

Empowering Youth with Nutrition and Physical Activity

Bibliography

Listed in order of appearance in the modules

Location	Data / Quote	Source
¹ Basics Module, Screen 3	Map with obesity rates	Centers for Disease Control and Prevention (CDC). U.S. Obesity Trends: Trends by State 1985–2009. http://www.cdc.gov/obesity/data/trends.html The data shown in these maps were collected through CDC’s Behavioral Risk Factor Surveillance System (BRFSS). http://www.cdc.gov/BRFSS/
² Basics Module, Screen 4	<i>On a national level, in 2007-2008, 34% of adults in the U.S. were considered obese, but this issue is not limited to adults.</i>	Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2007-2008] http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/nhanes07_08.htm .
³ Basics Module, Screen 5	<i>Did you know that in 2007-2008, 18% of adolescents age 12-19 years were obese?</i>	Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2007-2008] http://www.cdc.gov/nchs/nhanes/nhanes2007-2008/nhanes07_08.htm .
⁴ Basics Module, Screen 6	<i>We continue to see a rise in the number of new cases of type 2 diabetes.</i>	Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011. http://www.searchfordiabetes.org/documents/CDCFact2011.pdf
⁵ Basics Module, Screen 10	<i>Did you know that on any given day... Only 22% of youth ate 5 or more servings per day of fruits and vegetables</i>	Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance]. Surveillance Summaries, [June 4, 2010]. MMWR 2010;59(No. SS-5). http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf
⁶ Basics Module, Screen 10	<i>Did you know that on any given day... Only 40% of children ages 2-17 meet the USDA's dietary recommendation for fiber</i>	Lin BH, Guthrie J, Frazao E. American children’s diets not making the grade. <i>Food Review</i> 2001;24(2):8-17. http://www.ers.usda.gov/publications/foodreview/may2001/frv24i2b.pdf

<p>⁷ Basics Module, Screen 10</p>	<p><i>Did you know that on any given day... Only 15% of youth drank 3 or more glasses of milk per day</i></p>	<p>Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance]. Surveillance Summaries, [June 4, 2010]. MMWR 2010;59(No. SS-5). http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf</p>
<p>⁸ Basics Module, Screen 15</p>	<p><i>Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. This includes:</i></p> <ul style="list-style-type: none"> • Aerobic: <i>Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.</i> • Muscle-strengthening: <i>As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.</i> • Bone-strengthening: <i>As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical</i> 	<p>Physical Activity Guidelines for Americans, 2008. Washington, DC: U.S. Department of Health and Human Services, 2008. http://www.health.gov/paguidelines/guidelines/chapter3.aspx</p>

Stated times to complete modules:

- Basics: This module will take approximately 25-30 minutes to complete.
- Role Models: This module will take approximately 15-20 minutes to complete.
- Recommendations: This module will take approximately 35-40 minutes to complete.
- Have Some Fun: This module will take approximately 35-40 minutes to complete.

TOTAL = 110 – 130 minutes