

**We Can!**™ offers curricula and resources for parents and youth to help families focus on three important behaviors: improved food choices, increased physical activity, and reduced screen time.

The following resources include the four curricula that are integral to the **We Can!** program, as well as a selection of the latest resources available from **We Can!** for use by parents, caregivers, and communities.



## Curriculum for Parents and Caregivers

**We Can! Energize Our Families: Parent Program** is a multiple session curriculum that covers the basics of maintaining a healthy weight. The core concept is “energy balance,” or the long-term balance between ENERGY IN (calories from food) and ENERGY OUT (calories used through activity). The fun and hands-on lessons focus on helping participants learn skills that can help their families make healthful food choices and become more physically active. The program, piloted in 14 community sites around the country, is available in both six- and four-lesson versions.

## Three Youth Curricula for Community Organizations



**CATCH (Coordinated Approach to Child Health) Kids Club** is an after-school program targeted to elementary school age children to educate them about improved nutrition and increased physical activity. The program uses a coordinated approach to helping children adopt healthy dietary and physical activity behaviors by positively changing the health environments of recreation programs, schools, and homes. CATCH Kids Club is an adaptation for the after-school setting of the highly successful CATCH study, funded by the NIH's National Heart, Lung, and Blood Institute, and included in over 80 scientific publications.

**S.M.A.R.T. (Student Media Awareness to Reduce Television)** is an in-school curriculum designed to teach third and fourth grade children about the need to reduce television, videotape and DVD viewing, and video and computer game use. S.M.A.R.T. was developed by child health and behavior researchers in the Department of Pediatrics and the Stanford Prevention Research Center at the Stanford University School of Medicine. The curriculum was tested in 11 schools with over 1,000 school children. The curriculum has been evaluated and proven to be an effective intervention in several scientific studies, one of which was published in the Journal of the American Medical Association.



**Media-Smart Youth: Eat, Think, Be Active!** is an after-school program designed to help young people ages 11 to 13 become aware of how media may influence the nutrition and physical activity choices they make. The curriculum was developed by NIH's *Eunice Kennedy Shriver* National Institute of Child Health and Human Development. The program culminates with the “Big Production”—an opportunity for youth to create a media project to motivate their peers. Media-Smart Youth was pilot tested in after-school settings, and reviewed by the NIH, the U.S. Department of Agriculture, and education experts. The program has been rigorously evaluated, and is now being implemented by youth-serving organizations across the United States. To download a summary of the Media-Smart Youth evaluation results, visit: [http://www.nichd.nih.gov/publications/pubs\\_details.cfm?from=msy&pubs\\_id=5726](http://www.nichd.nih.gov/publications/pubs_details.cfm?from=msy&pubs_id=5726)



## Resources



### New Resource: Reaching the Media: A Toolkit for *We Can!*™ Communities

The name of the kit pretty much says it all. This new, downloadable guide provides background, pointers, and examples of both materials and ways to build bridges with the media and establish yourself (or another *We Can!* programming spokesperson) as a media go-to source. It is available free of charge at: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/mediatoolkit.pdf>.

### New Resource: Online training—*We Can!*™ Energize Our Families: Parent Program

The condensed but information-rich online Parent Program training is available to you 24/7 with just a click of your mouse. All you need is total of about two hours—which you can break up into smaller sessions—to get an overview of the Parent Program; a look at key content areas for each of the program’s four sessions; and on-the-ground tips you won’t find anywhere else. It is available free of charge at: <http://wecan.nhlbi.nih.gov/get-involved/parenttraining.htm>.



### New Resource: Cooking with Children Tip Sheet

Cooking with children is a good way to help them develop healthy eating habits. Most children enjoy helping in the kitchen. While they help you prepare a meal, you can talk to them about healthy foods. This exciting new resource offers age-appropriate tips on how to involve your children in preparing food for themselves and the whole family! It is available free of charge at: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/cookwithchildren.pdf>

**U R What U Eat** is a compelling visual resource that helps kids better understand which types of foods are nutritious and can be consumed freely (Go), which ones they need to eat less often (Slow), and which ones they need to eat least often (Whoa). This two-page handout also speaks to kids about snacks and combining food groups. Examples of Go, Slow, and Whoa foods, adapted from the CATCH®: Coordinated Approach to Child Health, 4th Grade Curriculum, were developed in conjunction with youth, and cover the fruit, vegetable, grains, milk, meat, and beans food groups. This eye-catching resource can be incorporated into *We Can!* programming for an array of audiences, ranging from children to adults. It is available for download free of charge at: <http://wecan.nhlbi.nih.gov/downloads/urwhateat.pdf>.



**Energize Our Community: Toolkit for Action** gives community planners a one-stop shop of planning tools, reproducible materials, and curricula with dynamic activities for parents to encourage a healthy weight in their family. The toolkit includes a curriculum for parents that teaches them about energy balance and how to increase physical activity and reduce screen time. Community groups, health departments, park and recreation agencies, and other groups can use this resource to conduct local outreach and programming for parents, youth, and the community at large. It also includes helpful tip sheets and assessment tools for working with local media, partners, and conducting community events to support the *We Can!* program.

**Families Finding the Balance: A Parent Handbook** provides practical tips to help families find the right balance of eating well and being physically active to maintain a healthy weight. This useful, easy-to-read handbook is available in English and Spanish and provides resources for further information on real-life strategies for managing a healthy weight in today’s world.



***We Can!* Fact Sheets, Brochures, and Posters** provide basic information about *We Can!* and how families can take action to improve their health by maintaining a healthy weight. They are also a great way to promote *We Can!* programming in community centers, schools, doctors’ offices, or community events.

