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Introduction

Obesity is the most common chronic disease, both nationally and globally, and is highly complex and multifactorial with a wide range of contributing factors such as genetics, eating patterns, physical activity, and sleep. Childhood obesity, specifically, is of global concern due to its drastic impact on health, cognitive development, and psychosocial function across the lifetime. For example, approximately 26% of 2 to 5-year-olds, 41.5% of 16 to 19-year-olds, and 73.6% of adults over the age of 19 are living with overweight or obesity in the United States. However, there have been recent spikes in the prevalence of obesity specifically among the age range of 2 to 5-year-olds, indicating that obesity may be impacting children at earlier ages than previously observed. Likewise, certain groups of children are more affected than others. Between the years of 2017 – 2020 the Centers for Disease Control and Prevention (CDC) reported an obesity prevalence of 25.6% among Hispanic children, 24.2% among non-Hispanic Black children, 16.1% among non-Hispanic White children, and 8.7% among non-Hispanic Asian children, thus indicating that Hispanic and non-Hispanic Black children are at a much higher risk of obesity, and subsequently, long-term impacts on health. Childhood obesity also puts kids at risk for health problems that were previously seen only in adults, such as type 2 diabetes, high blood pressure, and heart disease. Chronic stress, whether from adverse childhood experiences or social/environmental circumstances associated with overweight and obesity has been shown to lead to behavioral changes in sleep or eating patterns, exacerbating preexisting health problems. In a study of COVID-19 cases in patients aged 18 years and younger, having a chronic disease such as obesity was associated with 3.07 times higher risk of hospitalization and 1.42 times higher risk of severe illness (intensive care unit admission, invasive mechanical ventilation, or death) when hospitalized.

Being multifactorial and highly complex, obesity is difficult to treat, but childhood obesity can largely be prevented. Communities, health professionals, service providers, and families can work together to create opportunities for kids and families to eat healthier and get more active. Neighborhood design, access to healthy, affordable foods and beverages, and access to safe and convenient places for physical activity all promote behaviors that can reduce chronic disease, including obesity, within a community. The racial and ethnic disparities in obesity underscore the need to address social determinants of health such as poverty, education, and housing to remove barriers to health. This will take action at the policy and systems level to ensure that obesity prevention and management starts early and that everyone has access to good nutrition and safe places to be physically active. Policymakers and community leaders must work to ensure that their communities, environments, and systems support a healthy, active lifestyle for all.

National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. Make a difference for kids: spread the word about strategies for promoting behaviors that can prevent childhood obesity and encourage communities, organizations, families, and individuals to get involved.
How can national childhood obesity awareness month make a difference?

September is an opportunity to raise awareness about the childhood obesity epidemic and show people how they can take small actionable steps to practice behaviors that can prevent obesity and reduce the stigma around obesity.

Here are just a few ideas:

- Encourage families to engage in regular physical activity to prevent weight gain, maintain a healthy weight, and stay healthy.
- Encourage families to make small changes, such as keeping fresh fruit within reach, and preparing and eating meals together as a family.
- Encourage families to set good habits on screen time usage and ensure children get adequate sleep.
- Motivate teachers and administrators to make learning facilities healthier. Help them provide healthy food options and daily physical activities for children.
- Ask health providers to be leaders in their communities by supporting programs to promote behaviors that can prevent childhood obesity.
- Raise awareness of the damage that can be caused by obesity stigma and weight discrimination.
- Help reduce the stigma of obesity.
- Encourage people to use people-first language for children living with obesity.

How can I help spread the word?

We’ve made it easier for you to make a difference. This toolkit is full of ideas to help you share strategies and resources to make healthy eating and active living accessible and affordable for everyone. This toolkit also includes information on childhood obesity stigma and how to combat it. While obesity prevention awareness is important year-round, for September, we encourage you to find opportunities to raise awareness, act, and support change within your networks. The following messages, links, and hashtags can be used as-is or they can be customized in any way that works best for the needs of your community.

The information in this toolkit can be used to promote childhood obesity awareness through some of the ideas below:

- Add information about behaviors that can prevent obesity to your newsletter: [https://www.cdc.gov/nccdphp/dnpao/resources/child-teen-resources.html](https://www.cdc.gov/nccdphp/dnpao/resources/child-teen-resources.html)
- Post on social media platforms about National Childhood Obesity Awareness Month using the hashtag #NCOAM
- Host a community event where families can be active while learning about local health resources or a community cleanup event to help make a neighborhood park safer for children to be active.
- Review parent resources on where to shop for healthy and affordable food.
- Include childhood obesity resources in emails and newsletters.
- Print, post, or email the inclusive language table to help educate your community on People-First language. [https://www.cdc.gov/healthcommunication/Preferred_Terms.html](https://www.cdc.gov/healthcommunication/Preferred_Terms.html)
Sample Announcement for Newsletter, Listserv, Media Release

In Nevada, over 30% of children entering kindergarten have overweight or obesity. Children with obesity are at greater risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, [your organization] encourages your family to make healthy changes together.

- **Get active outside and indoors**: Walk around the neighborhood, go on a bike ride, play basketball at the park, or have a dance party indoors.
- **Limit screen time**: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day. For children under 18 months, screen time should be limited to video chatting with family.
- **Make healthy meals**: Buy and serve more vegetables, fruits, and whole-grain foods.
- **Drink up**: Serve water or low-fat dairy instead of sugary drinks.

Taking small steps as a family can help your child stay at a healthy weight! To make this happen try **Living 5-2-1-0**. The 5-2-1-0 behaviors are evidence-based recommendations from the American Academy of Pediatrics, US Department of Health and Human Services, and National Association for Sport and Physical Education that encourages children and families to make healthy food choices and daily healthy living behaviors. The 5-2-1-0 message represents four healthy behaviors that all families and children should strive for each day that support healthy growth and healthy weight: increasing daily fruit and vegetable consumption, limiting sedentary behavior and screen time, increasing physical activity, and decreasing consumption of sweetened beverages.

