

***A DIRECTORY OF RESOURCES TO HELP
ADDRESS OVERWEIGHT AND OBESITY
IN KANSAS CITY'S KIDS***

***PREPARED BY THE METROPOLITAN HEALTH COUNCIL
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A DIRECTORY OF RESOURCES TO HELP ADDRESS OVERWEIGHT AND OBESITY IN KANSAS CITY'S KIDS

INTRODUCTION

We intended to start this resource directory with a list of strategies, interventions, programs and activities that would be useful in preventing and treating overweight and obesity in kids. However, for childhood obesity, we were unable to create our “laundry lists” for several reasons. First, obesity is not recognized as a disease as is asthma or diabetes. Hence, it is not possible to isolate prevention and treatment strategies as easily. Further, today in the United States, more people are overweight or obese than are not (up to 61% of adults and at least 25% of children). Trying to list the multiplicity of interventions that might help reverse this trend would take more room than we have available. And, while it is known that **overweight results when a person eats more calories from food (energy) than he or she expends, for example, through physical activity**, as we all know, there is not an exact mix of interventions that is universally effective in addressing overweight.

Obesity is, in fact, a complex, multi-factoral chronic condition involving environmental (social and cultural), genetic, physiologic, metabolic, behavioral and psychological components. (See the companion *Metropolitan Kansas City Obesity Report* for more information about causes and consequences of overweight and obesity.)

Still, if we accept that both too much “energy in” (calories) and too little “energy out” (as with physical activity) have played a significant role in creating the obesity problem we see today, a resource directory needs to identify opportunities to learn more about these issues and to find support for lifestyle changes that will balance the energy in/energy out equation.

The focus of this directory is on children. Experts point to childhood as the critical period for the development and prevention of obesity. For many adults, the roots of their obesity can be traced back to childhood. Further, dietary and lifestyle modification seem to be effective in the prevention and treatment of childhood, but not always adult, obesity. In addition, success in addressing obesity problems in children often “spills over” to improve the entire family’s health and weight. Hence, despite the fact that there is no one or several “magic bullets” that will help reverse our tendency toward overweight, there are resources available to help individuals and families who decide to address the problem. And it is accepted that kids will need support from, and the involvement of, families and adults with whom they interact if they are to be successful in addressing their weight problems.

The sections of the resource directory are:

1. Physician-Supervised Childhood Obesity Treatment Programs in the Kansas City Area
2. School Resources
3. Useful Websites
4. Clubs and Organizations in Greater KC that Promote Healthy Lifestyles for Youth
5. Specialized Nutrition Programs for Youth
6. Health Department Contacts
7. Parks and Recreation Resources
8. State Resources
9. County Resources
10. Publications
11. Also of Interest
12. For Physicians and Other Providers

1. PHYSICIAN-SUPERVISED CHILDHOOD OBESITY TREATMENT PROGRAMS IN THE KANSAS CITY AREA

The Body Shop

A weight control program for kids ages 8 to 16 who may need extra help in learning about weight management and healthy lifestyles. The program aims to create an atmosphere of energy, fun and excitement, while stressing the importance of healthy habits for the whole family. The program includes components taught by pediatric specialists from Children's Mercy Hospital. Program components: are Physical Awareness (teaches young people how to make exercise a daily part of their lives); Nutrition (focuses on adapting a healthier way of eating); Time For Me (a kids-only class focused on building self-esteem, motivation and responsibility through discussions, games and other activities); and Parent Education (helps parents improve listening and communication skills so they can avoid "tug-of-war" issues with their child over what foods to eat, etc., and help build their child's self-esteem).

The Body Shop program is offered three times a year at Leawood Elementary School, 2400 West 123rd St, Leawood, KS 66209. Each session meets weekly for ten weeks. Call for schedule and cost information.

Contact: Children's Mercy Hospital Nutrition Department
Phone: (816) 234-3468
www.childrens-mercy.org (select "Nutrition")

Fit Kids Weight Management Program

A weight management program for kids ages 3-17 with a focus on healthy habits and lifestyle changes for the whole family. The program is medically supervised by a pediatrician. It includes teaching the child and caregivers weight management as a SKILL that can be mastered -- much like the skill of soccer or learning to play the piano. The comprehensive 10-week program includes a medical evaluation at the beginning and end of the program, as well as weekly behavioral groups for parents and age-related groups for the child or adolescent. Ongoing maintenance classes are offered to give support and accountability after the initial weight loss phase has been completed. Children and adults with higher risk due to type 1 and 2 diabetes, high blood pressure, high cholesterol, or sleep apnea are welcome, as are those who just want to make healthy lifestyle changes. Call for cost information.

