

RESOURCE LIST FOR CHILDHOOD OBESITY ADVOCACY

Resource Guide

The following list of resources offers promising strategies that communities and policymakers can use to assist in advocacy efforts to reverse the childhood obesity epidemic. Resources are organized into seven categories: Case Studies; Advocacy Basics; Advocating for Active Living and Transportation; Advocating for Nutrition and Food Access; Youth Engagement and Advocacy; Targeted Advocacy for Communities of Color; and Tools for Advocacy: Fact Sheets and Policy Briefs.

Case Studies

[Youth Advocacy: A Model for Obesity Prevention by Addressing Violence and Safety in Chula Vista, California](#)

In communities where violence is an issue, ensuring a sense of public safety can be critical to the success of policy and environmental change strategies to improve health. Youth-led advocacy can be a powerful tool for creating sustainable policy and environmental change, as well as inspiring behavior changes among young people. This case study looks at the efforts - the implementation of PV-HEAL in Chula Vista, California – and focuses on how violence prevention, obesity prevention and youth leadership and advocacy were integrated to successfully catalyze environmental change.

[Active Living Research Case Studies – The Policy Change Process & Policy Innovations](#)

In its fourth round of funding, Active Living Research awarded grants to case studies of community efforts to change environments or policies that are relevant for active living. Single and multiple case studies funded under this round are focused on either the policy change process or policy innovations. One-page policy briefs highlighting the results of these case studies were published in the February 2007 issue of *Planning Magazine*. All 11 case studies are available for download in one PDF document.

Advocacy Basics

[Action Strategies Toolkit](#)

This guide was developed by Leadership for Healthy Communities, a program of the Robert Wood Johnson Foundation, for local and state leaders working to create healthy communities and prevent childhood obesity. The strategies in this toolkit include promising and evidence-based practices that advance the goals of promoting healthy, active communities and access to affordable, healthy foods while building upon the work policy-makers are already engaged in.

[Active Living by Design Resource Guide: Advocacy](#)

This annotated advocacy resource guide offers several tools and instruments that help organizations, communities and individuals aid in enhancing citizen advocacy.

[Advocate for Children: Advocacy Techniques](#)

These techniques, developed by Save the Children, provide general methods for effective advocacy and

www.reversechildhoodobesity.org

include resources for writing to elected officials and newspaper editors. Additional links on this page provide information on legislation, aid effectiveness, and the annual Advocacy Day.

[Communicating For Health Justice](#)

This curriculum, designed by the Praxis Project and the Youth Media Council, helps health justice advocates make the shift from the dominant, “portrait” frame (characterized by individual choices like what a person chooses to eat), to a “landscape” perspective that includes how policies, institutional behavior, structural and historical issues fundamentally shape health outcomes. The curriculum provides tools and methods to make this shift including communication and messaging strategies.

[Communities Creating Healthy Environments Power Tools](#)

Communities Creating Healthy Environments (CCE) is a national capacity-building initiative to support diverse, community-based organizations and indigenous groups with proven track records in developing and organizing for effective, culturally competent policy initiatives that address the root causes of childhood obesity at the local level. CCE gathered a collection of “Power Tools” from various resources that are designed to help groups engage in [policy advocacy](#), [organizing](#) and [strategic communication](#).

[Community Nutrition Networking Guide](#)

This guide, designed by the Community Healthy Weight Network, is aimed at providing tools to help different groups in the community build and expand networks to achieve better health, both now and in the future. The guide provides tips on how to build a community network that can promote better nutrition, increased physical activity and healthy weight, along with examples of networks and sample programs.

[The Community Tool Box](#)

The Community Tool Box, a service of the Work Group for Community Health and Development at the University of Kansas, is the world's largest resource for free information on essential skills for building healthy communities. It offers over 7,000 pages of practical guidance in creating change and improvement, including how-to guidance, toolkits, troubleshooting and evidence-based practices.

[Eliminating Health Disparities in Health Reform: Advocacy Toolkit](#)

Created by the National Health Equity Coalition, this toolkit is designed for organizations, community leaders and individuals. It includes information and resources on different strategies for engaging in grassroots advocacy to urge members of Congress to address health disparities in health reform legislation.

[Empower the Coalition](#)

The Institute for Sustainable Communities developed a set of advocacy resources, including how to strengthen networks and partnerships. Intended for nonprofit groups, community coalitions and governmental entities, topics include creating effective coalitions and managing group dynamics. Further resources include lessons from the field, evaluating coalitions and balancing diversity within coalitions.

[ENACT: Improve Food and Activity Environments](#)

ENACT, an initiative of Prevention Institute, is a menu of strategies designed to help improve nutrition and activity environments on a local level. These strategies have been organized into seven

www.reversechildhoodobesity.org

environments that were chosen for their importance in individual and community health. Each interactive strategy presents useful information based on current research and practice. It also includes model policies and programs, hands-on tools, articles and other publications and resources. The strategies can be used to assess community environments and to identify priorities.

[Everyone's Guide to Achieving Change: a Step-by-Step Approach to Dialogue with Decision Makers](#)

This handbook developed by the Oxford Research Group is designed to provide an introduction to, and tips for, identifying and engaging in dialogue with decision makers.

[Federal Policy Advocacy Handbook](#)

This handbook, developed by the Community Food Security Coalition, contains basic information about the policy process to enable its readers to become more effective advocates for community food security and related issues. The document contains two main sections: the basics of the Federal Policy Cycle and the basics of effective participation in the federal policy process. It also includes a glossary of policy-related terms and a tip sheet for lobbying.

[A Grassroots Advocates Guide to Influencing the Local Government Budget Process](#)

This report, by Darold Johnson and Makani Themba-Nixon, is intended to help groups access the local government budgeting process. This introductory information will help grassroots community groups start the process of affecting local policy by understanding the local budget process. Too often the budget process is overlooked as a tool for progressive change. The allocation of resources through the local budget process should reflect the community's values though it often does not. This report provides information on public participation in the budget process.

[Health Care Equity - A Toolkit for Developing Winning Policy Strategy](#)

Developed by the Castillo Consulting Group, this toolkit is designed to support organizers, health workers and others in community organizing and policy advocacy to build healthier communities. It provides analytical frameworks, tools and concepts to support policy advocacy that holds institutions that affect the health and health care in communities accountable.

[Healthy, Active and Vibrant Community Toolkit](#)

This Trailnet produced toolkit is a resource that provides key, community decision-makers with innovative ideas, policy suggestions and resources that can be implemented to improve the health of their communities. At its core, the toolkit is focused on creating long-term solutions to address the obesity epidemic. The toolkit also provides a series of recommendations that go beyond combating obesity and focus on creating communities that foster the highest quality of life and independence for all residents.

[Healthy Counties Database](#)

The National Association of Counties developed a database of model policies, programs and initiatives that counties nationwide have enacted to promote wellness and help prevent childhood obesity. The database contains information on what peer local government leaders have done to enable and encourage nutritious diets, physical activity and healthy built and social environments.

[Healthy Schools Program Framework](#)

Developed by the Alliance for a Healthier Generation, the Healthy Schools Program Framework

www.reversechildhoodobesity.org

identifies specific best practices to create healthier school environments and enables schools to obtain recognition from the Healthy Schools Program by meeting criteria in seven content areas. The criteria are based on the best available evidence of programs, policies and practices that positively impact healthy eating and physical activity behaviors among students and staff. An online [resources database](#) is provided for member schools to assist them in making healthy changes.

[Preventing Childhood Obesity: Health in the Balance](#)

The IOM (Institute of Medicine) Committee on Prevention of Obesity in Children and Youth developed a comprehensive national strategy that recommends specific actions for families, schools, industry, communities, and government. The action plan of this report lays out explicit goals and

recommendations for preventing obesity and promoting healthy weight in children and youth in various segments of society. It also explores the actions needed to initiate, support, and sustain the societal and lifestyle changes that can reverse the trend among our children and youth.

[Progress in Preventing Childhood Obesity: How Do We Measure Up?](#)

The report, developed by the IOM Committee on Prevention of Obesity in Children and Youth, presents recommendations and emphasizes a call to action for key stakeholders and sectors to lead and commit to childhood obesity prevention, evaluate all policies and programs, monitor their progress and widely disseminate promising practices.

[Let's Move! Toolkit for Faith-Based and Neighborhood Organizations](#)

This toolkit, produced by the White House Office of Faith Based and Neighborhood Partnerships team, is designed to help faith based and neighborhood organizations transform neighborhoods, engage communities and promote healthy choices. It provides a variety of activities and resources, including challenges from the First Lady Michelle Obama, scientific facts and step-by-step guides.

