



**NJPCA RESOURCES LIST  
FOR CENTER CLINICAL STAFF**

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**National Childhood Obesity Awareness Month Resources**

<p><b>NJ Department of Health Office of Nutrition and Fitness</b> The NJ Department of Health's Office of Nutrition and Fitness strives to reduce obesity in New Jersey by providing programs, information and resources designed to reach New Jerseyans, particularly those at risk of obesity and related health outcomes.</p> <p><a href="https://nj.gov/health/nutrition/">https://nj.gov/health/nutrition/</a></p> <p><b>New Jersey State Obesity Prevention Plan</b> <a href="https://nj.gov/health/nutrition/documents/obesity_prevention_plan.pdf">https://nj.gov/health/nutrition/documents/obesity_prevention_plan.pdf</a></p> <p><b>WIC Program</b> <a href="https://nj.gov/health/fhs/wic/home/about.shtml">https://nj.gov/health/fhs/wic/home/about.shtml</a></p> <p><b>WIC Farmers Market Nutrition Program</b> <a href="https://nj.gov/health/fhs/wic/farmers-markets/general-information/index.shtml">https://nj.gov/health/fhs/wic/farmers-markets/general-information/index.shtml</a></p> <p><b>Healthy New Jersey 2020 Obesity Challenge</b> <a href="https://www.state.nj.us/health/chs/hnj2020/health/obesity/index.shtml">https://www.state.nj.us/health/chs/hnj2020/health/obesity/index.shtml</a></p>	
<p><b>New Jersey State Health Assessment Data (NJSHAD)</b> The New Jersey State Health Assessment Data (NJSHAD) System provides access to public health datasets, statistics and information to analyze the health status of New Jerseyans. The following is a Health Indicator Report of Obesity Among High School Students Grades 9 to 12:</p> <p><a href="https://www-doh.state.nj.us/doh-shad/indicator/view/ObeseAdol.NJ_US.html">https://www-doh.state.nj.us/doh-shad/indicator/view/ObeseAdol.NJ_US.html</a></p>	609-292-2209
<p><b>NJ Partnership for Healthy Kids</b> The New Jersey Partnership for Healthy Kids (NJPHK) convenes, connects and empowers community partnerships across the state to help children achieve a healthy weight. NJPHK promotes policy and environmental changes that support healthy eating and increase opportunities for physical activity.</p> <p><a href="https://www.njhealthykids.org/">https://www.njhealthykids.org/</a></p>	609-278-9622
<p><b>NJ Sugarfreed</b> The Public Good Projects (PGP) is an organization comprised of experts in media, marketing, and health. Through funding from the Nicholson Foundation, PGP is working with the communities</p>	

<p>throughout the State to improve residents’ health. As part of this partnership, the NJ Sugarfreed campaign was created. NJ Sugarfreed’s message is to reduce sugar-sweetened beverage consumption and promote alternative drink options. NJ Sugarfreed provides free webinars as well as campaign materials, including videos, social media messages and written content to partners and organizations who have taken the NJ Sugarfreed pledge. All of the resources are available to NJ FQHCs.</p> <p><a href="https://njsugarfreed.org/resources">https://njsugarfreed.org/resources</a></p>	
<p><b>U.S. Department of Health &amp; Human Services</b>  The U.S. Department of Health &amp; Human Services provides an array of programs and resources to advance health and wellness. The following link shares information regarding healthy eating as well as guidelines for diet and physical activity:</p> <p><a href="https://www.hhs.gov/programs/prevention-and-wellness/nutrition-and-fitness/index.html">https://www.hhs.gov/programs/prevention-and-wellness/nutrition-and-fitness/index.html</a></p>	<p>1-877-696-6775</p>
<p><b>Centers for Disease Control and Prevention (CDC)</b>  The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. The CDC provides various childhood obesity facts and resources.</p> <p><a href="https://www.cdc.gov/obesity/childhood/index.html">https://www.cdc.gov/obesity/childhood/index.html</a></p>	<p>1-800-CDC-INFO  (800-232-4636)</p>
<p><b>Healthy Kids, Healthy Future</b>  Healthy Kids, Healthy Future is a nationwide call-to-action that empowers child care and early education providers to make positive health changes in children that could last a lifetime. The following is a resource on the importance of getting kids moving, limiting screen time and how to get your family to eat healthier that NJ FQHCs can share with parents:</p> <p><a href="https://healthykidshealthyfuture.org/resources-for-parents/">https://healthykidshealthyfuture.org/resources-for-parents/</a></p> <p><b>How States Found Opportunities to Improve Childhood Obesity Prevention</b>  Healthy Kids, Healthy Future developed a resource to showcase how other states including New York and Maryland found opportunities to prevent childhood obesity.</p> <p><a href="https://healthykidshealthyfuture.org/state-local-leaders/real-life-examples/">https://healthykidshealthyfuture.org/state-local-leaders/real-life-examples/</a></p>	