- 5 or more servings of fruits and vegetables
- 2 or fewer hours of recreational screen time
- 1 or more hours of moderate physical activity
- 0 Sugary drinks

For more information on how to be healthy and live healthy, visit [Healthy Children](https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx).
5-2-1-0 Healthy Children Program

5210 helps families lead healthier lives. It is an easy to remember plan that spells out exactly what you need to keep yourself and your family healthy and fit with 4 simple steps:

Enjoy — FIVE or more vegetables and fruits every day

- Choose vegetables and fruit for snacks most of the time. Avoid snacks high in sugar, fat, and salt.
- Keep a bowl of fruit out for the kids to grab as an easy snack
- Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food.

Power down — TWO hours or less of screen time a day

- Power down TVs, video games, computers, and other electronics and power up family games, outings and activities.
- Enjoy quality family time during meals: turn off the TV, and focus on each other.
- Keep board games, books, and puzzles on hand as an alternative to TV
- Schedule "outdoor" time each day. Keep a bag of play and sports equipment handy to bring outside.

Play actively — At least ONE hour each day

- Children need to move and play as much as possible; provide the space and time for active play.
- Choose fun, active family outings such as ice skating or playing games at the park.
- Teach children basic sports skills like throwing, running, and jumping.
- Walk or roll to school, to the store, or to the park whenever possible.

Choose healthy — ZERO sugar-sweetened drinks

- Get your calories from healthy foods and your liquids from water
- Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavor to the water.
- Avoid sugar-sweetened beverages, like soda, fruit punch, and fruit juices. They provide little nutritional value and are packed with calories.
### 5-2-1-0 Educational Flyers

#### HEALTHY HABITS, EVERY DAY!

- **5 servings of fruits and veggies**
  - Fruits and vegetables are packed with nutrients your child needs to grow healthy.
  - Offer a fruit or vegetable at every meal and for snacks.
  - Serve fruits and vegetables steamed, baked, stir-fried, or raw.
  - Remember that fresh, canned, and frozen all count!

- **2 hours or less of screen time**
  - Too much screen time can lead to headaches, sleep issues, tension, and can limit development of language and emotional skills.
  - Keep the TV, and computers in the living room and out of your child’s bedroom.
  - Put away devices and turn off the TV during mealtimes.
  - Encourage everyone in the family to decrease screen time.

- **1 hour of physical activity**
  - Physical activity is good for physical development and mental health.
  - Help your child find physical activities that they enjoy.
  - Be active as a family! Go for walks, bike, or bike rides together.
  - When appropriate, have your children walk or bike to school. Bike or walk with them.

- **0 sugary drinks**
  - Sugary drinks such as sodas, sweetened tea, sports drinks, and fruit-flavored drinks have little nutritional value.
  - Serve water! Pack a water bottle and make sure water is always accessible.
  - Make water more appealing by adding slices of lemons, berries, cucumbers, or melon balls.
  - Offer whole fruits instead of juice.

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#### ¡HÁBITOS SALUDABLES, TODO LOS DÍAS!

- **5 porciones de frutas y verduras**
  - Las frutas y las verduras están llenas de nutrientes que sus hijos necesitan para crecer saludable.
  - Ofrece una fruta o una verdura en cada comida y como bocadillo.
  - Sirve las frutas y verduras al vapor, al horno, salteadas o crudas.
  - Recuerda que todas las frutas cuentan: frutas, de leche y compotas!

- **2 horas o menos frente a la pantalla**
  - Mientras tanto, el tiempo en la pantalla puede resultar en dolor de cabeza, problemas para dormir, irritabilidad, y puede limitar el desarrollo del lenguaje y las habilidades emocionales.
  - Mantenga la televisión y los computadores en la sala y la habitación de los recién nacidos.
  - Ponga las luces de todas las salas de televisión y apague la televisión durante los comidas.
  - Ama a todos en su familia a dilatar el tiempo que pasan frente a la pantalla.

- **1 hora de actividad física**
  - La actividad física es buena para el desarrollo físico y la salud mental.
  - Ayuda a sus hijos a encontrar actividades físicas que disfruten.
  - Sienta una familia activa! Lleven a caminatas, encuentren o anden juntos un bicicleta.
  - Cuando una apropiada, horae a sus hijos a correr o a ir en bicicleta.
  - Cuando una apropiada,alice a sus hijos a correr o a ir en bicicleta a la escuela. Mejor aún, conviertan a sus juegos en bicicleta.

- **0 bebidas azucaradas**
  - Las bebidas azucaradas como los refrescos, los té dulces, las bebidas deportivas y las bebidas hechas con cobertura a frutas tienen poco valor nutricional.
  - ¡Ojo aquí! Empiece una buena bebida y asegúrese que siempre haya agua disponible.
  - No que el agua sea una bebida más interesante el alimento en lugar de leche, jugo, yogur, o sandía.
  - Ofrezca Frutas enteras en vez de jugo.

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For more information or healthy living resources, visit [www.healthychildren.org](http://www.healthychildren.org)
Sample Social Media Posts

Cut and paste this text into Twitter and Facebook throughout the month.

Tip: Your followers are more likely to see and engage if you use a photo with your posts. Consider downloading stock photos from our google drive to help reach a bigger audience or use your own!

General Posts

Facebook/Instagram:
September is National Childhood Obesity Awareness Month! This month provides a chance to learn more about this serious health condition, and share messages to promote healthy growth and healthy behaviors that can prevent obesity in children. #NCOAM

To learn more about childhood obesity awareness month follow the link: Why It Matters | Overweight & Obesity | CDC

Twitter:
September is National Childhood Obesity Awareness Month!

To learn more about childhood obesity awareness month follow the link: Why It Matters | Overweight & Obesity | CDC

Facebook/Instagram:
Did you know that 1 in 5 children and adolescents in the United States are living with obesity? The good news is that childhood obesity can be prevented. September is National Childhood Obesity Awareness Month, which is a great time to learn more about this serious health problem and create opportunities for kids to eat healthier and get more active! #NCOAM

To learn more about childhood obesity prevention follow the link: https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html

Twitter:
Did you know that 1 in 5 children in the United States are living with obesity? The good news is that childhood obesity can be prevented!

