Resources with Current Recommendations

- **Nutrition Guidance for Healthy Children**  
  Provides evidence-informed guidance on child/family nutrition, contributing factors to healthy or risky behaviors, recommendations (conclusion statements based on AND Evidence Library), messaging, and resources.

- **Recommendations for Prevention of Childhood Obesity**  
  Recommendations for obesity reduction and prevention, including 15-minute obesity prevention protocol.

- **Pediatric Weight Management Guideline**  
  Research informed recommendations, background and strength of guidelines.

- **The Role of the Pediatrician in Primary Prevention of Obesity**  
  *American Academy of Pediatrics* [https://bit.ly/1PKq3We](https://bit.ly/1PKq3We)  
  Recommendations for obesity reduction and prevention across age groups.

Resource for Assessment and Talking to Families

- **Pediatricians: How to discuss weight with parents of overweight children**  
  Suggestions for talking to parents or children related to overweight prevention or reduction.

- **Diabetes Self-Management Education and Support (DSMES)**  
  Find diabetes education sites, locations to exercise or find fresh foods, additional resources and links.

- **Pediatric Dietitian Referral for Telehealth**  
  *Through Billings Clinic with Jamie Kaplan RD*  
  Refer through Cerner or faxed referral at (406)435-2278

Displace Diet and Physical Activity Resources in your Office

- **We Can! Displays (NIH)** [https://bit.ly/2Qa7cMX](https://bit.ly/2Qa7cMX)
Food Assistance Program

- **SNAP (Supplemental Nutrition Assistance Program)**
  Supplemental funds for food assistance for income-eligible individuals and families

- **WIC (Women, Infants, and Children)**
  Supplemental food assistance for low-income mothers and children up to 5 years old

- **FDPIR (Food Distribution Program on Indian Reservations)**
  Supplemental food assistance for income-eligible households living on reservations

- **TANF (Temporary Assistance for Needy Families)**
  Temporary cash assistance for low-income families with children

Montana State University Nutrition Education Extension Resources

- **Buy Eat Live Better - SNAP-Ed** [https://buyeatlivebetter.org/](https://buyeatlivebetter.org/)

- **MSU Extension Agent in your county** [https://www.msuextension.org/](https://www.msuextension.org/)

- **State Specialist** [http://nutrition.msuextension.org/](http://nutrition.msuextension.org/)

Resource Tips for Families

- **Family Nutrition and Physical Activity Online Assessment**
  Helps parents identify family nutrition practices and provides suggestions for how a family might improve practices to reduce obesity risk.

- **Food Tips for Parents** *(AND)* [www.eatright.org/for-parents](http://www.eatright.org/for-parents)

- **Food Tips for Kids** *(AND)* [www.eatright.org/for-kids](http://www.eatright.org/for-kids)

- **MyPlate Tip sheets** *(USDA)* [https://www.choosemyplate.gov/myplate-tip-sheets](https://www.choosemyplate.gov/myplate-tip-sheets)

- **Ideas to Help Children Maintain a Healthy Weight** *(CDC)* [https://bit.ly/2cCYCk0](https://bit.ly/2cCYCk0)

- **Let’s Move!** [https://bit.ly/2kAVQh1](https://bit.ly/2kAVQh1)