[Meta Messaging: Framing Your Case and Reinforcing Your Allies](#)

How issues are messaged and framed is critical for advocates to make headway. This memo from the Berkeley Media Studies Group and the Praxis Project focuses on key themes that can be highlighted across a range of social justice issues to construct messages that serve the immediate strategic needs of a group while echoing the larger goals of social change.

**[Mobilizing Healthcare Professionals as Community Leaders in the Fight Against Childhood Obesity
Advocacy Resource Guide](#)**

This resource guide developed National Initiative for Children's Healthcare Quality (NICHQ) through the *Be Our Voice* campaign, equips healthcare professionals with information, tips and strategies to be policy advocates and improve the health of their communities. An accompanying [Advocacy Toolbox](#) includes state fact sheets, data resources, sample advocacy work plans and sample letters to legislators and the media.

[NICHQ Obesity Fact Sheets](#)

NICHQ's Obesity Factsheets provide the most recent national, state and county-based data regarding childhood overweight and obesity prevalence and the environmental and behavioral factors that influence health. These factsheets are a resource that makes relevant data more readily available to local advocates and decision makers.

www.reversechildhoodobesity.org

[NICHQ Physician Involvement in Community Action Worksheet](#)

This worksheet, developed by NICHQ for physicians, presents efficient and effective ideas for creating community programs and projects that can turn the authority of physicians into change.

[Obesity Prevention Media and Advocacy Toolkit](#)

Developed by the California Medical Association Foundation, this toolkit is designed for physicians at all stages of advocacy involvement and contains information on advocacy basics, working with elected officials, talking with the media and legislative testimonies.

[Partnerships for the Common Good: A Partnership Guide for Faith-Based and Neighborhood Organizations](#)

This toolkit was produced by the White House Office of Faith-Based and Neighborhood Partnerships and provides faith-based and community organizations with information to form partnerships, apply for federal grants and access capacity building resources.

[PolicyLink's Advocating For Change Toolkit](#)

This toolkit provides detailed information about the advocacy process and includes case studies that provide examples of the positive outcomes that effective advocacy can deliver.

[PolicyLink: Advocating for Equitable Development Toolkit](#)

This manual is for advocates interested in achieving economic and social equity through building and applying skills including planning strategies, coalition building, and working with the media. This manual provides tools that have been proven successful in advocating for equitable development along with case studies that describe how the tools are put into action.

[Making the Case and Getting Underway: A Funder Toolkit to Support Healthy People in Healthy Places](#)

This toolkit, prepared by PolicyLink for the Healthy Eating Active Living Convergence Partnership, is designed to assist foundation program and executive staff who seek to learn more about the interconnectedness of healthy eating and active living efforts; understand how their foundation's strategies fit into this growing field; make the case to their colleagues, senior leadership, and board for taking multi-sectoral, policy-focused approaches to improving health; and develop and implement multi-faceted, place-based strategies to support health.

[Developing a Policy Initiative Worksheet](#)

This worksheet developed by the Praxis Project is designed as a step-by-step guide to help communities develop a proactive, community-generated policy agenda.

[Prevention Research Center Partnership Trust Tool](#)

The Centers for Disease Control Prevention Research Center (PRC) developed the Partnership Trust Tool (PTT) which is designed to engage the academic, community and public health practice partners of the PRC in a dialogue about issues that foster and hinder trust. It allows partners to explore strengths, identify opportunities for improvement and develop strategies for building partnerships and enhancing trust. The link includes the materials needed to implement the PTT.

[Promising Strategies for Creating Healthy Eating and Active Living Environments](#)

www.reversechildhoodobesity.org

This publication, prepared by Prevention Institute on behalf of the Healthy Eating Active Living Convergence Partnership, was designed to help build momentum for environmental change and policy approaches to improving health. The publication provides 10 strategies and policies that can help create healthy eating and active living environments.

[Toolkit for Intervention of Overweight Children and Adolescents](#)

This toolkit by the American Public Health Association summarizes and presents basic information for parents, teachers, students and community leaders for use in preventing and controlling childhood overweight and obesity. It provides action-oriented solutions to the problem of childhood obesity, including links to activities targeted towards youth created by other organizations.