To learn more about childhood obesity prevention follow the link: https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html
Facebook/Instagram:
September is National Childhood Obesity Awareness Month! Let’s combat Childhood Obesity by helping kids get active, eat healthy, and drink plenty of water! #NCOAM

Twitter:
September is National Childhood Obesity Awareness Month! Let’s combat Childhood Obesity by helping kids get active, eat healthy, and drink plenty of water! #NCOAM

Facebook/Instagram:
September is Childhood Obesity Awareness Month! Learn how parents and school can work together to help children achieve and maintain a healthy weight! Click the link to learn more: https://www.cdc.gov/healthyschools/parentsforhealthyschools

Twitter:
September is Childhood Obesity Awareness Month! Learn how parents and school can work together to help children achieve and maintain a healthy weight! https://t.co/XiADgVvMyo

Facebook/Instagram:
5-2-1-0 is an easy-to-remember plan that spells out exactly what you need to keep yourself and your family healthy and fit. Learn more about 5-2-1-0 at https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx

Twitter:
Live 5-2-1-0 is a simple message to help kids adopt healthy habits and bring community partners together to make the healthy choice the easy choice. #Live5210 Learn more about 5-2-1-0 at https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx
Facebook/Instagram:
“5-2-1-0” es un plan fácil de recordar que detalla exactamente lo que necesitas hacer para mantenerte a ti y a tu familia saludables y en forma. Obtén más información sobre 5-2-1-0 en https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx

Twitter:
Vive “5-2-1-0” es un mensaje sencillo para ayudar a los niños a adoptar hábitos saludables y unir a socios comunitarios para que la opción saludable sea la opción fácil. #Vive5210
Obtén más información sobre 5-2-1-0 en https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx

Facebook/Instagram:
5-2-1-0 is an easy-to-remember plan that spells out exactly what you need to keep yourself and your family healthy and fit. Help your children form healthy habits now. Healthy active children are more likely to be healthy active adults! Learn more about 5-2-1-0 at https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx

Twitter:
Live 5-2-1-0 is a simple message to help kids adopt healthy habits and bring community partners together to make the healthy choice the easy choice. #Live5210
Learn more about 5-2-1-0 at https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx

Facebook/Instagram:
Building healthy habits just got easier for kids! Families can download the #Live5210App to work on healthy eating, physical activity, cutting back on screen time, and more. This goal-setting app is now available for free from the App Store and Google Play.

Twitter:
Building healthy habits just got easier for kids! Families can download the #Live5210App to work on healthy eating, physical activity, cutting back on screen time, and more. This goal-setting app is now available for free from the App Store and Google Play.

#Live5210App | #Live5210 | #HealthyHabits | #HealthyGoals | #HealthyEating | #PhysicalActivity | #ActivePlay | #LessScreenTime | #ZeroSugaryDrinks | #GoalSetting
**Nutrition**

**Facebook/Instagram:**
Childhood Obesity Awareness Month is a great time to learn how parents and guardians can help children maintain a healthy weight by helping them develop healthy eating habits.

**Mealtime Tips:** Enjoying a meal together is a great way to connect with your family. Here are some mealtime tips to try:

Have adults and older kids talk about the color, feel, or flavor of foods. It’ll make them sound more appealing to younger kids that may be picky. Learn more about mealtime tips here: [https://www.cdc.gov/nutrition/InfantandToddlerNutrition/mealtime/index.html](https://www.cdc.gov/nutrition/InfantandToddlerNutrition/mealtime/index.html)

**Twitter:**
Childhood Obesity Awareness Month is a great time to learn how parents and guardians can help children maintain a healthy weight by helping them develop healthy eating habits. #NCOAM

**Facebook/Instagram:**
Looking for an easy way to eat healthier? The U.S. National Heart, Lung, and Blood Institute (part of the National Institutes of Health) suggests we use **Go, Slow, and Whoa** as a way to think about food. Click the link to learn more about how you and your family can make smart food choices: [https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf](https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf)

**Twitter:**
Looking for an easy way to eat healthier? Use Go, Slow, and Whoa as a way to think about food. Click the link to learn more about how you and your family can make smart food choices: [https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf](https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf)

**Facebook/Instagram:**
Help your family make healthy choices together. As the decision-maker in your household, you play an important role in guiding your family to build healthy habits! Learn more about helping your child maintain a healthy weight: [https://www.cdc.gov/healthyweight/children/index.html](https://www.cdc.gov/healthyweight/children/index.html)

**Twitter:**
Help your family make healthy choices together. As the decision-maker in your household, you play an important role in guiding your family to build healthy habits! Learn more about helping your child maintain a healthy weight: [https://www.cdc.gov/healthyweight/children/index.html](https://www.cdc.gov/healthyweight/children/index.html)
Facebook/Instagram:
Young children look to you as they learn, develop, and grow healthy eating habits. Make every bite count by including children in meal planning, grocery shopping, cooking, and mealtime activities! Learn more about healthy snacks and tips for healthy cooking by clicking the link: https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/healthy-cooking.htm

Twitter:
Make every bite count by including children in meal planning, grocery shopping, cooking, and mealtime activities! Learn more about healthy snacks and tips for healthy cooking by clicking the link: https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/healthy-cooking.htm

Facebook/Instagram:
Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. MyPlate helps you understand all food groups children are encouraged to consume daily with each meal. Click the link to learn more about how to follow a healthy dietary pattern at every life stage: https://www.myplate.gov/life-stages

Twitter:
Healthy eating is important at every age. MyPlate helps you understand all food groups children are encouraged to consume daily with each meal. Click the link to learn more about how to follow a healthy dietary pattern at every life stage: https://www.myplate.gov/life-stages

Facebook/Instagram:
September is National Obesity Awareness Month. One of the best ways to help children in stay healthy is through the food they eat! What are your favorite health foods to feed your family? #NCOAM

Twitter:
September is National Obesity Awareness Month. One of the best ways to help children stay healthy is through the food they eat! What are your favorite health foods to feed your family? #NCOAM
**Facebook/Instagram:**
Did you know the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (USDHHS) update the dietary guidelines for Americans every 5 years? Click the link to learn more about how you and your family can eat healthy: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

**Twitter:**
The U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (USDHHS) update the dietary guidelines for Americans every 5 years. Click to learn more about how you and your family can eat healthy: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

