



**U.S. Department of  
Health and Human  
Services**



**National Institutes  
of Health**



**National Heart,  
Lung, and Blood  
Institute**



A national education program working with parents and caregivers to help them prevent overweight and obesity in their family.

# What is *We Can!*

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- A healthy weight education program
- For families and communities
- Based on science
- Fun activities for youth and parents
- Web site for parents

<http://wecan.nhlbi.nih.gov>

- Resources

Toll-free 1-866-35-WECAN



# It's time for *We Can!* now

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- National data show alarming rates in:
  - Overweight and obesity in children and adults
    - 9 million children are now overweight
- Serious health problems
  - Heart disease
  - Asthma
  - High blood pressure
  - Type 2 diabetes
  - Many more!
- Helping children, helps our families!



# Why the increase?

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- Multiple causes:
  - Lifestyle, environment, and genes
- Bottom line = ENERGY BALANCE (calories and physical activity)
  - More calories consumed:
    - Larger food portions and sizes
    - Eating out more often
    - Increases in soda, pizza, and candy consumption
  - Fewer calories being used up:
    - Declines in physically activity
    - Increases in sedentary lifestyle and screen time
      - Computers and television time

# Why parents and caregivers?

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- ❑ You are great role models!
- ❑ You are the boss at home!
- ❑ You provide critical support!



# The basics of *We Can!*

- A 6-lesson course... focusing on “energy balance”
- Through three topics:
  - Smart nutrition
  - Physical activity
  - Screen time (TV, computer, video)
- ***We Can!*** specific objectives:
  - Healthy foods in the home
  - Enjoy small portions at home and at restaurants
  - Limit foods and beverages high in fat and added sugar
  - Increase family fun with physical activity
  - Reduce screen time
- Not a weight loss program

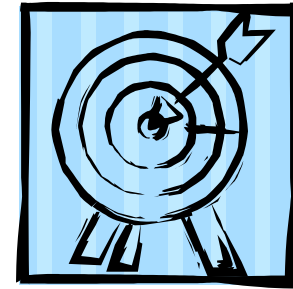


# What can *We Can!* do for you?

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## □ We hope you'll walk away with:

- Strategies and tools
- Fun ways to be an example
- Practical resources for the future



## □ And we hope you'll enjoy learning together!



# Any questions? Your thoughts?

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