



We can!

Ways to Enhance Children's Activity & Nutrition

online



New Web Site

Released in October 2009, the recently revised **We Can!** Web site provides helpful information and resources for parents and caregivers, health professionals, and community sites.

The new Web site includes a fresh perspective and some new additions that highlight the wonderful things going on in the community sites, showcase our partnerships, and share our stories with the many groups interested in ways to prevent childhood overweight.

The Web site includes background information on **We Can!**, information for community sites and partners, access to program materials and other resources, useful tips for parents and families, and much more.

URL: <http://wecan.nhlbi.nih.gov>

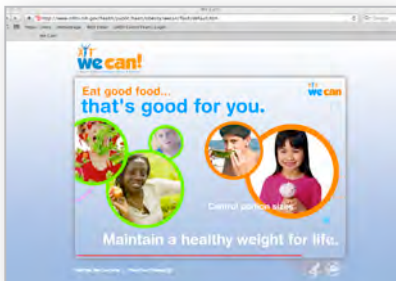


eNewsletter

The **We Can!** in Action eNewsletter highlights **We Can!** community events, partner collaboration, and overall program growth. It also provides helpful tips to improve nutrition, increase physical activity, and reduce screen time, as well as updates on exciting events from **We Can!** communities and partners across the map.

We Can! creates these newsletters quarterly and distributes them to more than 1,700 subscribers.

URL: <http://wecan.nhlbi.nih.gov/news/enewsletter.htm>



Flash Animations

We Can! produced two 60-second Flash animations, each highlighting the importance of preventing overweight and obesity for families. In addition, the community outreach animation can help recruit community members and organizations to get involved.

URL: <http://wecan.nhlbi.nih.gov/flash/default.htm>

URL: <http://wecan.nhlbi.nih.gov/flash2/default2.htm>

Online Materials - Social Networking Web Sites

We Can! uses online social networking Web sites such as Facebook, YouTube, and MySpace to promote *We Can!* tools and resources to large audiences. Each online profile provides program information and encourages users to visit the *We Can!* Web site, as well as the other online social networking sites.

facebook

We Can!'s new Facebook page promotes the program to a potential

audience of more than 400 million active users. The page links to the *We Can!* Web site and highlights resources, photos, other news and research, and initiatives in childhood overweight prevention. Become a fan today!

URL: <http://www.facebook.com/nihwecan>



You Tube

We Can!'s YouTube profile promotes two *We Can!* Flash animations that encourage communities

and families to get involved with *We Can!*. YouTube provides an audience of over 20 million viewers.

To date, the *We Can!* YouTube channel has more than 1,750 views, while individual video clips have received more than 1,900 views.

URL: <http://youtube.com/nihwecan>



myspace
a place for friends

We Can!'s MySpace profile promotes *We Can!* to a potential

audience of over 80 million viewers. In addition to information about the program and links to the *We Can!* Web site, the MySpace profile promotes other program social network Web sites, includes the *We Can!* YouTube channel, and embeds the *We Can!* Web banner ads. The profile, which has over 2,000 views and more than 70 friends, has helped *We Can!* sign up new community sites.

URL: <http://myspace.com/nihwecan>



National Heart, Lung, and Blood Institute
National Institute of Diabetes and Digestive and Kidney Diseases

Eunice Kennedy Shriver National Institute of Child Health and Human Development
National Cancer Institute