**Facebook/Instagram:**
Children are building bodies and habits they will carry with them for the rest of their lives. Following a healthy dietary pattern at every life stage is important - and it’s never too early or too late to eat healthfully. Click the link to learn more about dietary intake recommendations by age to stay healthy: Home | Dietary Guidelines for Americans

**Twitter:**
Following a healthy dietary pattern at every life stage is important. Click the link to learn more about dietary intake recommendations by age to stay healthy: https://www.dietaryguidelines.gov

**Facebook/Instagram:**
Choosing and preparing your favorite cultural foods in a healthy way honors your culture and supports good health. Learn more of easy recipe alternatives to your favorite cultural foods: https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fun-family-recipes.htm

**Twitter:**
Choosing and preparing your favorite cultural foods in a healthy way honors your culture and supports good health. Learn more easy recipe alternatives to your favorite cultural foods: https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fun-family-recipes.htm
Physical Activity

**Facebook/Instagram:**
Make time to get active as a family. When you move with your kids, you get health benefits, too! It can be as simple as taking a walk before or after dinner, starting a family dance party, or turning commercial breaks into fitness breaks when you’re watching TV! Click the link to learn more about types of activities to do to stay active:


**Twitter:**
Make time to get active as a family. When you move with your kids, you get health benefits, too! Click the link to learn more about types of activities to do to stay active:


---

**Facebook/Instagram:**
Children and adolescents with disabilities are more likely to be inactive than those with disabilities. To make sure they get a healthy mix of activities, do things that strengthen their bones, build muscles, and make their heart beat faster—like participating in a team sport such as basketball or wheeling to and from school!

**Twitter:**
Children and adolescents with disabilities are more likely to be inactive than those with disabilities. To make sure they get a healthy mix of activities, do things that strengthen their bones, build muscles, and make their heart beat faster!

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**Facebook/Instagram:**
Kids with disabilities should be offered the chance to participate in sports and other activities that get them moving. There are ways to adapt almost any sport or recreational program. Ask your child what activities they’re interested in to keep them active and healthy! Learn more about exercises for children with limited mobilities:

https://www.nchpad.org/fppics/NCHPAD_Resources%20for%20Inclusion%20in%20Youth.pdf

**Twitter:**
Kids with disabilities should be offered the chance to participate in sports and other activities that get them moving. Learn more about exercise for children with limited mobilities:

https://www.nchpad.org/fppics/NCHPAD_Resources%20for%20Inclusion%20in%20Youth.pdf
Facebook/Instagram:
Every child comes with individual traits and abilities! For children with physical and intellectual disabilities, physical activity is important for quality of life and is associated with a range of benefits. Learn more about ways children with disabilities can stay active and healthy by clicking the link:
https://www.nchpad.org/fppics/NCHPAD_Resources%20for%20Inclusion%20in%20Youth.pdf

Twitter:
Every child comes with individual traits and abilities! Learn more about ways children with disabilities can stay active and healthy by clicking the link:
https://www.nchpad.org/fppics/NCHPAD_Resources%20for%20Inclusion%20in%20Youth.pdf

Facebook/Instagram:
In addition to being fun for children, regular physical activity has many health benefits, including:
- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management
Click the link to learn more about the many benefits of exercise for children:

Twitter: In addition to being fun for children, regular physical activity has many health benefits! Click the link to learn more about the many benefits of exercise for children:

Facebook/Instagram:
Parents: Did you know kids and teens need at least 60 minutes of physical activity every day? Learn more about physical activity with @HealthGov’s #MoveYourWay resources: https://bit.ly/2qZIJq
This link is external to health.gov. #PAGuidelines

Twitter:
Parents: Did you know kids and teens need at least 60 minutes of physical activity every day? Learn more about physical activity with @HealthGov’s #MoveYourWay resources: https://bit.ly/2qZIJq
This link is external to health.gov. #PAGuidelines
Facebook/Instagram:
Padres de familia: ¿sabían que niños y adolescentes necesitan 60 minutos diarios de actividad física? Consulta los recursos de #MuéveteATuManera de @HealthGov basados en recomendaciones sobre actividad física para los estadounidenses: http://bit.ly/3ekRnhl

Twitter:
Padres de familia: ¿sabían que niños y adolescentes necesitan 60 minutos diarios de actividad física? Consulta los recursos de #MuéveteATuManera de @HealthGov basados en recomendaciones sobre actividad física para los estadounidenses: http://bit.ly/3ekRnhl

Facebook/Instagram:
Parents: Want to get your kids involved in sports? @HealthGov offers a Move Your Way fact sheet with tips that can help! Check it out: https://bit.ly/39BY51Y

Twitter:
Parents: Want to get your kids involved in sports? @HealthGov offers a Move Your Way fact sheet with tips that can help! Check it out: https://bit.ly/39BY51Y

Facebook/Instagram:
Padres: ¿quieren que sus hijos practiquen deportes? ¡@HealthGov ofrece una hoja informativa de "¡Muévete a tu manera", con consejos que pueden ayudarles! Revisenla: https://bit.ly/3wDprhl

Twitter:
Padres: ¿quieren que sus hijos practiquen deportes? ¡@HealthGov ofrece una hoja informativa de "¡Muévete a tu manera", con consejos que pueden ayudarles! Revisenla: https://bit.ly/3wDprhl

Facebook/Instagram:
#Parents: When the whole family gets moving together, everyone gets the health benefits. Find physical activity resources for adults and kids from @HealthGov: https://bit.ly/2qzZIJg
This link is external to health.gov. #MoveYourWay

Twitter:
#Parents: When the whole family gets moving together, everyone gets the health benefits. Find physical activity resources for adults and kids from @HealthGov: https://bit.ly/2qzZIJg
This link is external to health.gov. #MoveYourWay
Facebook/Instagram:
#PadresDeFamilia: cuando la familia completa se pone en movimiento, la salud de todos se beneficia. Consulten los recursos sobre actividad física para adultos y niños de @HealthGov: http://bit.ly/3ekRnhl This link is external to health.gov. #MuéveteATuManera

