

TV Viewing and Childhood Obesity Minnesota Initiative in the Child Care Setting Resource List

I. Organizations

Minnesota Department of Health, Obesity

www.health.state.mn.us/obesity

National Institute on Media and the Family

www.mediawise.org

Research, fact sheets, columns, programs, calendar of events and speakers.

Sign up for the free MediaWise Network for access to additional online information and Parent Guides to the latest technologies.

Fact Sheet: Children and Advertising

http://www.mediafamily.org/facts/facts_childadv.shtml

Fact sheet: Media Use and Obesity Among Children

http://www.mediafamily.org/facts/facts_tvandobchild.shtml

American Academy of Pediatrics, Media Matters campaign

<http://www.aap.org/advocacy/mediamatters.htm>

Information about Media Matters, a national public education campaign of the American Academy of Pediatrics.

American Academy of Pediatrics, Children's Health Topics: Internet/Media Use

<http://www.aap.org/healthtopics/mediause.cfm>

Articles, Q and A's and links to featured websites help parents understand media's impact on children, establish guidelines for media use, learn about rating systems, and become educated media consumers.

Tufts University Child and Family WebGuide

<http://www.cfw.tufts.edu/topic/1/153.htm>

The WebGuide is a directory that describes and provides links to hundreds of sites on topics recommended by parents. The WebGuide selects parent-friendly sites that offer information and practical advice that is consistent with the highest quality child development research.

The link takes you to a list of selected websites on the topic of obesity.

PTA (Parent Teacher Association)

http://www.pta.org/topic_childhood_obesity_overview.asp

The largest volunteer child advocacy association in the nation, National PTA provides parents and families with a powerful voice to speak on behalf of children and tools to help children be safe, healthy, and successful - in school and in life.

Link to the PTA's Child Obesity Overview. For information and resources on nutrition, at home and in schools, and physical activity, click on Topics, then Health & Wellness.

Connect for Kids

<http://www.connectforkids.org/taxonomy/term/357>

Connect for Kids provides the information and tools needed to learn about issues and to take action to improve policies and programs affecting children, families, and communities.

Link to resources on the topic of Media, divided into categories such as action alerts, toolkits, weblinks and events.

Center for Media Literacy

<http://www.medialit.org/>

Largest producer and distributor of media literacy education materials in North America.

Program for the Study of Media and Health, Kaiser Family Foundation

<http://www.kff.org/about/entmediastudies.cfm>

Highlights research of the Kaiser Family Foundation concerning the relationship between entertainment media and health, with a special focus on children and media. Also features a series of fact sheets titled Children, Health, and the Media.

The Future of Children

<http://www.futureofchildren.org/>

A collaboration between Princeton University and the Brookings Institution.

“Providing research and analysis to promote effective policies and programs for children.”

Search for keywords “obesity” and “childhood obesity” to locate numerous studies.

Center for SCREEN-TIME Awareness

www.screentime.org

An international non-profit organization whose focus is on empowering people to use technology responsibly. The Center encourages people to take time for themselves, their families and their communities by taking control of the electronic media in their lives, not allowing it to control them. The Center is best known for its annual campaign TV-Turnoff Week.

Media Channel

<http://www.mediachannel.org/>

A nonprofit, public interest Web site featuring news, reports and commentary from an international network of media-issues organizations and publications. MediaChannel is concerned with the political, cultural and social impacts of the media and its goal is to inspire debate, collaboration, action and citizen engagement. Browse its directory of more than 1100 affiliates by topic (such as Education or Children), type of organization, and country.

II. Programs and Curricula

I am Moving/I am Learning

Initiated in 2005 as a pilot project in selected Virginia and West Virginia Head Start programs; expanded in 2006 to additional Head Start programs. The project provides strategies and resources for infusing quality physical movement and healthy nutrition choices within their familiar curriculum approaches and daily classroom routines. Goals of IMIL are to increase the quantity of time spent in moderate to vigorous physical activity during the daily routine, improve the quality of structured movement experiences intentionally facilitated by adults, and improve healthy nutrition choices for children every day.

Source: Region III Office of the Administration for Families and Children (Head Start);

http://www.acf.hhs.gov/programs/region3/docs/Fatherhood/i_am_moving_summary_report.pdf

For more information: Nancy Elmore at 215-861-4048 or Amy Requa at 215-592-1684 ext 225

Learning About Nutrition and Activities (LANA)

The LANA Preschool Program is a 24-week program promoting preschoolers' consumption of fruits and vegetables, particularly eight targeted ones, which are featured in Menu Changes (lunches and snacks), Classroom Activities (everything from art projects to storybooks), and Family Involvement (parent letters, flyers with tips about "Feeding Kids", take-home tasting kits and family events).

Source: Minnesota Department of Health (At this time, available only through local public health agencies.)

Contact: Gretchen Taylor, gretchen.taylor@state.mn.us

SPARK Early Childhood Physical Activity Program

SPARK EC is designed to provide high activity, academically integrated, enjoyable activities that enhance motor development and school readiness skills in children ages 3-5. The program was developed for Head Start, public and private preschools, day care/childcare providers, and WIC agencies. Components of the program include curricula and materials, training for staff, and lifetime follow-up support.

For more information: <http://www.sparkpe.org/programEarlyChildhood.jsp>

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is designed to enhance policies, practices, and environments in child care programs by improving the:

- nutritional quality of food served,
- amount and quality of physical activity
- staff-child interactions
- nutrition and physical activity policies and practices

NAP SACC provides a tool for a child care facility to assess its program in 14 areas of nutrition and physical activity policy, practices and environments in order to identify strengths and limitations.

Following the self-assessment, a health consultant works with the child care facility staff to set goals and develop plans to improve practice. Staff training and targeted technical assistance are provided.

For more information: University of North Carolina at Chapel Hill, Center for Health Promotion and Disease Prevention Division of Public Health, North Carolina Department of Health and Human Services;

http://www.center-trt.net/downloads/obesity_prevention/interventions/napsacc/NAPSACC_Template.pdf

through-u – Families Become MediaWise®

through-u provides resources and education for parents and childcare providers about the impact of media on children's health and development, behavior, pre-literacy skills, and school readiness. Its goal is to encourage parents and people who care for young children to make informed decisions about screen time, ratings, and content. The program is organized into three sessions, using video clips, interactive exercises and group discussion; available in English or Spanish.

Source: National Institute on Media and the Family; www.mediawise.org

Contact: Mary Margaret Reagan-Montiel, 612-672-4781 or mreagan-montiel@mediafamily.org

III. Journal Articles

Review of Research: The Role of Media in Childhood Obesity

This Kaiser Family Foundation report reviews more than 40 studies on the role of media in the nation's dramatically increasing rates of childhood obesity and explores what researchers do and do not know about the role media plays in childhood obesity. It also outlines media-related policy options that have been proposed to help address childhood obesity and identifies ways media could play a positive role in helping to address this important public health problem.

Report: <http://www.kff.org/entmedia/7030.cfm>

The report was released at a February 24, 2004 briefing. Webcast, agenda and speaker biographies are available at <http://www.kff.org/entmedia/entmedia022404pkg.cfm>.

Information provided by the Program for the Study of Media and Health

Television and the Link to Obesity: Another Reason to Turn off the TV

Adapted from the CDC's Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases, 2003.

http://www.hsph.harvard.edu/prc/proj_cope_tv%20viewing%20fs.pdf

Association between television viewing and poor diet quality in young children.

Miller SA, Taveras EM, Rifas-Shiman SL, Gillman MW.

International Journal of Pediatric Obesity. 2008;3(3):168-76.

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 18608629

The association of television and video viewing with fast food intake by preschool-age children.

Taveras EM, Sandora TJ, Shih MC, Ross-Degnan D, Goldmann DA, Gillman MW.

Obesity (Silver Spring). 2006 Nov;14(11):2034-41.

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 17135621

When children eat what they watch: impact of television viewing on dietary intake in youth.

Wiecha JL, Peterson KE, Ludwig DS, Kim J, Sobol A, Gortmaker SL.

Archives of Pediatrics and Adolescent Medicine. 2006 Apr;160(4):436-42.

<http://archpedi.ama-assn.org/cgi/content/full/160/4/436>

Television viewing and television in bedroom associated with overweight risk among low-income preschool children.

Dennison BA, Erb TA, Jenkins PL.

Research Institute, Bassett Healthcare, Cooperstown, New York 13326, USA.