Advocating for Active Living and Transportation

[Active Living Research Policy and Practice Impacts](#)

Active Living Research (ALR) compiled examples of ALR-related policy and practice impact stories that demonstrate the important role that scientific evidence plays in influencing policy-making, practice and advocacy in different areas including transportation, schools, planning and design and parks and recreation. The stories describe how ALR-funded studies or ALR National Program Office activities or products have contributed to informing policy and/or practice.

[An Annotated Resource Book for Built Environment and Physical Activity](#)

This annotated resource book, compiled by Healthy Kids, Healthy Communities, includes a variety of resources for communities working on physical activity and the built environment. The guide is organized into a variety of topic areas and including action tools and a list of organizations working to build the connection between physical activity and the built environment.

[The Built Environment and Physical Activity: What is the Relationship?](#)

As an initiative of the Robert Wood Johnson Foundation, the Synthesis Project produces concise and thought-provoking briefs and reports that translate research findings on perennial health policy questions. These slides from an April 2007 audio conference and web briefing describe connections between physical activity and the design of the built environment.

[Complete Streets: Policy Basics](#)

Developed by the National Complete Streets Coalition, this guide describes the various benefits of Complete Streets and how to develop a Complete Streets policy.

[ENACT Strategy: Safe Routes to School](#)

ENACT, an initiative of Prevention Institute, is a menu of strategies designed to help improve nutrition and activity environments on a local level. One of these strategies is the Safe Routes to School (SRTS) program and this link provides comprehensive information on the characteristics of a SRTS program, programs in communities across the country, tools for starting a SRTS program and policies to support them.

[Equitable Development Toolkit: Transit Oriented Development](#)

Developed by PolicyLink, this tool focuses on how to implement Transit Oriented Development (TOD), a planning and design trend that seeks to create compact, mixed-use, pedestrian-oriented communities

www.reversechildhoodobesity.org

located around new or existing public transit stations, in a way that achieves equity goals. Strategies and lessons learned are presented in the toolkit to support advocating for TOD.

[The Great Communities Toolkit](#)

This TransFORM toolkit is designed to help community groups shape Great Communities around transit by helping ensure these plans result in neighborhoods of affordable homes, shops, accessible job centers and community services. The toolkit contains informational handouts on station plans, step-by-step instructions for creating a station plan campaign and tips for working with the media.

[The Healthy School Toolkit](#)

This Food Trust toolkit shares the groups' successes with other schools, parents, policymakers and community groups interested in improving the school environment to help prevent childhood obesity. It includes tips for school self-assessments, starting School Health Councils, nutrition policy and parent and community outreach.

[Increasing Physical Activity](#)

Planning for Healthy Places, a program of Public Health Law and Policy, works to engage public health advocates in the land-use decision-making process throughout California. This link provides access to toolkits, factsheets and reports on developing active communities.

[Making the Connection: Linking Academic Achievement to Policies to Promote Physical Activity](#)

This report, by Leadership for Healthy Communities, a program of the Robert Wood Johnson Foundation, makes the connection between physical activity policies and positive academic outcomes. It provides policy recommendations in order to improve student access to regular physical activity.

[Putting Schools on the Map: Linking Transit-Oriented Development, Families, and Schools in the San Francisco Bay Area](#)

This report by the Center for Cities and Schools at the University of California, Berkeley examines the connections between Transit-Oriented Development (TOD), families and schools, with a focus on expanding educational opportunities for all children. It presents "Ten Core Connections" between TOD and public education and highlights five case studies in the San Francisco Bay Area, which provide recommendations for enhancing city-school collaboration in TOD for improved transit use and high quality educational opportunities.

[Safe, Healthy, and Active Transportation Toolkit](#)

This toolkit, developed by the Safe States Alliance, is comprised of select resources designed to provide public health professionals, planners and others with presentations, seminal articles, case studies, fact sheets and other sources of information to support and advance Smart Growth, livability and improved built environment efforts. The goal of this toolkit is to provide resources and evidence for those that want to reach out to their fellow colleagues in the areas of transportation, land use and public health to make a stronger case for why health is a transportation issue.

[A Toolkit for Building Congressional Champions](#)

Created by the Safe Routes to School National Partnership, this toolkit was created for advocates to communicate with their members of Congress regarding the federal Safe Routes to School program. It

www.reversechildhoodobesity.org

contains step-by-step instructions, templates, tools and resources to conceptualize the event or meeting, invite your member of Congress and carry out a successful event or meeting.

