

The overall goal of a treatment program should be to *help your whole family adopt healthy eating and physical activity habits* that you can keep up for the rest of your lives. Here are some other things a weight-control program should do:

- Include a variety of health care professionals on staff: doctors, registered dietitians, psychiatrists or psychologists, and/or exercise physiologists.
- Evaluate your child's weight, growth, and health before enrolling in the program and watch these factors while enrolled.
- Adapt to the specific age and abilities of your child. Programs for 4-year-olds should be different from those for 12-year-olds.
- Help your family keep up healthy eating and physical activity behaviors after the program ends.

### Other resources

- *The Food Guide Pyramid* can help you make healthy food choices for your family. Available from the Center for Nutrition Policy and Promotion, 703-305-7600 and at [www.usda.gov/cnpp/pyrabklt.pdf](http://www.usda.gov/cnpp/pyrabklt.pdf)
- *Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old* can help you teach your young child what to eat to grow and stay healthy. Available from the U.S. Government Printing Office, 202-512-1800 and at [www.usda.gov/cnpp/KidsPyra/PyrBook.pdf](http://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf)
- *Healthy Eating and Physical Activity Across Your Lifespan: Helping Your Child* provides in-depth information for parents. Available from the Weight-control Information Network (WIN), 1-877-946-4627 and at [www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents.htm](http://www.niddk.nih.gov/health/nutrit/pubs/parenttips/tipsforparents.htm)
- [www.kidnetic.com](http://www.kidnetic.com) provides healthy eating and physical activity tips for kids and parents.
- [www.KidsHealth.org](http://www.KidsHealth.org) provides information about nutrition and fitness for kids.
- [www.bam.gov](http://www.bam.gov) answers kids' health questions about body and mind.
- [www.verbnow.com](http://www.verbnow.com) encourages kids to get physically active.



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## Weight-control Information Network

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The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

WIN answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and Government agencies to coordinate resources about weight control and related issues.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This fact sheet was also reviewed by Leonard Epstein, Ph.D., Professor of Pediatrics, Social and Preventive Medicine, and Psychology, University of Buffalo School of Medicine and Biomedical Sciences, and Gladys Gary Vaughn, Ph.D., National Program Leader, Cooperative State Research, Education, and Extension Services, U.S. Department of Agriculture (USDA).

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This fact sheet is also available at [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm).