboratively to provide health and safety information and practices to help prevent oral health disease and to help prevent injury to children in our community. Those efforts expanded to include fostering new community-based coalitions throughout the region.

In 2010-2011, Cook Children's worked to engage communities by hosting child health summits to unveil children's health data. CHO formed community groups to review the data, choose priorities for action, and facilitate new coalitions in five counties by providing coalition coordinators and serving as the lead organization.



### Evaluate community solutions in light of your resources

A helpful way to review suggested promising and evidence-based practices (PEP) is to assess community resources and assets. This can provide a road map for potentially effective interventions for the community, as the community resources and assets are an existing infrastructure around which an intervention can be implemented. For example, access to a local, national advocacy group, university research program, and local health organizations can provide a pre-set group of stakeholders that can guide and lead the implementation of best practice in the community.

## Benefits of this Guide

This PEP guide was created to support coalitions and communities in choosing promising/evidence informed or evidence-based strategies as they developed specific strategic action plans for their priority issues. This resource is available for asthma, child maltreatment prevention, childhood obesity, oral health, mental health and preventable injuries.

It will become clear in the next section that varying definitions of “best,” “promising,” and “evidence-based” practices exist. For the purposes of this resource, we refer to them collectively as “promising and evidence-based practices” or PEP. However, when other sources are quoted we use the term(s) exactly as they are used by those sources.

Most publications and systematic review analysis of community approaches to childhood obesity prevention use the words “promising” or “recommended” as the area of research is still fairly new and many studies are being completed. However, several groups are beginning to use the term “research-based” as well. Any of these terms may be used to refer to a promising or evidence-based practice.

## Additional Information

Most organizations conduct research according to their own standards of practice and design (in addition to any preset standards by a licensing or credentialing body). Some experts suggest that locating a uniform definition for PEP with the Centers for Disease Control (CDC) or any other national entity is a problem because one uniform definition or model does not or should not exist. Many organizations adhere to methodology structured by a higher authority, e.g. Prevention Research Coordinating Committee at National Institutes of Health (NIH). Research findings are disseminated through publication or by the organization, and some organizations draft policy and guideline statements based on their own research findings or those of others.

An example of an organization that has defined PEP for their interest area is The Association of State and Territorial Dental Directors (ASTDD). They developed a method for reviewing suggested programs and practices to help disseminate effective practices to dental health professionals. The organization has devoted considerable effort to “Best Practices Projects” and has become a leader in educating other organizations. A link to their “Introduction to Best Practices” presentation may be found at: [ASTDD Introduction to Best Practices](#)

The ASTDD Best Practice Concepts, *which can apply to any interest area*, are:

- A best practice is a methodology that, through experience and research, has proven to reliably lead to a desired result.
- Using best practices is a commitment to using all the knowledge and technology at one’s disposal to ensure success.
- Best practices do not have one template or form for everyone to follow.
- “Best practice” does not commit people or organizations to one inflexible, unchanging practice.

- Best practices is a philosophical approach based around continuous learning and continual improvement.
- Learning and transfer of best practices is an interactive, ongoing and dynamic process that cannot rest on a static body of knowledge.

(Source: ASTDD website, accessed June 9, 2011 from [www.astdd.org](http://www.astdd.org).)

## Where are PEP found?

It can be overwhelming to search through the large pool of potential programs and practices for a specific area of prevention. Fortunately, several key organizations work toward locating and evaluating PEP for many areas of community health. Narrowing the search by topic and knowing where to search can help reduce the amount of information to sort through.

Internet research should start with the major database websites for PEP by health topic. These databases contain analyses of community health intervention methods (either one study or many studies grouped by intervention method) and provide recommendations on their effectiveness.

We have linked to relevant obesity prevention areas in the databases below to get your started; however, there is much more you can explore.