Twitter:
#PadresDeFamilia: cuando la familia completa se pone en movimiento, la salud de todos se beneficia. Consulten los recursos sobre actividad física para adultos y niños de @HealthGov: http://bit.ly/3ekRnhl This link is external to health.gov. #MuéveteATuManera

Facebook/Instagram:
Parents: Did you know that the benefits of #YouthSports go way beyond physical health? Check out this #MoveYourWay resource from @Health.gov to learn more: https://health.gov/sites/default/files/2021-04/PAG_YSS_Poster03_508c-CC.pdf

Twitter:
Parents: #DYK that the benefits of #YouthSports go way beyond physical health? Check out this #MoveYourWay resource from @HealthGov to learn more: https://health.gov/sites/default/files/2021-04/PAG_YSS_Poster03_508c-CC.pdf

Facebook/Instagram:
Padres: ¿Sabían que los beneficios de los #deportes juveniles van más allá de la salud física? Revisen este recurso de #MuéveteATuManera del @Health.gov para aprender más: https://health.gov/sites/default/files/2021-04/PAG_YSS_Poster03_SP_508c-DP.pdf #MuéveteATuManera

Twitter:
Padres: ¿#SabíanQue los beneficios de practicar deportes juveniles van más allá de la salud física? Revisen este recurso de #MuéveteATuManera del @HealthGov para aprender más: https://health.gov/sites/default/files/2021-04/PAG_YSS_Poster03_SP_508c-DP.pdf

Facebook/Instagram:
Being active can help kids do better in school! Use the Move Your Way interactive tool to find ways to fit more physical activity into their day: https://bit.ly/30Ag8w9

Twitter:
#Parents: Did you know @HealthGov has #PhysicalActivity resources just for kids? Hang the kid-friendly #MoveYourWay fact sheet on the fridge to help motivate them to get more active: https://bit.ly/3LECjtk
Facebook/Instagram:
Did you know that physical activity has many significant health benefits for children’s hearts, bodies, and minds? 60 minutes of activity every day is all it takes, so get active every day and feel great! Learn more about how you and your child can get active by clicking the link: https://www.cdc.gov/physicalactivity/basics/children/index.htm

Twitter:
Did you know that physical activity has many significant health benefits for children’s hearts, bodies, and minds? Learn more about how you and your child can get active by clicking the link: https://www.cdc.gov/physicalactivity/basics/children/index.htm

Facebook/Instagram:
Parents: Show your kids the Move Your Way fact sheet! It has tips and information just for kids, to help them find physical activities they really enjoy. Check it out: https://bit.ly/3LECjtk

Twitter:
Parents: Do your kids get enough #PhysicalActivity? Check out @HealthGov’s interactive #MoveYourWay tool for tips to help your kids get moving: https://bit.ly/30Ag8w9

Facebook/Instagram:
Padres de familia: ¡compartan con sus hijos la hoja informativa de “Muévete a tu manera”! Contiene consejos e información para que los niños encuentren actividades físicas que realmente disfruten. Encuéntrenla en https://bit.ly/3vgk9Wf

Twitter:
Padres de familia: ¿sus niños hacen suficiente #ActividadFísica? Este recurso interactivo de #MuéveteATuManera de @HealthGov ofrece consejos para ayudarlos a ponerse en movimiento: http://bit.ly/3ex6eWf

Facebook/Instagram:
Exercising outdoors is a great way to stay active and healthy, but what if you live in an area where the weather is hot, exercising outside could be difficult or even hazardous! Learn more about ways to get active indoors: Summertime Family Physical Activity – 5210 (psu.edu)

Twitter:
Exercising outdoors is a great way to stay active and healthy, but what if you live in an area where the weather is hot, exercising outside could be difficult or even hazardous! Learn more about ways to get active indoors: Summertime Family Physical Activity – 5210 (psu.edu)
Facebook/Instagram:
September is National Childhood Obesity Awareness Month! Help your children stay active every day to reduce the risk of obesity and help them achieve a healthy weight! #NCOAM

Twitter:
September is National Childhood Obesity Awareness Month! Help your children stay active every day to reduce the risk of obesity and help them achieve a healthy weight! #NCOAM

Facebook/Instagram:
Regular physical activity is an important part of overall health, especially for growing children. Being active not only improves a child’s physical health, it also offers cognitive and emotional benefits such as improving attention span and mental well-being. Learn more about family exercise ideas for every season to keep them active and healthy! https://www.eatright.org/fitness/physical-activity/workout-ideas/family-exercise-ideas-for-every-season
Sleep

Facebook/Instagram:
Did you know, that too little sleep is associated with obesity partly because inadequate sleep makes us eat more and be less physically active? Making sure your child gets the recommended hours of sleep is important for good health! Click the link to learn more about how much sleep your child needs: https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm

Twitter:
Too little sleep is associated with obesity partly because inadequate sleep makes us eat more and be less physically active. Click the link to learn more about how much sleep your child needs: https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm

Facebook/Instagram:
Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression. Click the link to learn more about how much sleep your child needs: https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx

Twitter:
Do you know how much sleep your child needs each night? Click the link to learn more about sleep and your child’s development: https://www.healthychildren.org/English/healthy-living/sleep/Pages/healthy-sleep-habits-how-many-hours-does-your-child-need.aspx

Facebook/Instagram:
Sleep is just as important to your children’s development and well-being as nutrition and physical activity. Learn more about how you can help your children establish good sleep practices! https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx

Twitter:
Sleep is just as important to your children’s development as nutrition and physical activity. Learn more about healthy sleep habits for children: https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx/NDYxNy4xNy4wLjE2NTk5ODQ2MTcuMA
Screen Time

Facebook/Instagram:
The American Academy of Pediatrics (AAP) encourages parents to help their children develop healthy media use habits. Parents are encouraged to develop personalized media use plans for their children. Create your Family Media Use Plan here and remember to communicate your plan to other caregivers, such as babysitters or grandparents, so that media rules are followed consistently. Learn more by clicking the link: https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx

Twitter:
The American Academy of Pediatrics (AAP) encourages parents to help their children develop healthy media use habits. Create your Family Media Use Plan here and learn more by clicking the link: https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx

Facebook/Instagram:

Twitter:
New tool from @AmerAcadPeds helps parents create a personalized Family Media Use Plan https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx #DoGoodDigital

Facebook/Instagram:
Digital media offers opportunities and challenges for children. Dr. Ari Brown offers tips for parents on how to guide their children in the digital world. #DoGoodDigital. https://www.youtube.com/watch?v=NJYUVyYMeEM

Twitter:
Need help managing your kids’ media time? Helpful tips from @Baby411 https://www.youtube.com/watch?v=NJYUVyYMeEM #DoGoodDigital
Weight Bias Social Media Posts

**Facebook/Instagram:**
Weight bias doesn’t exclude children. Weight bias in children can cause a decline in their health in addition to anxiety, depression, eating disorders, and low self-esteem.