[Getting Students Active through Safe Routes to School Resource Guide](#)

This resource guide, developed by the Safe Routes to School National Partnership, equips education policymakers and professionals with the knowledge and tools to implement and sustain successful Safe Routes to School programs and supportive policies.

[Safe Routes to School State Network Project](#)

The Safe Routes to School State Network Project brings together 19 states and the District of Columbia to remove barriers to walking and bicycling to and from school. This link provides information on partners, success stories and best practices from each participating state.

[Safe Routes to School Local Policy Guide](#)

This guide helps local communities and schools create, enact and implement policies which will support active and healthy community environments that encourage safe walking and bicycling and physical activity by children. The guide is intended to help community members, policy-makers, parents and advocates create a healthy built environment that stems from health in all policies approach.

[Safe Routes to School Program Tools](#)

The Program Tools compiled includes a step-by-step guide to Safe Routes success and a searchable, centralized, web-based collection of Safe Routes to School-related materials and documents compiled by practitioners and program leaders from across the United States.

[Transportation and Health Toolkit](#)

This toolkit, developed by the American Public Health Association (APHA), provides information on the links between health, equity and transportation and APHA's advocacy efforts to ensure that transportation policy helps, rather than hinders, public health. The toolkit is intended for public health professionals and advocates and provides outreach materials and resources to create a common language between the public health and transportation communities.

Advocating for Nutrition and Healthy Food Access

[Access to Healthy Foods in-Low Income Neighborhoods: Opportunities for Public Policy](#)

This policy brief by the Rudd Center for Food Policy and Obesity at Yale University provides policy makers with key information necessary to make informed decisions about ways to help all Americans gain regular access to affordable, healthy foods.

[Getting to Grocery: Tools for Attracting Healthy Food Retail to Underserved Neighborhoods](#)

Developed by Planning for Healthy Places, a program of Public Health Law and Policy, this report is designed to help advocates and public health agencies coordinate and leverage the tools available through local government and other organizations to bring grocery stores into low-income communities.

www.reversechildhoodobesity.org

[Guide to Developing a Sustainable Food Purchasing Policy](#)

This guide, directed by Food Alliance for the Sustainable Food Purchasing Policy Project, is intended to help universities, colleges, hospitals and other institutions (as well as those advocating for food system change) create, promote and implement practical sustainable food purchasing policies. It offers a framework to help institutions develop policies that will be meaningful and achievable.

[Healthy Food For All: Building Equitable and Sustainable Food Systems in Detroit and Oakland](#)

This report, created by PolicyLink and Michigan State University, was commissioned by the Fair Food Foundation to assess the current environment and potential for change in two cities where the need for food justice is particularly acute: Detroit and Oakland. While the focus of this report is on these two

cities in particular, it also contains general recommendations that can be applied in communities across the country as well as the research instruments and methods used.

[Improving Access to Healthy Food Advocacy](#)

This section of the PolicyLink website describes how PolicyLink engages in advocacy campaigns to advance policies that will create opportunities for local residents to transform local food environments. It includes links to fact sheets and legislative updates on the national Healthy Food Financing Initiative, as well as California state and local policy resources.

[School Foods Tool Kit: A Guide to Improving School Foods and Beverages](#)

The School Foods Tool Kit, developed by the Center for Science in the Public Interest, is designed to help parents, teachers, school administrators, elected officials and others in small and large communities across the country improve the nutritional quality of foods and beverages in their local schools. The toolkit contains strategies and techniques to affect change and model materials and policies that can be adapted by communities to meet their needs.

Youth Engagement and Advocacy

[First Responders: Youth Addressing Childhood Obesity Through Service-Learning](#)

Developed by Youth Service America and United Healthcare, this module is designed for classroom teachers, service-learning coordinators, students in the health professions and staff in community and youth development organizations seeking to engage middle and high school-age-youth as “first responders” to the critical American issue of childhood obesity. The module uses service-learning to move beyond the textbook, explore real world issues, and address systemic factors that contribute to childhood obesity.

[Playing the Policy Game: Preparing Teen Leaders to Take Action on Healthy Eating and Physical Activity](#)

This toolkit, created by California Project LEAN, highlights nutrition and physical activity policies in schools and communities that teens can pursue with adult guidance. The toolkit includes a collection of activities and success stories of California teens making nutrition and physical activity policy changes in their communities.

www.reversechildhoodobesity.org

[Rep Ya BLOC! Transition Training](#)

Developed by BLOC (Building Leadership Organizing Communities) and Movement Strategy Center, this training contains activities that support the personal and political development of young organizers and activists through community building, networking and peer exchange.