Contact: Monica Pierson, MD, FAAP
Medical Director
Weight Management Medical Center
12200 W. 106th St., Suite 330
Overland Park, Kansas 66215
(located next to Overland Park Regional Hospital)
Phone: 913-441-9102
Fax: 913-327-9021
mpierson@WeightManagementCenter.com

Kansas University Medical Center

KUMC's Department of Pediatric Endocrinology has a Metabolism Clinic on Wednesdays which evaluates children with type 2 diabetes as well as weight problems. At the present time treatment is individualized. In the future, camps and other treatment programs will be offered.

Contact: Department of Pediatric Endocrinology
Miller Building, Olathe Boulevard off Rainbow
Kansas City, Kansas
Phone: 913-588-6326

University of Kansas Weight Management Programs

KU has several weight control research projects underway aimed at preventing and treating overweight and obesity. Some of these target children. Current research sites include Lawrence and Johnson and Wyandotte Counties. KU's Energy Balance Lab also sponsors an annual obesity conference in the Kansas City area aimed at providers.

Contact: University of Kansas Weight Management Programs
1301 Sunnyside Ave
Energy Balance Lab, Room 24
Lawrence, KS 66045
Phone: 785-864-0782
Fax: 785-864-2009
Email: cglenn@ku.edu
website: <http://ebl.ku.edu>

2. SCHOOL RESOURCES

Changing the Scene - Improving the School Nutrition Environment

Changing the Scene offers a tool kit at no charge, on request, that addresses the entire school nutrition environment based on a commitment to nutrition and physical activity, focusing on pleasant eating experiences, quality school meals, other healthy food options, nutrition education and marketing the issue to the public. This kit can help local people take action to improve their school's nutrition environment. The Food and Nutrition Service of the USDA developed the kit with input from sixteen education, nutrition and health organizations including the American Academy of Family Physicians, the American Academy of Pediatrics, the American Dietetic Association, the National Hispanic Medical Association and the National Medical Association..

Contact: Call 703-305-1624 to request order form or visit website at <http://www.fns.usda.gov/tn/Resources/changing.html> to download order form or to email order.

Nutra-Net, Inc.

Nutra-Net, a local company, provides teacher training and lesson plans to meet the special nutritional education needs of students of all ages. "Storytime Cooks" is a curriculum for 3-7 year olds. "Whiz, Zip and Zap It" is a curriculum for 7-14 year olds. A pictorial cookbook for children is also available. Participants learn to make better use of their food resources in order to conserve time and money and improve their health.

Contact: Peggy Hausheer, Director
Phone: (816) 836-2646
FAX: (816) 836-5846
email: peghaus@nutra-net.org
website: www.nutra-net.org

Healthy Kids Challenge

Consultants offer workshops and individualized training for school leaders, parents, and kids to raise awareness and encourage healthy changes in the eating and activity habits of schoolchildren. Also, Healthy Kids Challenge has several products available for purchase including a 400 page "how-to" manual and School Activity Kits. Healthy Kids Challenge has worked with more than 700 schools nationwide including several in the Kansas City area. Call to discuss their services.

Contact: Vickie L. James, RD, LD, Director
Phone toll-free: 1-888-259-6287
Email: vickie@st-tel.net
website: <http://www.healthykidschallenge.com>

The School Health Index for Physical Activity and Healthy Eating: a Self-Assessment and Planning Guide, CDC

This is a self-assessment and planning guide for physical activity and nutrition programs. The goal of this program is to help schools identify strengths and weaknesses of current programs, develop an action plan for improvements, and involve teachers, parents, students and the community in making these improvements.

Contact: www.cdc.gov/nccdphp/dash/sh1/index.htm

Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity

Planet Health includes 63 lessons and 30 micro units appropriate for middle school-age children. Through lessons designed to be incorporated into math, science, social studies, language arts, and physical education classes, the curriculum introduces and reinforces four simple health messages/goals:

- ?? Be physically active daily or nearly every day.
- ?? Limit your screen time to no more than 2 hours each day.
- ?? Eat five or more fruits and vegetables (combined) every day.
- ?? Choose a diet low in saturated fat and trans fat and moderate in total fat.