[ObesityAction.org/WeightBias](http://ObesityAction.org/WeightBias)

**Twitter:**
Weight bias doesn’t exclude children. Weight bias in children can cause a decline in their health in addition to anxiety, depression, eating disorders, and low self-esteem.

[ObesityAction.org/WeightBias](http://ObesityAction.org/WeightBias)

**Facebook/Instagram:**
Learn how to identify weight bias and how it affects people. Having excess weight or obesity is one of the most common causes of why children are teased at school. It needs to stop.

[ObesityAction.org/WeightBias](http://ObesityAction.org/WeightBias) #bepartofthesolution #stopweightbias

**Twitter:**
Learn how to identify weight bias and how it affects people. Having excess weight or obesity is one of the most common causes of why children are teased at school. It needs to stop.

[ObesityAction.org/WeightBias](http://ObesityAction.org/WeightBias) #bepartofthesolution #stopweightbias

**Facebook/Instagram:**
Children and teens who are overweight and suffer from obesity are exposed to many forms of weight stigma. Learn more about what you can do to take the lead in reducing stigma of children with overweight or obesity: [https://www.obesityaction.org/get-educated/understanding-childhood-obesity/childhood-obesity-stigma/](https://www.obesityaction.org/get-educated/understanding-childhood-obesity/childhood-obesity-stigma/)

**Twitter:**
Children with overweight or obesity are exposed to many forms of weight stigma. Learn about reducing the stigma of children living with obesity: [https://www.obesityaction.org/get-educated/understanding-childhood-obesity/childhood-obesity-stigma/](https://www.obesityaction.org/get-educated/understanding-childhood-obesity/childhood-obesity-stigma/)
Inclusive Language Guide

Weight bias can be harmful. Characterizing someone as obese can be stigmatizing and create negative feelings toward children with obesity. Children who are stigmatized due to their weight experience negative outcomes, including psychological damage, unhealthy eating behaviors, and averting physical activity.

A “people-first” language approach eradicates bias and stigma.8

What is People First Language?

The Obesity Action Coalition defines people first language as “putting people first, rather than labeling them by their disease or disability, and it has become an established standard for respectfully addressing people with diseases or illnesses, including mental illness, diabetes, autism, and other chronic diseases.”9

Guidelines for Communicating About Obesity:

1. Respect diversity and avoid stereotypes
2. Use appropriate language and terminology
3. Conduct balanced and accurate coverage of obesity

Preferred Language for Weight Inclusive Conversations with Children and their Parents/Guardians

<table>
<thead>
<tr>
<th>Words and phrases to avoid: Weight stigma terminology</th>
<th>Alternative language and considerations: Weight inclusive terminology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight</td>
<td>Child/individual with obesity</td>
</tr>
<tr>
<td>Obese child</td>
<td>Subject/participant with obesity</td>
</tr>
<tr>
<td>Extremely obese</td>
<td>Children with obesity</td>
</tr>
<tr>
<td>Fat</td>
<td>Children with higher weight/BMI</td>
</tr>
<tr>
<td>Fatty</td>
<td>Children living with obesity</td>
</tr>
<tr>
<td>Chubby</td>
<td>Child with unhealthy weight</td>
</tr>
<tr>
<td>Large Size</td>
<td></td>
</tr>
</tbody>
</table>
Resource list

Parents

Cooking Matters

- Cooking Matters works in communities across the country to develop their skills when shopping for and cooking healthy foods on a budget.
- [Cookingmatters.org](http://Cookingmatters.org)

Division of Nutrition, Physical Activity, and Obesity (Centers for Disease Control and Prevention)

- Tips and Resources on nutrition and physical activity for parents to help children maintain a healthy weight.

EatRight (Academy of Nutrition and Dietetics)

- The Academy's website contains a wealth of nutrition information for parents, featuring content ranging from articles, tips, videos, recipes, and online games to app reviews.
- [https://www.eatright.org/for-kids](https://www.eatright.org/for-kids)

Food Assistance Programs in Nevada

- These programs benefit over 1,300 Partner Sites in Southern and Northern Nevada including food pantries, soup kitchens, shelters, and after-school programs.
- [https://dhhs.nv.gov/find_assistance/food_assistance/](https://dhhs.nv.gov/find_assistance/food_assistance/)

Food Bank of Northern Nevada

- The Nutrition Education program at the Food Bank of Northern Nevada teaches adults and children about nutritious food choices, simple food preparation, safe food handling, getting the most nutrition with a limited food budget and increasing physical activity for healthy living.
- [https://fbnn.org/gethelp/nutritioneducation/](https://fbnn.org/gethelp/nutritioneducation/)

Get Healthy Clark County

- The website of the Office of Chronic Disease Prevention & Health Promotion at the Southern Nevada Health District (SNHD). Find programs, resources, and information to help your family live healthy.
- [https://gethealthyclarkcounty.org](https://gethealthyclarkcounty.org)
- Learn more about SNHD’s 5210 Healthy Habits Every Day initiative. Find resources for parents to support healthy growth and build healthy habits in children.
- [https://gethealthyclarkcounty.org/manage-your-risk/obesity/](https://gethealthyclarkcounty.org/manage-your-risk/obesity/)

Have a Plant

- The Have a Plant® Program, sponsored by the Produce for Better Health Foundation, is a national initiative to increase the number of fruits and vegetables eaten by all Americans. It provides Nutrition, storage, and handling information on a variety of fruits and vegetables.
- [https://fruitsandveggies.org/fruits-and-veggies/](https://fruitsandveggies.org/fruits-and-veggies/)

