

Resources

BMI Calculators and Information

- **2000 CDC Growth Charts**
www.cdc.gov/growthcharts
- **CDC Z Score Data Files**
www.cdc.gov/nchs/about/major/nhanes/growthcharts/zscore/zscore.htm
- **Children's BMI Risk Category Dependent on Age**
www.cdc.gov/nccdphp/dnpa/bmi
- **Children's BMI Calculator including plot to graph [for parents]**
www.kidsnutrition.org/bodycomp/bmiz2.html
- **Medscape: Using the BMI-for-Age Growth Charts**
www.medscape.com/viewprogram/2640
- **BMI Adults National Heart, Lung & Blood Institute**
www.nhlbisupport.com/bmi
- **Free Download for Palm OS Handhelds**
www.statcoder.com/growthcharts.htm

National Resources

- **American Academy of Pediatrics**
www.aap.org/obesity
- **Bright Futures in Practice**
www.brightfutures.aap.org/web
- **Call to Action: Healthy School Nutrition Environments**
www.fns.usda.gov/tn/healthy/calltoaction.html
- **Harvard Prevention Research Center**
www.hsph.harvard.edu/prc
- **National Initiative for Children's Healthcare Quality—Childhood Obesity Action Network**
www.nichq.org/NICHQ/Programs/ConferencesAndTraining/ChildhoodObesityActionNetwork.htm

Resources for Parents and Kids

- **Healthy eating and activities for kids & parents**
www.kidnetic.com
- **KidsHealth**
www.kidshealth.org
- **My Pyramid**
www.mypyramid.gov
- **Overview of the VERB campaign**
www.cdc.gov/youthcampaign
- **VERB Tween interactive website**
www.verbnow.com

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Maine Resources

- **Action for Healthy Kids** is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment.
www.healthymainekids.org
- **Health Policy Partners of Maine**
www.mcd.org/HPP
- **Healthy Maine Partnerships Info & Contacts by Town**
www.healthymainepartners.org
- **Healthy Maine Walks & Sites**
www.healthymainewalks.org
- **Let's Go!**
Maine information for kids, teens, parents, childcare, healthcare providers, schools and workplaces
www.letsgo.org
- **Maine Census Data**
www.state.me.us/newsletter/may2001/maine_census_data.htm
- **Maine Center for Public Health**
www.mcph.org
- **Maine Chapter of the American Academy of Pediatrics**
www.maineaap.org
- **Maine Children's Alliance/Maine Kids Count Data Book**
www.mekids.org
- **Maine Department of Education**
www.maine.gov/education
- **Maine Governor's Council on Physical Activity**
www.maineinmotion.org
- **Maine Harvard Prevention Research Center—Keep ME Healthy**
www.mcph.org/Major_Activities/keepmehealthy.htm
- **MaineHealth Learning Resource Centers**
www.mainehealth.org/lrc
- **Maine Nutrition Network**
www.maine-nutrition.org
- **Maine Physical Activity & Nutrition [PAN] Program**
www.maine.gov/dhhs/boh/hmp/panp
- **Maine WIC Program**
www.maine.gov/dhhs/wic
- **March into May**
www.marchintomay.org
- **WinterKids**
www.winterkids.org