Contact: Human Kinetics. Call 1-800-747-4457 or visit www.HumanKinetics.com

***yourSELF* Middle School Nutrition Education Kit**

An information effort from the USDA on nutrition and physical activity “that speaks directly to adolescents.” The Kit, which contains materials for health education, home economics or family living classes, can help 7th and 8th grade students learn to make smart choices about eating and physical activity. “The materials convey respect for adolescents’ power of choice -- and their increasing control over their own health.” Kit includes a magazine with write-ups such as “Are You Normal?” and “Snack Attack”; a student workbook; teacher’s guide; video; posers; and ideas for linking cafeteria and classroom. All materials can be downloaded using Adobe Acrobat Reader.

Contact: www.fns.usda.gov/tn/Educators/yourself.html

P.E.4LIFE

P.E.4LIFE is a national, non-profit advocacy organization that promotes quality, daily physical education programs for America’s youth. P.E.4LIFE’s website is a resource for anyone interested in the issue of physical activity for children and the role of physical education. The site contains advocacy tools, research information, current news, video footage, photos, audio, a discussion forum and information about the Carol M. White Physical Education Program (PEP). The P.E.4LIFE Institute offers workshops for school administrators, physical education professionals and community leaders at model physical education programs selected by P.E.4LIFE. P.E.4LIFE also has available a free Community Action Kit (pay only shipping and handling) that PE instructors, parents and community leaders can use to advocate for better physical education programs in schools.

Contact: For information on the Community Action Kits call 1-800-747-4457.

For information about the Institute contact call Brenda VanLengen,
Director of Marketing

Phone: 816-472-7345 (Kansas City office)

Action for Healthy Kids

A website promoting sound nutrition and physical activity in U.S. schools. Has chapters in all states. Many important organizational sponsors. Links to many other websites.

Contact: www.actionforhealthykids.org

See also under Kansas state resources below:

Step Up and Step Out

3. USEFUL WEBSITES

kidnetic.com

For tweens 9 to 12 and their parents. Organizes information into four key areas: food, fitness, feelings and fun. The site also encourages a dialogue between kids and their parents about healthy lifestyles. Blends together science-based information on nutrition, physical activity and behavior with interactive games and engaging activities. Website development based on two and a half years of research with tweens and their parents. Kidnetic.com developed through a partnership of six organizations working together to help prevent childhood obesity, including American Academy of Family Physicians, American College of Sports Medicine, American Dietetic Association, International Food Information Council (IFIC) Foundation, International Life Sciences Institute Center for Health Promotion and National Recreation and Park Association.

www.bcm.tmc.edu/ (or search for Baylor College of Medicine)

This website has easy-to-read handouts for parents on how to help their kids with weight management IN ENGLISH AND SPANISH. Go to website and search for “Help Your Child” and it will lead you to PDF file to download.

www.modental.org/Stop_Pop/Materials

There are various Stop the Pop! educational materials available for downloading. Materials were developed for use in dentists’ offices, but “the message was created for all -- especially parents, caregivers, and educators of children and young adults.” Has brochures, mail stuffers, handouts, powerpoint presentation and links to other websites.

www.kidfood.org

This site is sponsored by the Connecticut Association for Human Services. Its features include a Kids Only club with nutrition games and activities, a Teacher’s Corner with lesson plans and classroom activities, and a Parent’s Corner offering activities for the home.

www.bam.gov/about/index.htm

BAM! (Body And Mind) was created by the Centers for Disease Control and Prevention to answer kids’ questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. *BAM!* also serves as an aid to teachers, providing them with interactive activities to support their health and science curriculums that are educational and fun.

www.fns.usda.gov/FN./mascot/mascot.htm

Eat Smart, Play Hard is a national nutrition education and promotion campaign sponsored by the USDA. The campaign focuses on four basic themes including breakfast, snacks, balance, and physical activity. The website provides links to brochures for parents and activity sheets for kids, in addition to many other resources.

www.5aday.gov

Five a Day for Better Health. The goal of this program is to increase the average daily consumption of fruit and vegetable servings to five a day. The program aims to increase

public awareness of the importance of 5 a day and to provide consumers specific information regarding 5 a day and the health benefits this provides.