Healthy Children

- Powered by the American Academy of Pediatrics (AAP): HealthyChildren.org is the only parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.
- [https://www.healthychildren.org/English/Pages/default.aspx](https://www.healthychildren.org/English/Pages/default.aspx)
Healthy Kids Resource Center (UNR)
- Providing information, programs and training to help Nevadans be healthy, active and well. A healthy lifestyle helps pave the way to healthy organs, strong bones and muscles, a sharp mind, and so much more.
- [https://extension.unr.edu/healthy-lifestyle.aspx](https://extension.unr.edu/healthy-lifestyle.aspx)

Let’s Go!
- Let’s Go! is a community engagement initiative working with communities to create environments that support healthy choices.
- [https://www.mainehealth.org/lets-go](https://www.mainehealth.org/lets-go)

MyPlate for Kids
- Current nutrition guide, MyPlate helps illustrate the dietary recommendations found in the USDA’s Dietary Guidelines for Americans. MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters.
- [https://www.myplate.gov/eat-healthy/what-is-myplate](https://www.myplate.gov/eat-healthy/what-is-myplate)

Nevada 211
- Nevada 211 connects individuals and providers to essential health and human services resources. Connects families to services such as housing, food, utility assistance, transportation, and childcare. It is a free, confidential service available 24 hours a day, 7 days a week, 365 days a year. Dial 2-1-1, text 898211, or search online.
- [www.nevada211.org](http://www.nevada211.org)

Northern Nevada HOPES
- Northern Nevada HOPES offers a range of services, including primary care, chronic disease management, women’s health services, behavioral health counseling, substance use counseling, nutrition, a pharmacy, social services, and health education.
- [https://www.nnhopes.org/patients/services/](https://www.nnhopes.org/patients/services/)

Nevada WIC Nutrition Education
- Provide Nevada Women, Infants, and Children (WIC) with nutrition education, breastfeeding support services, supplemental nutritious foods, and referrals to health and social services.
- [https://nevadawic.org/program-resources/](https://nevadawic.org/program-resources/)

Sunrise Children’s Foundation
- Health and Nutrition community resources for parents and families
- [https://sunrisechildren.org/communityresources/](https://sunrisechildren.org/communityresources/)

SuperKids Nutrition
- SuperKids Nutrition promotes health eating and living that’s easy, tasty, and fun for kids and families.
- [SuperKids Nutrition - Grow Super Kids!](https://sunrisechildren.org/communityresources/)

UCONN Rudd Center for Food Policy and Obesity
- Resources for families include a page on Schools, Families and Communities. as well as a page on Weight Bias and Stigma
- [https://uconnruddcenter.org/research/weight-bias-stigma/](https://uconnruddcenter.org/research/weight-bias-stigma/)

United States Department of Agriculture (USDA)
- U.S. Department of Agriculture provides resources to teach kids about healthy eating with games, coloring books, and MyPlate materials. Parents can find tips and tools for healthy meals, weight management, and more
- [https://www.nutrition.gov/](https://www.nutrition.gov/)

We Can! (National Institute of Health (NIH))
- We Can! Ways to Enhance Children’s Activity & Nutrition
Providers

5210 Healthy Habits Every Day (Southern Nevada Health District)

- Find resources for providers to use in interactions with children and families to support 5210 including flyers, posters, and videos. Learn how to become a local partner in the 5210 Healthy Habits Every Day initiative.
- [https://gethealthyclarkcounty.org/manage-your-risk/obesity/](https://gethealthyclarkcounty.org/manage-your-risk/obesity/)

5210 Healthy Washoe

- 5210 Healthy Washoe was adapted from “Let’s Go!”, a nationally recognized initiative working with communities to create environments that support healthy choices that impact childhood obesity. Bringing evidence-based strategies for healthy living into schools, child care and out-of-school programs, health care practices, and workplaces 5210 Healthy Washoe reaches children and adults where they live, learn, work, and play.

Academy of Nutrition and Dietetics

- The Academy of Nutrition and Dietetics strives to improve health and advance the profession of nutrition and dietetics through research, education and advocacy.
- [https://www.eatrightpro.org/](https://www.eatrightpro.org/)

American Academy of Pediatrics

- Obesity education opportunities for healthcare professionals

Feeding Matters

- Established in 2006, Feeding Matters is the first organization in the world uniting the concerns of families with the fields leading advocates, experts, and allied healthcare professionals to improve the system of care for pediatric feeding disorder through advocacy, education, support, and research.
- [feedingmatters.org](http://feedingmatters.org)

Physical Activity Guidelines for Americans, 2nd edition

- The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity.

STOP Obesity Alliance

- The Strategies to Overcome and Prevent (STOP) Obesity Alliance is made up of a diverse group of business, consumer, government, advocacy, and health organizations dedicated to reversing the obesity epidemic in the United States. Drawing on the strengths of the collaborative, STOP conducts research, makes policy recommendations, and develops hands-on tools for providers, advocacy groups, policymakers, and consumers.
- [https://stop.publichealth.gwu.edu/](https://stop.publichealth.gwu.edu/)

The Nevada Department of Health and Human Services (DHHS)

- NDHHS promotes the health and well-being of its residents through the delivery or facilitation of a multitude of essential services to ensure families are strengthened, public health is protected, and individuals achieve their highest level of self-sufficiency.
- [http://dhhs.nv.gov/](http://dhhs.nv.gov/)
Physical Activity

Adaptive Recreation - LasVegasNevada.Gov
- Classes and programs for all individuals at all levels.
  - [https://www.lasvegasnevada.gov/Government/Departments/Parks-Recreation/Adaptive-Recreation](https://www.lasvegasnevada.gov/Government/Departments/Parks-Recreation/Adaptive-Recreation)

American Academy of Pediatrics
- Parent and patient resources for healthy childhood weight.

