



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 address the growing problem of overweight in our nation's youth.

What is *We Can!*



A national education program targeting youth, ages 8–13, and their parents and caregivers in home and community settings to meet the overall goal of preventing overweight and obesity.

Turn-key,
Science-based
program for the
entire
community

Flexible!
Use in a
variety of
settings

Fosters
collaboration!

It's time for *We Can!* now because...

- National data show alarming rates in overweight and obesity in children and adults.
 - The percentage of children & teens that are overweight has doubled in past 30 years
 - About 16% of children (2–19 yrs) are overweight
 - Overweight is having a greater effect on minorities, including African American and Mexican American children
- There are serious health problems related to overweight and obesity.
 - Heart disease, high blood pressure, type 2 diabetes, asthma, low self-esteem, isolation, eating disorders, and more
- Helping children helps our families.

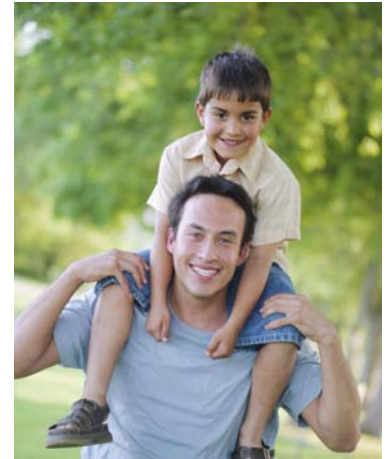


Why the increase?

- Multiple causes
 - Lifestyle, environment, and genes
- Bottom line is ENERGY BALANCE (calories and physical activity)
 - Since 1978, more calories are being consumed:
 - Larger food portions and sizes
 - More meals consumed outside the home
 - Increased soda, pizza, and candy consumption
 - Since 1970, fewer calories are being used up:
 - Declines in physical activity
 - Increases in sedentary lifestyles and screen time
 - Computers and television time

Why parents and caregivers?

- ❑ Studies show parents as effective change agents concerning obesity.
- ❑ The home is a primary source of nutrition for children.
- ❑ Parents can act as effective role models for youth.



The *We Can!* Parent Program

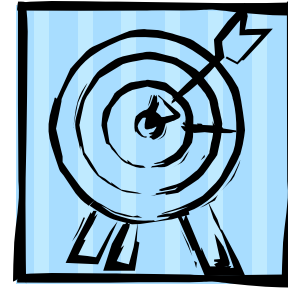
- Is a 4-session program that focuses on “energy balance”
- Has three topics of focus:
 - Smart nutrition
 - Physical activity
 - Screen time (TV, computer, video)
- Encourages *We Can!* specific objectives:
 - Offering healthier foods in the home
 - Enjoying small portions at home and at restaurants
 - Limiting foods and beverages high in fat and added sugar
 - Increasing family fun with physical activity
 - Reducing screen time
- Is not a weight loss program
- Is supplemented with online content and resources



What can *We Can!* do for you?

□ We hope you'll walk away with:

- Strategies and tools
- Ways to be an example
- Resources for the future



□ And we hope you'll enjoy learning together!



Any Questions? Your thoughts?