Also available through: Office of the Associate Director
Division of Cancer Control and Population Sciences
National Cancer Institute
Phone: 301-496-8520
Fax: 301-480-2087

www.cspinet.org/kids

The Center for Science in the Public Interest has numerous health links both for children and adults. The Center's KIDS STUFF link includes lunchbox makeovers, 1% or less school kit, Kitchen Fun for Kids, Top 10 Best and Worst Foods, Berry Good's Eating Tips, and Four Sure-Fire Dinners for Kids.

www.cspinet.org/nutrition/9weeks.htm

For adults there is a 9 step program to better eating.

www.nutritionandkids.net

Offers for sale a CD-ROM game for elementary age children to provide them with education on health and nutrition. Can be sold by schools and organizations to raise funds. Website contains a sample game.

www.brightfutures.org

Bright Futures provides publications that can be ordered online or downloaded in PDF format. The site includes family materials such as activity books and tip sheets. There are also materials available in Spanish. This program is provided by the National Center for Education in Maternal and Child Health and Georgetown University.

keepkidshealthy.com

This website calls itself "a pediatrician's guide to your children's health and safety." Aimed at parents, has current articles on many health topics and offers free age-appropriate newsletters for kids. Search for "obesity" turns up a number of entries including a BMI calculator parents can use to determine if their child is overweight or underweight.

www.niddk.nih.gov/health/nutrit/nutrit.htm

The Weight-control Information Network (WIN) is a national service of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health. Provides the public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues. Among website materials are "Helping Your Overweight Child" and "Take Charge of Your Health: A Teenager's Guide to Better Health."

www.dhss.state.mo.us/MissouriNutrition

The Missouri Department of Health and Senior Services has created this website to consolidate information about obesity and nutrition. On the website, click on Obesity Data Resource Bank to find out about health risks for overweight people, nutrition information about fast food, evidence-based best practices for health care providers, etc.

www.healthykc.org

Developed by Kansas City's Metropolitan Medical Society, this site is geared toward physicians and other providers. Under "Children's Health" the site explains how to use the BMI with children, utilizing information from the CDC's www.babysdoc.com website. Provides BMI files in PDF format for downloading for boys and girls, 2-20 years.

www.webmd.com

Useful for parents, teachers, healthcare providers. Has information on all kinds of medical conditions. Click on "Weight Control Center" to find information about many topics related to overweight and obesity.

www.nationaldairycouncil.org

See for free nutrition education materials providers or schools can use to help kids increase their calcium intake and enhance their diets. Also, this website has a copy of the proceedings from the *Healthy Schools Summit: Taking Action for Better Nutrition and Fitness*, held Oct 7-8, 2002, in Washington, D.C.

www.mobeeff.org

www.kansasbeef.org

www.wheatfoods.org

Other industry councils that offer free nutrition education materials.

Other websites with specific useful information:

☞☞ **Food guide pyramids:** www.nal.usda.gov/fnic/Fpyr/pyramid.html

☞☞ **Food guide pyramid for children:** www.usda.gov/cnpp/KidsPyra/PyrBook.pdf

☞☞ **Food guide pyramid printable images:**

[FoodGuidePyramidDatabaseandImages.htm](#)

☞☞ **Food guide pyramid in Spanish:** [Spanish_food_pyramid.htm](#)

☞☞ **Food guide pyramid/interactive site for kids 7-10:** [PyramidTracker.htm](#)

☞☞ **Nutritional content of food:** www.nal.usda.gov/fnic/foodcamp

☞☞ **Nutrition education for new Americans:** [www.Spanish_kids.htm](#)

☞☞ **Nutritional analyses:** <http://spectre.ag.uiuc.edu/~food-lab/nat/nat>.

☞☞ **BMI calculator for adults:** www.nlbisupport.com/bmi

☞☞ **BMI calculator for youth 2-20:** www.babysdoc.com/body_mass_index.htm

☞☞ **Growth charts:** www.cdc.gov/growthcharts

☞☞ **CDC VERB Spanish info:** <http://verb.espanol.yahoo.com>

☞☞ **Childhood Obesity document from Northwest Obesity Prevention Project:**
[Obesity Prevention.htm](#)

☞☞ **Obesity Evaluation and Treatment: Expert Committee Recommendations:**
<http://www.pediatrics.org/cgi/content/full/102/3/e29>

☞☞ **More, for kids: Nutrition Explorations Kids.htm**

Associations and federal websites worth exploring:

- ✍✍ **North American Association for the Study of Obesity: www.naaso.org**
- ✍✍ **American Obesity Association: www.obesity.org** [advocacy organization to change public policy to re-conceptualize obesity as a disease; has facts and figures on adult obesity]
- ✍✍ **American Dietetic Association: www.eatright.org**
- ✍✍ **American Heart Association: www.americanheart.org** [has section on Children and Youth describing their Jump Rope For Heart, Hoops For Heart, and HeartPower! programs]
- ✍✍ **American Diabetes Association: www.diabetes.org** [not much on kids]
- ✍✍ **U.S. Centers for Disease Control: www.cdc.gov**
- ✍✍ **U.S. Surgeon General: www.surgeongeneral.gov**
- ✍✍ **U.S. Department of Agriculture: www.usda.gov**
- ✍✍ **U.S. National Institutes of Health: www.nih.gov**
- ✍✍ **U.S. Department of Health and Human Services: www.hhs.gov**

4. CLUBS AND ORGANIZATIONS IN GREATER KANSAS CITY THAT PROMOTE HEALTHY LIFESTYLES FOR YOUTH

2003 School's Out Guide

Published by Heart of America Family Services, this free Guide to summer programs for school-age children in the Kansas City area, is available by calling 913-342-1110. Or download the Guide with PDF file at www.hafs.org/kids/schools_out.htm

Boys & Girls Clubs

The Boys & Girls Clubs of Greater Kansas City promote the development of self-esteem, values, and skills for boys and girls, ages 5-18, with special emphasis on youth from disadvantaged circumstances. Boys & Girls Clubs of Greater Kansas City have four primary sites and five extended day sites. Families can call 816-361-3600 for location of the nearest Club site and to find out how to get involved.

Young Men's Christian Association of Greater Kansas City (YMCA)

The YMCA is a non-profit membership organization offering a variety of health and wellness programs, youth sports, swim lessons, mentoring, teen activities and the like. The YMCA of Greater KC has eleven branches located throughout the KC area, on both sides of the state line. Families can call 816-561-9622 to find the nearest location and how to get involved.

Young Women's Christian Association of Greater Kansas City (YWCA)

Located at 1017 North Sixth Street in KCK, the YWCA offers a number of programs and services to enhance the physical and emotional well-being of young women. Families can call 913-371-3251 to learn more about activities at the YWCA.

Women's Intersport Network for Kansas City (WIN for KC)

WIN for KC is a non-profit organization that advocates and promoted the lifetime value of sports and fitness for girls and women and provides opportunities for participation in the Kansas City area. WIN for KC accomplishes this primarily through education programming, clinics and women's sports promotions. Call for more information. Call 816-474-4652, etc. 227 to learn more.

Other Programs

The Girl Scouts and the Boy Scouts, along with Camp Fire Girls and a number of other organizations, promote healthy lifestyles among as one component of their programs which are aimed at fostering positive values among youth. Check them out!

5. SPECIALIZED NUTRITION PROGRAMS FOR YOUTH

Harvesters

Harvesters has nutrition education programs for children, especially overweight children.

Contact Person: Valerie Watson, Director of Community Services
P: 816-231-3173 ext.125
F: 816-231-7044

Kids in the Kitchen

Search on Internet for “Kids in the Kitchen” and a number of recipes will be ready for you to check out.

School Breakfast Program

Many schools offer free or reduced cost breakfasts through a federal program. The Kansas City, Missouri, school district offers free breakfasts to all students grades 1-12. Despite this, a recent study by the Jackson County Child Nutrition Working Group found that only 41% of students participate in the program. This program must meet nutritional guidelines while providing one-fourth of the nutrients the students' bodies need. Studies have shown that eating a nutritious breakfast is an important step in maintaining a healthy weight. Children should be encouraged to take advantage of this program. Parents can call their children's school district to learn about its breakfast program.

See also entries under School Resources above.

6. HEALTH DEPARTMENT CONTACTS

Health Educators in your local health department can be helpful in providing up-to-date information about programs and activities aimed at promoting health and wellness. Some of the programs have been developed by health departments themselves, and the health educators will likely know of other programs available in the community. They are also knowledgeable about educational and other materials if you are developing your own program.

Examples of some of the programs sponsored by the Health Departments are noted *in italics* below.

Health Department of Unified Government of KCK and Wyandotte County

Biagio Pagano, Director of Health Education & Chronic Disease Risk Reduction

Phone: 913-573-6708

Offers the American Heart Association's HeartPower! program in three middle schools in Wyandotte County. This program focuses on promoting good nutrition and sufficient physical activity, and preventing tobacco use.

Johnson County Health Department

Nicole Brown, Health Educator

Phone: 913-477-8331

Coordinates the Community Health Intervention Project (CHIPr), a partnership of schools, faith, governmental and community organizations established to address and reduce the epidemic of obesity in Johnson County. The CHIPr partnership has developed some useful materials such as a Healthy Habits/Healthy Families points accumulation game that can be used or adapted for use by schools and community groups. Other facets of the partnership's program are evolving. Call to get involved.

Clay County Health Department

Armida Olsen, Health Educator

Phone: 816-781-1142

Jackson County Health Department (eastern Jackson County)

Donna Zumwalt, Health Educator

Phone: 816-881-4424 ext.130

Kansas City, Missouri Health Department

Dr. Christine Trainor

Phone: 816-513-6270

Platte County Health Department

Sherry Kisker, Health Educator

Phone: 816-858-2412

Sponsors the Platte County Maternal Child Health Obesity Coalition with participants from area schools, the Parks and Rec Department, Children's Mercy Hospital, and the Health Department. The Coalition is working with Healthy Kids Challenge with a focus on assuring that the school environment promotes healthy lifestyles among students.

7. PARKS AND RECREATION RESOURCES

Parks and Recreation Departments or Community Centers - Call for current listing of recreational programs and special events. Also, call for park locations, information on hiking trails, and facilities, such as swimming pools, available for community use.

Missouri:

Blue Springs, Missouri

Phone: 816-228-0137

Website: www.bluespringsgov.com

Camden Point, Missouri

Phone: 816-280-3319

Clay County Parks and Recreation

Phone: 816-532-0803

Dearborn, Missouri

Phone: 816-992-3524

Edgerton, Missouri

Phone: 816-790-3484

Ferrelview, Missouri

Phone: 816-464-5010

Jackson County

Phone: 816-795-8200

Kansas City, Missouri

Phone: 816-513-7516

Website: www.kcmo.org. Click on "Recreation" for current listing

Lees Summit, Missouri

Phone: 816-969-7494

Liberty, Missouri

Phone: 816-792-6009 (Liberty Community Center)

North Kansas City, Missouri

Phone: 816-513-7500

Parkville, Missouri

Phone: 816-741-7676

Platte City, Missouri

Phone: 816-858-5627

Platte County Parks and Recreation

Phone: 816-858-2232

Raytown, Missouri
Phone: 816-358-4100

Riverside, Missouri
Phone: 816-741-3999

Smithville, Missouri
Phone: 816-532-8130 [note: do not offer programs themselves, but can tell callers of others' activities]

Tracy, Missouri
Phone: 816-858-5555

Weston, Missouri
Phone: 816-640-2752

Kansas

Blue Valley Recreation Center
Phone: 913-685-6000
www.bluevalleyrec.org

Bonner Springs, Kansas
Phone: 913-422-7010

Johnson County Parks and Recreation
Phone: 913-831-3355

Leawood, Kansas
Phone: 913-339-6700 ext. 154

Lenexa, Kansas
Phone: 913-541-0209

Merriam, Kansas
Phone: 913-722-7750 (Merriam Community Center, 5701 Merriam Drive)

Mission, Kansas
Phone: 913-722-8200 (Sylvester Powell Center, 6200 Martway)

Olathe, Kansas
Phone: 913-764-6163

Overland Park, Kansas
Phone: 913-895-6390

Roeland Park
Phone: 913-722-0039 (Roeland Park Community Center, 4850 Rosewood)

Wyandotte County Parks and Recreation
Phone: 913-573-8304

8. STATE RESOURCES

KANSAS

The Kansas State Department of Education, under agreement with the U.S. Department of Agriculture, administers Child Nutrition Programs in the state of Kansas. Nutrition Services at the Kansas State Department of Education is a liaison between the Food and Nutrition Service at the USDA's Regional Office and local agencies in the state of Kansas. Through this partnership of federal, state and local agencies, program services and benefits are delivered to schools, child care facilities, and other institutions. The school nutrition programs administered by the Kansas State Department of Education's Nutrition Services are: the National School Lunch Program, the School Breakfast program, the Special Milk program, the After School Care Snack Program, and the Summer Food Service Program. In addition, Kansas was one of four states awarded Team Nutrition Demonstration Project grant funds from the USDA aimed at teaching children to practice the Dietary Guidelines for Americans in their daily lives. Materials developed for use in this program targeting K-8 classrooms are available for use in Kansas schools. Nutrition Services also offers a variety of training and professional development opportunities. For more information on programs, materials and professional offerings, contact

Nutrition Services
Kansas State Department of Education
120 SE 10th Avenue
Topeka, KS 66612-1182
Phone: 785-296-2276
FAX: 785-296-1413
www.kn-eat.org

Step Up and Step Out

An implementation guide developed as part of the Kansas LEAN School Health Project. The program outlines an approach for school and community leaders to foster support for healthy children.

Contact: Director, Bureau of Health Promotion
Kansas Department of Health and Environment
Landon State Office Building, Suite 901N
Topeka, Kansas 66612-1290
785-296-1207

MISSOURI

Missouri's Division of Nutritional Health and Services (DNHS) has as its mission to decrease nutrition-related morbidity and mortality throughout the life cycle. DNHS is responsible for coordinating all nutrition-related activities within the Department of Health and Senior Services.

Contacts: Gretchen C. Wartman, Division Director
Phone: 573-526-5520

See new website for information on obesity in Missouri and across the country. Described above under "Useful Websites": www.dhss.state.mo.us/MissouriNutrition.

Office of Surveillance, Evaluation and Planning [administers Pregnancy Nutrition Surveillance System and Pediatric Nutrition Surveillance System]
Dr. Sharmini Rogers, MPH, Office Chief
Phone: 573-751-6178

Bureau of Community Food and Nutrition Assistance
Ann McCormack, RD, MPH, Bureau Chief
Phone: 573-751-6269

Bureau of Nutrition Policy and Education [administers Missouri Nutrition Training Institute for professionals who provide nutrition education and counseling to Missouri residents; the Healthy Community Nutrition Education Initiative to increase the number of low-income families with children who practice healthful eating behaviors; and the Missouri Nutrition Network to promote healthful eating among food stamp users]
Rosalind Wilkins, MS, RD, LD, Bureau Chief
Phone: 573-751-6183

Bureau of Nutrition Services and WIC [administers WIC and the Farmers' Market Nutrition Programs]
Victoria Fehrmann Warren, MS, Bureau Chief
Phone: 573-751-6265

9. COUNTY RESOURCES

The Jackson County Nutrition Network

A local coalition of the Missouri Nutrition Network composed of traditional and nontraditional partners from public and private agencies and organizations. Partners are collaborating to design and deliver coordinated, targeted nutrition education for Missourians in the greater Kansas City area who are eligible to receive Food Stamps. Network partners support the principles of the Dietary Guidelines as the basis for all nutrition education campaigns. Goals are:

- ? ? To improve collaboration among public/private partners in order to increase delivery of effective nutrition education targeted at high-risk populations.
- ? ? To increase the number of Missourians who select a nutritionally adequate diet by targeting nutrition education at high-risk populations.

The Network's *Eat for Health* campaign targets the key targets the core messages of

? ? Bake, Broil and Boil

? ? Eat 5 A Day

? ? Grab More Grains

Contact: Tammy Beason, MS, RD
West Central Region Nutrition Specialist
Outreach & Extension
Phone: 816-482-5848

Kansas County Extension Offices

The county extension offices offer a variety of programs and services, especially related to nutrition education. They are also excellent resources to learn about related programs in the county. They also administer ***Walk Kansas: a Fitness Challenge***. *Walk Kansas* is a health initiative presented by Kansas State University Agricultural Experiment Station and Cooperative Extension Service. *Walk Kansas* is a walking program for teams of six people. Each teammate walks an average of 1.75 miles a day for five days a week, keeping track of their miles to see if they can walk 423 miles (the distance across Kansas, east to west) in 8 weeks. Team captains report totals to County Extension offices, where each team's progress is carted on a large Kansas map. Interested teams in Kansas counties should pick up a registration packet at their County Extension office

Contact: Johnson County Extension Office
Nada Thoden, County Extension Agent
Phone: 913-764-6300

Wyandotte County Extension Office
Lisa Farmer, County Extension Agent
9400 State Ave
Kansas City, KS 66112-1592
Phone: 913-299-9300
Fax: 913-299-5108
email: lfarmer@oznet.ksu.edu

10. PUBLICATIONS

Start Healthy *The guide to teaching your little one good eating habits.*

The American Dietetic Association and the Gerber parents Resource Center have prepared an attractive, easy-to-read, three-fold summary page of the most important things new parents need to know to get their baby started eating right, and appreciating the important contribution physical activity makes toward development. Call 1-800-4-GERBER or visit website at www.gerber.com.