Targeted Advocacy for Communities of Color

[Let's Move! in Indian Country Toolkit and Resource Guide](#)

Developed by an interagency federal workgroup, this toolkit is intended for use by individuals, schools, private organizations, tribal nations, community groups, administrators, elected officials, and anyone interested in helping American Indian/Alaska Native children combat obesity. Programs and funding opportunities are detailed, with step-by-step guides and checklists.

[NAACP Health Advocacy Toolkit](#)

Designed by the NAACP, this toolkit enables local and state health committee chairs to advocate for and advance sound health advocacy policies and practices at the federal, state and community level. The toolkit contains fact sheets and educational and advocacy strategies for communities.

[THRIVE: The Tool for Health and Resilience in Vulnerable Environments](#)

THRIVE is a tool developed by Prevention Institute to help people understand and prioritize the factors within their own communities that can help improve health and safety. The tool can be valuable in addressing specific ways to close the health gap by building on strengths in disenfranchised communities. It identifies key factors and allows users to rate how important that factor might be in the community. It also provides information about how each factor is related to health outcomes, some direction about what to do to address the factor and where to go for more information.

[Reshaping our Communities, Reclaiming Our Health: African Americans Define Strategies for Healthy Kids and Healthy Neighborhoods.](#)

Created by Leadership for Healthy Communities, this guide provides policy and program recommendations needed to promote healthy eating and physical activity in schools, communities, businesses, families and the media along with action strategies for advocacy. This report provides first steps toward solving the childhood obesity crisis among African-American communities.

Tools for Advocacy: Fact Sheets and Policy Briefs

www.reversechildhoodobesity.org

[NPLAN Document Library](#)

The National Policy and Legal Analysis Network to Prevent Childhood Obesity (NPLAN) provides leaders in the childhood obesity prevention field with focused legal research, model policies, fact sheets, toolkits, training and technical assistance to explain legal issues related to public health.

[NPLAN Fact Sheet: What is a Joint Use Agreement?](#)

Concerns such as costs, liability and security frequently prevent after-hours recreational use of school facilities. This fact sheet from the National Policy and Legal Analysis Network to Prevent Childhood Obesity (NPLAN) provides information to help city, county and town governments utilize joint use agreements to partner with school districts and expand the availability of places to be physically active.

[Making the Connection: Linking Economic Growth to Policies to Prevent Childhood Obesity](#)

This policy brief by Leadership for Healthy Communities discusses how policy-makers must find win-win solutions that spur economic growth while supporting struggling families, businesses and communities. This brief includes policy recommendations and strategies to improve the economy while supporting better health.

[Making the Connection: Linking Policies to Prevent Climate Change and Childhood Obesity](#)

This policy brief by Leadership for Healthy Communities discusses how to make connections between policies that support the environment and policies that support the health of people and communities. The brief includes a set of policy recommendations for green and open spaces, community gardening and transit oriented development.

[Overweight and Obesity Among African American Youths](#)

Developed by Leadership for Healthy Communities, this fact sheet highlights the prevalence, consequences and causes of overweight and obesity among African-American youths. While childhood obesity has increased significantly throughout the general population, children from minority communities have been disproportionately affected. Sharply higher rates of overweight and obesity have occurred among African-American, Latino and Native American children and adolescents.

[Overweight and Obesity Among American Indian and Alaska Native Youths](#)

Developed by Leadership for Healthy Communities, this fact sheet highlights research findings on overweight and obesity among American Indian and Alaska Native children and adolescents, as well as the types of research needed for this population.

[Overweight and Obesity Among Latino Youths](#)

Developed by Leadership for Healthy Communities, this fact sheet highlights the prevalence, consequences and causes of overweight and obesity among Latino youths. While childhood obesity has increased significantly throughout the general population, children from minority communities have been disproportionately affected. Sharply higher rates of overweight and obesity have occurred among Latino, African-American and Native American children and adolescents.

[Yale University Rudd Center for Food Policy and Obesity Policy Briefs and Reports](#)

The Rudd Center for Food Policy and Obesity is a non-profit research and public policy organization devoted to improving the world's diet, preventing obesity and reducing weight stigma. A collection of policy briefs on topics including healthy food access, school food and school wellness are available on their website.