Database Websites with Community-Based Prevention of Childhood Obesity Links	Link(s)
Agency for Healthcare Research and Quality (AHRQ) Innovations Exchange	<a href="#">AHRQ Innovation Profiles</a> <ul style="list-style-type: none"> <li>• <a href="#">Innovation Profiles: Childhood Obesity</a></li> </ul>
Association of Maternal and Child Health Programs (AMCHP) – Best Practices Review Panel	<a href="#">AMCHP Best Practices</a> <ul style="list-style-type: none"> <li>• <a href="#">Innovation Station</a></li> </ul>
Child Trends: What Works for Child and Youth Development: Tools for Improving Services to Children and Youth	<a href="#">Child Trends</a> <ul style="list-style-type: none"> <li>• <a href="#">List of programs</a> (all topics)</li> </ul>
Cochrane Collaboration Reviews	<a href="#">Cochrane Collaboration Reviews</a> <ul style="list-style-type: none"> <li>• <a href="#">Interventions for preventing obesity in children</a></li> <li>• <a href="#">Interventions for treating obesity in children</a></li> </ul>
Evidence for Policy and Practice Information (EPPI) and Coordinating Center	<a href="#">EPPI Center</a> Social and environmental interventions to reduce childhood obesity: A systematic map of reviews <ul style="list-style-type: none"> <li>• <a href="#">Healthy eating</a></li> <li>• <a href="#">Physical activity</a></li> </ul>

Database Websites with Community-Based Prevention of Childhood Obesity Links	Link(s)
Healthy North Texas Promising Practices	<a href="#">Healthy North Texas</a>
Promising Practices Network on Children, Families, and Communities	<a href="#">Promising Practices Network</a>
The Community Guide	<a href="#">The Community Guide</a> <ul style="list-style-type: none"> <li>• <a href="#">Classroom-based Health Education</a></li> <li>• <a href="#">Increasing Physical Activity</a></li> <li>• <a href="#">Interventions in Community Settings</a></li> <li>• <a href="#">Promoting Good Nutrition</a></li> </ul>
The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention	<a href="#">Canadian Best Practices Portal for Health Promotion and Chronic Disease</a> <ul style="list-style-type: none"> <li>• <a href="#">Healthy Weights (Children)</a></li> <li>• <a href="#">Nutrition</a></li> <li>• <a href="#">Physical Activity</a></li> </ul>
Using What Works for Health	<a href="#">County Health Rankings and Roadmaps</a> <ul style="list-style-type: none"> <li>• <a href="#">Multi-component obesity prevention interventions</a></li> <li>• <a href="#">Multi-component school-based obesity prevention interventions</a></li> <li>• <a href="#">Nutrition and physical activity interventions in pre-school and child care</a></li> <li>• <a href="#">School fruit and vegetable gardens</a></li> </ul>

The Centers for Disease Control (CDC) website ([www.cdc.gov](http://www.cdc.gov)) can also be searched by Disease/Condition for additional resources and publications. The CDC site serves as a good overview of the other federal agencies/offices that are studying or researching the health topic and links are provided through the Disease/Condition pages.

An academic literature search can build the “big picture” of what programs and practices have been published as well as provide citation information for future reference. This search will include most of the studies and recommendations that are found on the big database websites, and may include new studies that will compliment previous research findings.

Another method for researching PEP is to search by the topic name in an internet search engine, i.e. “community childhood obesity prevention” in Google or in Google Scholar. This usually serves to reinforce what has already been located elsewhere; however, sometimes there are coalitions, groups and foundations that will be discovered using this method that haven’t been recognized or studied as widely that can provide useful tools for community partners.

After becoming acquainted with the wide offering of research and recommendations, you should consider contacting field experts for confirmation and guidance on the findings and other suggestions. These may include authors on research studies, academic and governmental institutions centered on the research topic, and professionals in the community.

## How do you review/investigate PEP?

You should begin by looking for common themes and phrases. It will save time in organizing findings and composing a later summary if themes or common phrases are recorded from the beginning of the research process. Another helpful approach is to print pages or copy the website addresses from the internet sites and academic studies. Sort print pages by intervention theme or method such as the themes or common phrases – this forms the basis of a research outline and summary. This can serve as a roadmap for others without this knowledge to be able to understand and replicate these findings in their community.

## Lessons learned

The Community Health Outreach Department at Cook Children’s has researched and used some promising and evidence-based programs. We have learned that:

- Some evidence-based programs cannot be replicated “in the whole” because of factors such as differences in available resources to implement a program, community differences, differences in target populations, etc.
- Programs can be developed by following the research as much as possible, by making adjustments to meet the needs and resources of the local community.
- Benefits of maintaining a continual study of PEP include development of more robust and effective strategies and interventions and the continual professional development of staff and community volunteers who use these resources and approaches.
- Because it can take years to gain evidence behind a program, some evidence-based programs may contain graphics and a presentation style that does not necessarily fit with modern communication styles. The programs may be more instructive as opposed to interactive, and may not address a social media campaign.



