

**We Can!** is a fast-growing national movement.

**We Can!** has grown steadily since the program was launched in 2005, from 14 intensive community sites to more than 1000 in all 50 states, the District of Columbia, and 11 other countries by 2009.

**We Can!** community sites include parks and recreation departments, YMCAs, faith-based organizations, medical/health systems, fitness centers, schools, universities and work sites.

Communities can tailor **We Can!** to fit their specific needs and settings—rural to urban—and populations of diverse ethnic (African Americans, Hispanics, etc.) and socioeconomic backgrounds.

**We Can!** is appealing because it empowers children, their parents and caregivers at the community level—from the smallest towns to the largest cities—to make healthy lifestyle choices.

**Childhood overweight is a serious public health problem. In the U.S., nearly one-third of youths are overweight or at risk of becoming overweight.**

From 1980 to 2006, overweight more than doubled among children ages 2-5, almost tripled among youth ages 6-11, and more than tripled among teens ages 12-19.

One out of every six children in the U.S. ages two to 19 is overweight. That's 16.3 percent, or an estimated 12 million youth. An additional 15.6 percent are at risk of becoming overweight.

Extra pounds can add up to life-long problems. Overweight and obese adults increase their risk of heart disease, type 2 diabetes, high blood pressure, certain cancers, and other chronic conditions.

**We Can!™ (Ways to Enhance Children's Activity and Nutrition) is a fast-growing national movement of families and communities coming together to promote healthy weight in children ages 8 through 13 through improved food choices, increased physical activity, and reduced screen time.**

**MORE INFO:** [wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov)

**866-35-WE CAN (866-359-3226)**

**We Can!** provides a centralized resource of science-based educational materials to promote a healthy weight in youth.

The **We Can!** Web site is an invaluable resource for parents and caregivers of youth, as well as community-based and national organizations.

For parents and other caregivers: Tip sheets and tools, plus **We Can!** Energize Our Families: Parent Program, a hands-on, multiple-session curriculum that covers the basics of maintaining a healthy weight through "energy balance."

Three youth curricula: the CATCH™ (Coordinated Approach to Child Health) Kids Club; S.M.A.R.T. (Student Media Awareness to Reduce Television); and Media-Smart Youth: Eat, Think, and Be Active®.

Regional **We Can!** trainings for site leaders are often provided at minimal or no cost.

**We Can!** is a science-based, national education program.

**We Can!** consists of science-based educational programs, support materials, training opportunities, and other resources based on the results of clinical and community studies supported by the National Institutes of Health, the nation's medical research agency. These resources help health professionals, community groups, and others to implement programs for youth, parents, and families in their community.

**We Can!** is supported by the National Institutes of Health (NIH).

**We Can!** is a collaboration of four NIH institutes: National Heart, Lung, and Blood Institute; Eunice Kennedy Shriver National Institute of Child Health and Human Development; National Institute of Diabetes and Digestive and Kidney Diseases; and National Cancer Institute