

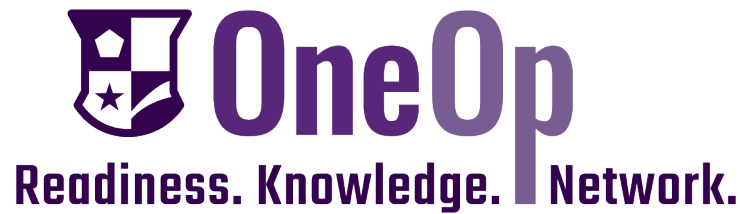


Respectful, Evidence-Based Care for Children with Elevated BMI

Thursday, August 17: 11:00 am-12:00 pm EDT

For more information and further reading:

1. Weight-Inclusive Care: Evidence and Best Practices (CPE Level 2)
<https://www.todaysdietitian.com/pdf/courses/DadaWeightInclusive.pdf>
2. Preferred Language for Weight-Inclusive Conversations with Youth and Their Families
https://professional.diabetes.org/sites/default/files/media/preferred_language_for_weight.pdf
3. Ellyn Satter Institute: Child "overweight" and "obesity"
<https://www.ellynsatterinstitute.org/how-to-feed/child-weight-issues/>
4. A Collective Response to the AAP Clinical Practice Guidelines for Childhood Weight Management
<https://www.weightinclusivenutrition.com/articles-social-media>
5. Weight Inclusive Health Care – Oregon Health Child and Family Behavioral Health
<https://www.oregon.gov/oha/HSD/BH-Child-Family/Documents/Weight%20Inclusive%20Handout.pdf>
6. Focus on how to eat more effective than diet
<https://nutr.uw.edu/news/focus-on-how-to-eat-more-effective-than-diet/>
7. Are Pediatric “Obesity” Programs & Curriculum Harming Children?
<https://eatrightmn.org/wp-content/uploads/2022/03/Pediatric-TIC.pdf>
8. Brenner FIT Academy for Professionals (A continuing education training program for healthcare professionals)
<https://www.wakehealth.edu/specialty/b/brenner-fit/professional-education/for-professionals>



9. CDC Report: “Longitudinal Trends in Body Mass Index Before and During the COVID-19 Pandemic Among Persons Aged 2–19 Years — United States, 2018–2020”
https://www.cdc.gov/mmwr/volumes/70/wr/mm7037a3.htm?s_cid=mm7037a3_w

Food Support Resources:

10. Weekend Backpack Program
<https://foodforfree.org/wp-content/uploads/2019/06/FoodForFreeWeekendBackpackProgramToolkit.pdf>
11. Why Hunger (community-based organizations and emergency food providers)
<https://networks.whyhunger.org/>
12. Meals on Wheels (community-based programs to addressing senior hunger and isolation)
<https://www.mealsonwheelsamerica.org/learn-more/the-issue>
13. Feeding America (food banks)
<https://www.feedingamerica.org/our-work/hunger-relief-programs>
14. Meals in Emergency Shelters
<https://www.fns.usda.gov/cacfp/meals-emergency-shelters>

Mental Health Resources

15. 14 Types of Therapy
<https://www.medicalnewstoday.com/articles/types-of-therapy>
16. 8 Options for Anxiety Therapy
<https://www.choosingtherapy.com/anxiety-therapy/>
17. 13 of the Best Mental Health Apps to Use
<https://www.healthline.com/health/mental-health/mental-health-apps>
18. Best Mental Health Apps
<https://www.verywellmind.com/best-mental-health-apps-4692902>



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