## Prevention of Childhood Obesity Resources

### Sample community approaches using PEP

#### Background

Historically, there has been a substantial amount of research on the treatment of obesity and its resulting health complications, such as cardiovascular disease and diabetes. However, the dramatic and frightening increase of obesity rates across age groups prompted new discussion by many community groups around the prevention of obesity, especially in children as “interventions aimed at changing behavior during this period have the potential of establishing healthy behaviors that will continue over the individual’s life span” (American Heart Association, 2008).

Research around population or community-based obesity approaches is a rapidly growing sector and is widely funded, due to the shared concern of obesity’s impact on society by federal agencies and foundations. Many different groups have begun work toward discovering methods for slowing or reversing the trend of obesity rates. However, the study of obesity has a challenge in that, while many are furiously creating and implementing intervention models, few have demonstrated long term, sustainable positive change or have been in place long enough to evaluate. Additionally, there is variance among studies as to program composition, setting, and breadth. Given the complex and urgent nature of obesity, some propose that while evaluation is crucial to demonstrating success, action should be taken toward any positive result:



“Given that obesity is a serious health risk, preventative actions should be taken even if there is as-yet-incomplete scientific evidence on the interventions to address specific causes and correlates of obesity. However, there is an obligation to accumulate appropriate evidence not only to justify a course of action but to assess whether it has made a difference. As childhood obesity is a serious public health problem calling for immediate reductions in obesity prevalence and in its health and social consequences, the committee strongly believes that actions should be based on the best *available* evidence – as opposed to waiting for the best *possible* evidence.”  
(Childhood Obesity: Health in the Balance, Institute of Medicine, 2004)

Some proponents argue that traditional research models used by systematic review organizations to deem interventions as “promising” or “science-based” do not apply to a multi-factorial condition, such as obesity. In turn, this limits the publication and dissemination of research on obesity prevention as many peer-reviewed journals have strict standards on model design for their published studies (Community Perspectives on Obesity Prevention in Children, IOM, 2008).

Several academic groups and organizations have published studies that evaluate the continuum of childhood obesity prevention research for themes. While there is great diversity amongst program models, most recommend a multi-level, multi-sectorial approach that engages a diverse group of community stakeholders, especially parents (AHA, 2008; Bluford et al., 2007).

The immediacy of community impact from obesity has forged unusual and powerful relationships and partnerships between organizations and groups nationwide. These partnerships are the movement behind most community obesity programs currently being created and implemented, and these intersections between groups leverage each organization's resources toward effective solutions and successful interventions. An example of such an intersection is the partnership between the American Heart Association and the William J. Clinton Foundation to form the Alliance for a Healthier Generation, whose goals are to reduce the nationwide prevalence of childhood obesity by 2015 and empower children nationwide to make healthy lifestyle choices.

## Sample PEP Community Approaches for the Prevention of Childhood Obesity

<b>CATCH (Coordinated Approach to Child Health)</b>
<p>A program designed to promote physical activity and healthy food choices in children from preschool through grade 8. CATCH succeeded in changing dietary and physical activity behaviors in a large randomized, controlled community trial in 96 schools in four states. These changes were maintained three years post-intervention.</p> <p>Link: <a href="#">CATCH</a></p>
<b>Nutrition and Physical Activity Intervention in Preschool and Child Care</b>
<p>There is strong evidence that nutrition interventions in preschool and child care improve children's diets and that physical activity interventions improve their activity levels. Guidelines or policies governing the food children eat and the increase of their physical activities in child care settings include devoting more time to physical activity, increasing activity in daily curricula, playground improvements, physical activity requirements, or restrictions on screen time. Link: <a href="#">Nutrition and Physical Activity Intervention in Preschool and Child Care</a></p>
<b>School Fruit and Vegetable Gardens</b>
<p>There is strong evidence that school gardens increase participating children's vegetable consumption and willingness to try new vegetables. Establishing school gardens is a recommended strategy to promote healthy eating, improve nutrition, and reduce obesity. Link: <a href="#">School Fruit and Vegetable Gardens</a></p>
<b>We Can!: Ways to Enhance Children's Activity and Nutrition</b>
<p>We Can! is a national public education program from National Institutes of Health (NIH) to prevent overweight and obesity in children ages 8-13. We Can! is designed to help organizations and individuals address childhood overweight and obesity through educational programs, support materials, training opportunities, and other resources. This program has been demonstrated to reduce weight gain. Link: <a href="#">We Can!</a></p>
<b>5-2-1-0 Let's Go!</b>
<p>A committee consisting of the American Medical Association, U.S. Department of Health and Human Services, and the Centers for Disease Control crafted recommendations for the diagnosis, treatment and prevention of childhood overweight and obesity. The committee found consistent evidence supporting targeted behavior to effect change on lifestyle and thus, created the 5-2-1-0 message. Link: <a href="#">5-2-1-0 Let's Go!</a></p>



