



Nutrition and Physical Activity Resources for Building Healthy Families North Penn School District

School districts are required by the Pennsylvania Department of Health to measure the Body Mass Index of all students K through 12th grade. Body Mass Index is also called “BMI”. BMI is a measure of weight in relation to height used to determine weight status. Careful research has shown that BMI tells us a person’s level of body fat from children from age 2 to 17 years old to adults. It is the most widely accepted method used to screen for overweight and obesity in children and adolescents. It is done without complex and expensive equipment and procedures. ***While BMI is an accepted screening tool for the initial assessment of body fatness in children and adolescents, it is not a diagnostic measure because BMI is not a direct measure of body fatness. This screening should be discussed with your child’s health care provider.***

This guide is aimed to help you find resources to increase physical activity and learn more about nutrition to help your family make healthy lifestyle choices whether or not you are trying to prevent or manage obesity. Make your needs known. Contact your health insurance company, employer, local hospitals, libraries, schools, township, Parks and Recreation Departments, YMCA, fitness centers, grocery stores and politicians to let them know that you want programs for physical activity and healthy eating.

Web Sites

The Internet is a great place to get information to help your family make healthier choices. Just make sure the information is from reliable sources. Here are a few websites to help you get started. These sites also provide links to excellent resources. You are just one click away from better health!

- **211 SE PA online**, Online directory of health and human service resources like food pantries, health clinics, transportation, etc. Search keywords “nutrition” and “fitness”. www.infolinkpa.org
- **Nemours Foundation KidsHealth®**
www.kidshealth.org
- **Centers for Disease Control and Prevention (CDC)**
www.cdc.gov/nccdphp/dnpa/obesity/childhood/
- **National Institutes of Health - Weight-control Information Network (WIN)**
www.win.niddk.nih.gov/publications/child.htm
- **Center for Nutrition and Activity Promotion at Penn State Hershey Children’s Hospital**
www.nrqbalance.org
- **Let’s Move**
www.letsmove.gov
- **Choose MyPlate (United States Department of Agriculture)**
www.choosemyplate.gov
- **WE CAN! (National Institute of Health)**
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

Community Resources:

Contact your health insurance provider to find out what they provide and will reimburse for nutrition counseling and exercise for your child.

For more resources and to find out North Penn School District's efforts to promote wellness visit www.npenn.org and click on *For Families > NPSD Wellness Programs*

Pediatric Weight Management Programs

Weight to Go (for Kids), Abington Memorial Hospital | Holy Redeemer Hospital

A registered dietician will offer a positive, hands-on approach to today's eating, exercise and eating dilemmas for children and their parents or guardians. A field trip to the Willow Grove Giant Super Food Store for a scavenger hunt and a cooking class will also be part of the program.

Registration is required by contacting:

- ***Abington Memorial Hospital:*** Community Health Services at (215) 481-2204
- ***Holy Redeemer Hospital:*** Holy Redeemer Information & Referral at 1-800-818-4747

H.I.P. Kids – The Health Intervention Program for children 7 years and older who are at risk of becoming or are overweight or obese. Contact Jennifer Howard at the North Penn YMCA - Lansdale Branch (215) 368-1601 for more information.

Grand New Youth – A Pediatric Weight Management & Healthy Lifestyle Program

Grand View Hospital, for more information, please call (215) 453-4300.

Children's Hospital of Philadelphia Healthy Weight Program – The Healthy Weight Clinic is comprised of a diverse team of clinicians with expert knowledge in the evaluation of childhood obesity, as well as coordinating care for children with medical issues related to obesity. For more information call (267) 426-2782 or go online at www.chop.edu/service/healthy-weight-program/home.html

Nutrition Counseling

To find qualified nutrition counselors in your area, go online at www.eatright.org and click on "Find a Registered Dietician" in the upper right corner of the page.

You can ***contact your local hospital or medical center*** to learn about nutrition counseling services and nutrition or health education programs they offer.

Abington Memorial Hospital - Nutrition Counseling Center - For information regarding appointments and fees, call (215) 481-2745. Please leave a message, and your call will be returned.

Abington Memorial Hospital - Diabetes Center – Diabetes education offered at five Abington Health locations, including Lansdale Hospital. To make an appointment please call (215) 672-0899.

Grand View Hospital – Nutrition Counseling Services – For information regarding appointments and fees call (215) 453-4194

North Penn Visiting Nurse Association - Medical Campus Drive, Lansdale PA, www.npvna.org; call (215) 855-8296 for information on services and programs for children and families.

GIANT – Willow Grove, PA – Mary Ann Moylan, RD, LDN, CDE – GIANT in-store Nutritionist is available to assist customers with questions on healthy lifestyles and one-on-one consultations by appointment. To schedule an individual consultation please call (215) 784-1960 or go online at www.martinsfoods.com/shareddev/sharedcontent/healthyideas/nutri-mary.cfm to view her class schedule.

Physical Activity –Youth and Family Oriented Programs and Resources

North Penn YMCA offers many programs for children to adults.

7th Grade Membership Initiative- the North Penn Y also offers the 7th Grade Membership Initiative, which provides a free one-year membership to all 7th graders.

For more information go online at www.northpennymca.org or call (215) 368-YMCA (215-368-9622)

Check your local yellow pages, conduct an Internet search of your area or go online at www.infolinkpa.org for the following.

- *Fitness Centers*
- *Martial arts studios*
- *Dance studios or schools or academy*
- *Gymnastics*

Walking, hiking, biking, in-line skating, canoeing:

- **State parks** – The PA Department of Conservation and Natural Resources (DCNR) www.dcnr.state.pa.us/getoutdoorspa, or 1-888-PA-PARKS (1-888-727-2757).
- **Montgomery Parks** - To find outdoor activities and for trails to walk, bike, in-line skate visit www.parks.montcopa.org, or call (610) 278-3555 for more information.
- **Local township parks and programs** –Check out your local township or borough website, or call for park and recreation programs and services:
 - **Hatfield Borough** www.hatfieldborough.com or (215) 855-0781
 - **Lansdale Borough** www.lansdale.org or (215) 361-8352
 - **North Wales Borough** www.northwalesborough.org or (215) 699-4424
 - **Hatfield Township** www.hatfieldtownship.org or (215) 855-0900
 - **Montgomery Township** www.montgomerytpw.org or (215) 393-6900
 - **Towamencin Township** www.towamencin.org or (215) 368-7602
 - **Upper Gwynedd Township** www.uppergwynedd.org or (215) 699-7777