

CHILD OBESITY TOOLKIT

How can parents make a difference?

LEARN ABOUT THE CHILD OBESITY CRISIS:

The School Physical Activity & Nutrition Survey from the Michael & Susan Dell Center for Healthy Living published their 2015-2016 Child Obesity in Texas results online in an interactive database.

[See the results here.](#)

ASK FOR CHANGE AT SCHOOLS:

The Center for Disease Control has a helpful promotion kit with ideas and resources to help with asking for a healthy school environment.

[See the promotion kit here.](#)

The Texas PTA has an advocacy resource guide with strategies and resources for effective advocating to make a difference in the lives of children within your PTA.

[See the guide here.](#)

The Michael & Susan Dell Center for Healthy Living has sample communication tools to advocate to your school administrators, including newsletter drafts, letter drafts, and social media posts.

[See the tools here.](#)

MAKE HEALTHY CHOICES AT HOME:

The National Heart, Lung, and Blood Institute has a great handbook for maintaining a healthy weight for families. They include nutrition, physical activity, and screen time reduction tips.

[See the handbook here.](#)

Learn how you can fit health into every day with these one-pagers from the Michael & Susan Dell Center for Healthy Living. They cover healthy snacking, breakfast, hydration, and physical activity and are available in English and Spanish.

[See the one-pagers here.](#)

Take a fun, healthy challenge as a family! This calendar from the Michael & Susan Dell Center for Healthy Living features healthy ideas for every day over the course of 1-3 months. Tasks include eating at least one piece of fruit, playing outside for 30 minutes, spending less than 1 hour playing video games, and more.

[See the calendars here.](#)

These resources are provided in conjunction with the Michael & Susan Dell Center for Healthy Living's Texas Child Health Status Report project. This project is funded by the Michael & Susan Dell Foundation.

Learn more at go.uth.edu/TexasChildHealth