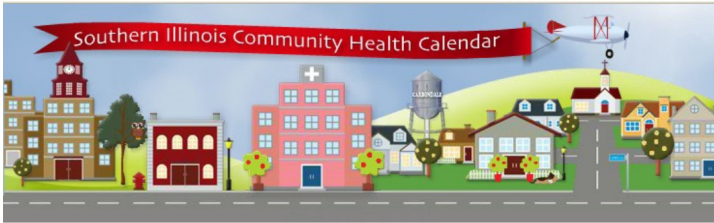


# Family Resources



Keep your eyes peeled for other healthy living tips found every week in the Carbondale Weekend Times paper!!

Check out the community health calendar for upcoming local events and healthy living resources!

[www.communityhealthcalendar.siuc.edu](http://www.communityhealthcalendar.siuc.edu)

Here are some other great resources.....

Source	Description	Link
National Initiative for Children's Healthcare Quality (NICHQ)	Parent resources and tools to help improve children's health.	<a href="http://www.nichq.org/resources/resources_for_parents.html">www.nichq.org/resources/resources_for_parents.html</a>
Let's Move!	Physical activity and nutrition resources for families.	<a href="http://www.letsmove.gov">www.letsmove.gov</a>
American Heart Association	Programs, tips, and activities to improve children's health.	<a href="http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp</a>
United States Department of Agriculture (USDA)	Resources for nutrition and health.	<a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>
Academy of Nutrition and Dietetics (formerly American Dietetics Association)	Strategies to help families make healthy food choices.	<a href="http://www.eatright.org/childhoodobesity/">http://www.eatright.org/childhoodobesity/</a>
5210 Let's Go	Offers a variety of healthy living resources and activities for kids.	<a href="http://www.letsgo.org/?page_id=52">http://www.letsgo.org/?page_id=52</a>
Centers for Disease Control & Prevention (CDC)	Tips for parents and ideas to help children maintain a healthy weight.	<a href="http://www.cdc.gov/healthyweight/children/">www.cdc.gov/healthyweight/children/</a>