## Key organizations – Provide prominent, fundamental research and information on obesity prevention

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### Alliance for a Healthier Generation

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Founded by the American Heart Association and the William J. Clinton Foundation, the Alliance for a Healthier Generation is a non-profit whose goal is to reduce the prevalence of childhood obesity by 2015, and to empower kids nationwide to make healthy lifestyle choices. Link: [Alliance for a Healthier Generation](#)

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### American Academy of Pediatrics

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The American Academy of Pediatrics (AAP) offers a multitude of resources for health care providers and community members to positively impact overweight and obesity. This includes information about advocacy and funding opportunities, food and physical activity recommendations, clinical resources, presentations, and webinars. Link: [American Academy of Pediatrics](#)

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### American Heart Association

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The American Heart Association (AHA) works in partnership with other leading organizations to combat childhood obesity. Their information regarding overweight and obesity as well as a report from their Childhood Obesity Research Summit is included at their website. Link: [American Heart Association](#)

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### American Medical Association

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The American Medical Association (AMA) highlights information about childhood obesity through their website, specifically their policy and guidelines for the treatment of overweight and obese children. Their organization has hosted a National Summit on Obesity. Link: [American Medical Association](#)

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### Centers for Disease Control and Prevention

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The Centers for Disease Control and Prevention (CDC), a component of the US Department of Health and Human Services, works to provide the expertise, information, and tools that people and communities need to protect their health through health promotion, prevention of disease, injury, and disability, and preparedness for new health threats. Link: [Centers for Disease Control](#)

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### Center for Nutrition Policy and Promotion

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The Center for Nutrition Policy and Promotion (CNPP), an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being of Americans. Toward this goal, CNPP focuses its efforts on two primary objectives, advance and promote dietary guidelines for all Americans and conduct applied research and analyses in nutrition and consumer economics. Link: [Center for Nutrition Policy and Promotion](#)

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## Children’s Hospital Association

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The Children’s Hospital Association, formerly known as The National Association of Children’s Hospitals and Related Institutions (NACHRI), works to promote effective practice in clinical care and build community capacity to prevent and respond to obesity through research, resources, presentations, articles, and FOCUS on a Fitter Future. Link: [Children’s Hospital Association](#)

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## Healthy People 2020

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Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For 3 decades, Healthy People has established benchmarks and monitored progress over time in order to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions, and measure the impact of prevention activities. Link: [Healthy People](#)

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## Let’s Move Initiative

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Let’s Move is a comprehensive initiative created by the White House and Office of the First Lady, whose goal is to solve the problem of childhood obesity within a generation through engaging and supporting families, schools, cities, faith communities, and other organizations. The initiative offers information on strategies and how to take action through its website. Additionally, Let’s Move is supported by the Partnership for a Healthier America (founding partners include the California Endowment, Kaiser Permanente, the W.K. Kellogg Foundation, Nemours, the Robert Wood Johnson Foundation and The Alliance for a Healthier Generation) which serves as a nonpartisan convener across the private, non-profit and public sectors to accelerate existing efforts addressing childhood obesity and to facilitate commitments towards the goals of the Let’s Move program. Link: [Let’s Move](#)

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## National Initiative for Children’s Healthcare Quality

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The National Initiative for Children’s Healthcare Quality (NICHQ) is an independent non-profit organization whose mission is to improve child health and well-being by improving the systems responsible for the delivery of children’s healthcare. NICHQ’s current initiatives focus on ensuring that every child receives care in a high-performing medical home, including the prevention and treatment of childhood obesity. Link: [National Initiative for Children’s Healthcare Quality](#)

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## Robert Wood Johnson Foundation

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The Robert Wood Johnson Foundation (RWJF) focuses on the pressing health and healthcare issues facing our country. Childhood obesity is one of those issues where RWJF focuses their efforts. Their strategy includes supporting partners in their efforts to discover and implement effective solutions. Link: [Robert Wood Johnson Foundation](#)