Pediatrics. 2002 Jun;109(6):1028-35

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 12042539

Does eating during television affect preschool children's intake?

Francis LA, Birch LL,

Department of Biobehavioral Health, 315 East Health and Human Development Building, The Pennsylvania State University, University Park, PA 16802.

Journal of the American Dietetic Association. 2006 April; 106(4): 598–600.

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?tool=pubmed&pubmedid=16567158>

The role of television in childhood obesity

Barbara Dennison, Lynn S Edmunds

New York State Department of Health, Albany, New York

Progress in Pediatric Cardiology. Volume 25, Issue 2, September 2008, Pages 191-197

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T0P-4KBDWM5-

[1&_user=4770490&_rdoc=1&_fmt=&_orig=search&_sort=d&_view=c&_acct=C000065030&_version=1&_urlVersion=0&_userid=4770490&md5=c6e8c7e11ede6a8d834a689b1294609b](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T0P-4KBDWM5-1&_user=4770490&_rdoc=1&_fmt=&_orig=search&_sort=d&_view=c&_acct=C000065030&_version=1&_urlVersion=0&_userid=4770490&md5=c6e8c7e11ede6a8d834a689b1294609b)

Targeting Interventions for Ethnic Minority and Low-Income Populations

Shiriki Kumanyika and Sonya Grier

The Future of Children, Childhood Obesity issue (Spring, 2006, volume 16, number 1; 187-207)

http://www.futureofchildren.org/usr_doc/09_5562_kumanyika.pdf

An Intervention to Reduce Television Viewing by Preschool Children: Brocodile the Crocodile

A health-promotion childcare curriculum intervention to reduce television viewing. Seven sessions, each containing a musical activity, a snack and an interactive education component plus take-home materials for parents and parent-child activities designed to influence family viewing habits.

Barbara A. Dennison, MD; Theresa J. Russo, PhD; Patrick A. Burdick, MA; Paul L. Jenkins, PhD

Archives of Pediatrics and Adolescent Medicine. 2004;158:170-176.

<http://archpedi.ama-assn.org/cgi/content/full/158/2/170>

Child Care as an Untapped Setting for Obesity Prevention: State Child Care Licensing Regulations related to Nutrition, Physical Activity, and Media Use for Preschool-Aged Children in the United States

Karen M. Kaphingst, MPH, Mary Story, PhD, RD

Preventing Chronic Disease. 2009;6(1).

http://www.cdc.gov/pcd/issues/2009/jan/07_0240.htm

Obesity prevention in child care: A review of U.S. state regulations

Sara E Benjamin, Angie Cradock, Elizabeth M Walker, Meghan M Slining, Matthew W Gillman
BMC Public Health Journal. 2008, 8: 188.

<http://www.biomedcentral.com/1471-2458/8/188>

The following studies present a dissenting view (same researchers):

A descriptive epidemiology of screen-based media use in youth: a review and critique.

Marshall SJ, Gorely T, Biddle SJ.

Department of Exercise & Nutritional Sciences, San Diego State University, 5500 Campanile Drive, San Diego, CA 92182-7251, USA.

Journal of Adolescence. 2006 Jun;29(3):333-49. Epub 2005 Oct 21

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 16246411

Relationships between media use, body fatness and physical activity in children and youth: a meta-analysis.

Marshall SJ, Biddle SJ, Gorely T, Cameron N, Murdey I.

Department of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA 92182-7251, USA.

International Journal of Obesity and Related Metabolic Disorders. 2004 Oct;28(10):1238-46

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 15314635

Couch kids: correlates of television viewing among youth.

Gorely T, Marshall SJ, Biddle SJ.

British Heart Foundation National Centre for Physical Activity and Health, Loughborough University, UK.

International Journal of Behavioral Medicine. 2004;11(3):152-63. Review.

<http://www.ncbi.nlm.nih.gov/> then search PubMed for 15496343

Minnesota Department of Health Resource List
Created by Minnesota Department of Health, 4/15/09

NOTE: This Resource List will be posted on the Minnesota Department of Health website with other videoconference materials. You will receive an email with a link to these materials after they are posted. If you would prefer to be sent this Resource List electronically (with links) before it is posted, please email Rhonda Bauer at rhonda.bauer@state.mn.us, Subject: May 6 Videoconference Resource List.