CDC BMI Percentile Calculator for Child and Teen
- Calculator provides BMI and corresponding BMI for age percentile based on the CDC growth charts for children and teens.
  - [https://www.cdc.gov/healthyweight/bmi/calculator.html](https://www.cdc.gov/healthyweight/bmi/calculator.html)

Dignity Health
- Resources and classes for Fitness, health, and wellness programs for individuals and families in Nevada.
  - [https://www.dignityhealth.org/las-vegas/classes-and-events](https://www.dignityhealth.org/las-vegas/classes-and-events)

Family Resources - City of North Las Vegas
- Resources for families seeking quality information regarding literacy resources, health resources, community resources, and educational resources.
  - [https://www.cityofnorthlasvegas.com/residents/family-resources?locale=en](https://www.cityofnorthlasvegas.com/residents/family-resources?locale=en)

Get Healthy Clark County
- The website of the Office of Chronic Disease Prevention & Health Promotion at the Southern Nevada Health District (SNHD). Find physical activity programs, resources, and information to help your family live healthy.
  - [https://gethealthyclarkcounty.org](https://gethealthyclarkcounty.org)

Get Healthy Washoe!
- Get Healthy Washoe is all about you, Washoe County! This resource was designed by the Chronic Disease and Injury Prevention Program as a road map and a resource for people who want to live healthy lives and reduce the impact of chronic disease in the community.

Move Your Way
- The Move Your Way® tools, videos, and fact sheets on this page have tips that make it easier to get a little more active.
  - [https://health.gov/moveyourway#parents](https://health.gov/moveyourway#parents)

Parks and Recreation
- Resources on where to find parks and facilities, city sports, camps, aquatics, and water play features to help stay physically active within the community.
  - [https://www.lasvegasnevada.gov/government/departments/parks-recreation](https://www.lasvegasnevada.gov/government/departments/parks-recreation)
Wolf Pack Coaches Challenge

- This is a voluntary program for elementary schools that promotes physical activity and healthy eating. Students participate over four weeks to earn points for prizes by eating fruits and vegetables, participating in “Brain Breaks” with moving-learning activities and engaging in 15-minute physical activity sessions in and out of school.

YMCA of Southern Nevada

- YMCA offers fitness centers, gyms, and sports recreation centers for families, senior citizens, and children of all age groups in Las Vegas, Nevada.
- [https://www.lasvegasymca.org/programs/health-wellness/](https://www.lasvegasymca.org/programs/health-wellness/)

### Resources for Physical Activity for children with disabilities

**AbilityPath.org**

- AbilityPath.org is an online hub and special needs community for parents and professionals to learn, connect and live a more balanced life - through all phases of a child’s growth and development. The website combines social networking features with expert content from AbilityPath.org’s team of educators, parents, therapists and medical professionals.
- [www.AbilityPath.org](http://www.AbilityPath.org)

**Action for Healthy Kids**

- A national nonprofit that brings together dedicated volunteers and partners to make schools healthier places where kids thrive.
- [https://www.actionforhealthykids.org/physical-activity-for-students-with-special-needs/](https://www.actionforhealthykids.org/physical-activity-for-students-with-special-needs/)

**American Association of Adapted Sports Programs**

- The sports featured in the adaptedSPORTS® Model have their origin in Paralympic and adult disability sports, however, they are innovative in that they are cross−disability in nature. AAASP has adapted these sports for the student−athlete based on functional ability. By providing standardized competition rules, it is possible to implement an interscholastic adapted system.
- [www.adaptedsports.org](http://www.adaptedsports.org)

**AYSO VIP Program**

- The AYSO Very Important Players (VIP) Program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams.
- [http://www.aysosoccer.org/programs/vip](http://www.aysosoccer.org/programs/vip)

**Best Buddies**

- Best Buddies is dedicated to establishing a global volunteer movement that creates opportunities for one to one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD).
- [www.bestbuddies.org](http://www.bestbuddies.org)

**BlazeSports America**

- Driven by a desire to provide all children and adults with physical disabilities the chance to play sports and live healthy, active lives, BlazeSports is dedicated to offering programs, education, and tools worldwide.
- [www.blazesports.org](http://www.blazesports.org)

**Inclusion Matters by Shane’s Inspiration**

- Inclusion Matters by Shane’s Inspiration fosters a bias-free world for children with disabilities through the vehicle of inclusive playgrounds and education. The organization currently has 77 playgrounds open to date. Their mission has taken them to Mexico, Israel, Canada, Ecuador, Russia, Argentina, South Africa, Armenia, the Dominican Republic and beyond.
- [https://inclusionmatters.org/](https://inclusionmatters.org/)
Little League Baseball the Challenger Division
- The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges, ages 4-18, or up to age 22 if still enrolled in high school, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide.
- http://www.littleleague.org/learn/about/divisions/challenger.htm

The Miracle League of Las Vegas
- The mission of the Miracle League of Las Vegas is to provide children and adults with cognitive and/or physical challenges in the greater Las Vegas community the opportunity to play baseball in a safe and nurturing environment
- https://miracleleaguelasvegas.com/

Special Olympics
- The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, providing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with families, athletes, and the community.
- www.specialolympics.org

Special Olympics NV
- Special Olympics is an international organization dedicated to empowering children and adults with intellectual disabilities to become physically fit, productive and respected members of society through free sports training and competition opportunities.
- https://www.sonv.org/sports-programs

The Medical Home Portal
- The Medical Home Portal provides a one-stop-shop for information related to supporting children and youth with special health care needs (CYSHCN) and their families in its partner states – each with their own Medical Home Portal site that includes a directory of relevant service providers in their state (or region), along with the content and resources found on all of the states’ and the nationwide sites:
- www.medicalhomeportal.org

The National Center on Physical Activity and Disability
- Comprehensive resources for every imaginable kind of activity, including the ability to develop adaptive tools through rectech.org, create instructional and exercise videos.
- www.ncpad.org

USDA - SNAP Education
- The SNAP-Ed program resources teach important physical activity concepts. Additionally, SNAP-Ed funds projects from active transport to using parks and public spaces.

The Ability Center
- The Ability Center of Southern Nevada is a nonprofit sensory gym with a structured environment that helps people with special needs develop their communication, motor skills, mobility, and wellness through physical fitness.
- https://abilitycenternv.org/