NCES *Your Essential Guide to Health and Nutrition Education*

This local publishing and distribution company offers books, manuals, teaching tools and more for nutrition education, many targeting youth and adolescents, but also has a “primarily professional” selection of materials. A registered dietitian on staff is available to serve as a “personal shopper” and advise about selections. Obtain a copy of the NCES catalog by calling toll free 1-877-623-7266.

See also under Kansas state resources above:

Step Up and Step Out

See also publications listed in the Schools section above, including:

Changing the Scene - Improving the School Nutrition Environment

Nutra-Net, Inc.

Healthy Kids Challenge

The School Health Index for Physical Activity and healthy Eating: a

Self-Assessment and Planning Guide, CDC

Planet Health: An Interdisciplinary Curriculum for Teaching Middle School

Nutrition and Physical Activity

P.E.4LIFE

11. ALSO OF INTEREST

KIDPOWERKC – ENERGIZE YOURSELF!

A locally developed program useful for clubs and other youth groups, schools, etc., with a calendar of “powerizers” (e.g., ‘a day without TV’ or ‘try a new fruit today’) and incentives for kids to make healthy choices.

Contact: Call the Healthy Kids Hotline at 816-983-6908 for more information.

Kansas City-Chronic Disease Coalition (KC-CDC)

A community-based network that is addressing the high prevalence of diabetes and cardiovascular disease among African-Americans and Hispanics in an 11 zip code area in Kansas City, Missouri’s urban core (64105, 64106, 64108, 64109, 64110, 64124, 64127, 64128, 64130, 64131, 64132). KC-CDC works with area neighborhood organizations, faith networks, health service providers and other community-based partners to address over 80 Community Changes impacting area residents. Call 816-920-6840 to learn more and find out how your organization or group can get involved.

Kansas Get Moving!

A recently developed home and family intervention for children and adolescents. Youth are rewarded for practicing healthy lifestyles.

Contact: Call KU Energy Balance Lab at 785-864-0782 for more information.

VERB: It’s what you do

A nationwide, youth-directed media campaign to increase active lifestyle choices. Funded by Congress and directed by the Centers for Disease Control and Prevention, it is aimed at youth ages 9-13 and their influencers. The campaign works through paid media, partnerships and community efforts.

For more information email youthcampaign@cdc.gov or call 770-488-6480.

Nutrition @ Noon

Fox 4 News, Thursdays at 12:20 p.m. Also, a monthly newsletter with healthful eating tips and recipes.

Financing Recreation: Tips for Parents

If paying for your kid’s recreation will put a strain on the family budget, consider these options.

DON’T BE AFRAID TO ASK THE FOLLOWING QUESTIONS:

Are scholarships available?

Do you accept payments over time?

Do you have a sliding fee scale?

TRY THESE RESOURCES:

Camps for Kids - A Kansas City non-profit organization which provides financial assistance to pay for camp. Call 816-474-5111 ext. 410

www.payforcamp.com - Provides online consumer loans for camps BUT interest rates are high.

TAX TIP

The IRS has recently defined obesity as a disease. This may allow you to deduct certain costs of weight management from your taxes if expenses exceed 7.5% of your adjusted gross income. Include a doctor’s note with your return, diagnosing obesity or that weight loss is necessary to treat a condition such as diabetes or hypertension.

12. FOR PHYSICIANS AND OTHER PROVIDERS

Best Practices in the Diagnosis and Treatment of Childhood Obesity

Newly available summary prepared by pediatric obesity experts in the Kansas City area for use in physicians' offices and clinics. Development of the guidelines was sponsored by the Prime Health Foundation. Includes information on appropriate lab tests, comorbidities, insurance billing, and a BMI chart for children and youth, among other things.

Contact: Call 816-983-6908 to order a copy.

Practical Advice for Family Physicians to Health Overweight Patients

A new 26 page monograph with CME credit offered by the American Academy of Family Physicians. Contains a section on overweight and obesity in children.

Contact: www.aafp.org/obesitymonograph.xml

www.actionforhealthykids.org

A website where pediatricians can learn how to take part in creating a healthy school environment at the local level.