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## Additional Resources: Local, State, National Organizations and Relevant Reports

A sample of additional resources that highlight community-based, evidence-informed practices:

### Local (led by Cook Children's)

1) [Healthy Children Coalition for Parker County](#)

The Healthy Children Coalition for Parker County (HCCPC) is a coalition directing its current efforts on the prevention of childhood obesity in Parker County. Currently, the HCCPC is working to support the efforts of obesity prevention in Parker County through a pilot program teaching elementary school students the value of using the Go, Slow, and Whoa model from CATCH when choosing the best foods to eat, as well as the framework of 5-2-1-0 Let's Go. Link: [Healthy Children Coalition for Parker County](#)



2) [Johnson County Alliance for Healthy Kids](#)

The Johnson County Alliance for Healthy Kids (JCAHK) is a coalition directing its current efforts on the prevention of childhood obesity in Johnson County. Currently, the JCAHK is working to support the efforts of obesity prevention in Johnson County through a pilot program teaching elementary school students the value of using the Go, Slow, and Whoa model from CATCH when choosing the best foods to eat, as well as the framework of 5-2-1-0 Let's Go. Link: [Johnson County Alliance for Healthy Kids](#)

### State

3) [State of Texas: Childhood Obesity](#)

The Texas Department of State Health Services (DSHS) issued a report, [Strategic Plan for the Prevention of Obesity in Texas \(2005-2010\)](#), written to identify the growing problem of obesity in Texas in addition to strategies to address it. Link: [Strategic Plan for the Prevention of Obesity in Texas](#)

- Additionally, several DSHS offices work in obesity initiatives, including the Nutrition, Physical Activity and Obesity Prevention Program. Link: [Texas DSHS Nutrition, Physical Activity and Obesity Prevention Program](#)
- Senate Bill 556 created an Interagency Council on Obesity between DSHS, Texas Education Agency (TEA), and the Department of Agriculture for the purpose of improving communication and coordination of obesity work among state leaders. Link: [Interagency Council on Obesity](#)

- The Childhood Obesity Prevention in Texas Workshop was held with statewide obesity stakeholders in 2009 for purpose of exchanging ideas and strategies that are being implemented effectively. Their report includes a sample of obesity programs and their protocol from across the state. Link: [Childhood Obesity Prevention in Texas: Workshop Summary](#)
- The Live Smart Texas Coalition is a coalition of more than 80 statewide partners Members defined collaborative research agenda on obesity prevention and development of resources to build infrastructure and capacity within all communities. Advocacy is completed by Partnership for a Healthy Texas, a group whose goal is to work with the legislature to develop and promote policies on obesity prevention in Texas. Link: [Live Smart Texas Coalition](#)
- The 82nd Texas Legislature tasked the Texas Comptroller of Public Accounts to build a web portal, known as Reshaping Texas, a comprehensive, statewide collection of resources and information to help Texans address the economic effects of obesity. In addition, this agency was charged with using fitness data collected by the Texas Education Agency to create GIS maps showing where in Texas students are most at risk for obesity. Link: [Reshaping Texas](#)

#### 4) [Texas A&M AgriLife Extension Service](#)

The AgriLife Extension seeks to improve the lives of people, businesses, and communities across Texas and beyond through high-quality, relevant education. Through the programs the AgriLife Extension employees provide, Texans are better prepared to eat well, stay healthy, manage money, and raise their children to be successful adults, efficiently help themselves through preventing problems and using tools for economic stability and security, and to improve stewardship of the environment and of the state's natural resources. Link: [Texas A&M AgriLife Extension](#)



### National

#### 5) [Accelerating the Progress in Obesity Prevention: Solving the Weight of the Nation](#)

The Robert Wood Johnson Foundation asked the Institute of Medicine (IOM) to identify catalysts to speed progress in obesity prevention. The IOM committee appointed to this task presents its findings in its report, *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. It mapped how the most promising strategies interacted with, reinforced, or slowed each other's progress. A resulting framework was then released in 2013 entitled *Evaluating Obesity Prevention Efforts: A Plan for Measuring Success*. This is a framework that provides guidance for systematic and routine planning, implementation, and evaluation of the advancement of obesity prevention efforts. Link: [Accelerating Progress in Obesity Prevention](#)  
Link: [Evaluating Obesity Prevention Efforts](#)

6) [ChangeLab Solutions: National Policy & Legal Analysis Network to Prevent Childhood Obesity](#)

The National Policy and Legal Analysis Network to Prevent Childhood Obesity (NPLAN) is a project of ChangeLab Solutions funded by the Robert Wood Johnson Foundation. As communities across the nation consider new policies that support physical activity and increased access to healthier foods, legal and policy research and tools will be essential. Link: [ChangeLab Solutions](#)

7) [Community Perspectives on Obesity Prevention in Children: Summary of a Workshop](#)

The Institute of Medicine's Food and Nutrition Board held two workshops to bring together individuals involved in community and policy-based obesity prevention programs and discuss common themes of success and future direction for obesity prevention efforts. The presentations insight into the challenges involved in policy and programmatic interventions as well as approaches to implementation and evaluation that have shown promise. Link: [Community Perspectives on Obesity Prevention in Children: Summary of a Workshop](#)

8) [The Community Toolbox](#)

The mission of the Community Toolbox is to promote community health and development by connecting people, ideas and resources. This is a global resource for free information on essential skills for building healthy communities. It offers more than 7,000 pages of practical guidance in creating change and improvement. Link: [The Community Toolbox](#)

9) [Comprehensive School Physical Activity Programs: A Guide for Schools](#)

This guide was developed through collaboration between the Centers for Disease Control and Prevention (CDC) and SHAPE America. It provides a step-by-step guidance to schools and school districts to develop, implement, and evaluate comprehensive school physical activity programs. Link: [A Guide for Schools](#)

10) [Convergence Partnership](#)

The Convergence Partnership was founded on the belief that health and place are inextricably linked, that where you live impacts *how* you live. Healthy places are viewed broadly and cannot be defined by the presence or absence of disease alone. At the local, state, regional and national levels, Convergence Partnership engages in strategic investments and activities that lead to transformational change. Link: [Convergence Partnership](#)

11) [Healthteacher.com](#)

HealthTeacher is an online resource of health education tools including lessons, interactive presentations and additional resources to integrate health into any classroom. Their research-based products are designed to get kids moving and to develop healthy behaviors that last a lifetime. One of HealthTeacher's recommended resources is GoNoodle. GoNoodle helps channel classroom energy with short interactive brain breaks to keep children engaged and motivated throughout the day. The whitepaper on GoNoodle can be found at: [Go Noodle White Paper](#)  
Link: [Healthteacher](#)

12) National Collaborative on Child Obesity Research

The National Collaborative on Childhood Obesity Research (NCCOR) strives to improve the efficiency, effectiveness, and application of childhood obesity research, and to halt and reverse childhood obesity through enhanced coordination and collaboration. NCCOR accelerates progress by maximizing outcomes from research, building the capacity for research and surveillance, creating and supporting the mechanisms and infrastructure needed for research translation and dissemination, and supporting evaluations. Link: [National Collaborative on Child Obesity Research](#)

13) Nemours Health and Prevention Services

A division of Nemours Health Care System, Nemours Health and Prevention Services (NHPS) works to effect long-term positive changes in child health and focuses on childhood obesity prevention. NHPS works with community partners through their campaign 5-2-1-Almost None which aims to promote healthy eating and physical activity. Link: [Nemours Health and Prevention Services](#)

14) Population-Based Prevention of Obesity: The Need for Comprehensive Promotion of Healthy Eating, Physical Activity, and Energy Balance: A Scientific Statement from American Heart Association Council on Epidemiology and Prevention, Interdisciplinary Committee for Prevention

The American Heart Association composed a scientific statement on the population-based prevention of obesity to raise awareness, identify targets for intervention using an ecological model of prevention, and highlight the spectrum of potential intervention approaches. Link: [Population-Based Prevention of Obesity](#)

15) Recommended Community Strategies and Measurements to Prevent Obesity in the United States

The Centers for Disease Control (CDC) composed a report of comprehensive recommendations to promote healthy eating and active living and reduce the prevalence of obesity in the United States. This report describes each of the recommended strategies, summarizes available evidence regarding their effectiveness, and presents a suggested measurement for each strategy that communities can use to assess implementation and track progress over time. Link: [Recommended Community Strategies and Measurements to Prevent Obesity in the United States](#)



Prepared by Community Health Outreach  
Center for Children's Health

**Revised April 2014**  
Original Document August 2011

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Provided for the benefit of the  
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