

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 five 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 program, piloted in 14 community sites around the country, is available in both six- and four-lesson versions.


Four Youth Curricula for Community Organizations

 The SPARK PE and SPARK After School Programs are designed to promote physical activity in youth from K-12, and ages 5-14, respectively, and they both include curricula, training, equipment, and follow-up support components. The original SPARK study was supported by the National Heart, Lung, and Blood Institute, in conjunction with San Diego State University.

CATCH **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. CATCH Kids Club is an adaptation for the afterschool 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 afterschool 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. Media-Smart Youth was pilot-tested in afterschool 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

Resources



New Resources: Three New Matte Articles

Our new, ready-to-use news articles can be used for organizational newsletters, Web sites, or other communication vehicles. Titles include *Dancing and Drumming: The Native American Quest for a Healthy Weight*; *Pinching Pennies with Quick, Cheap Eats*; and *From a Child's Perspective*. They are available free of charge from: <http://wecan.nhlbi.nih.gov/news-events/matte-articles.htm>

New Resources: Four New Tip Sheets

Four new tip sheets are available for you to tack up on your bulletin board, stick under a fridge magnet, or copy and hand out to your family and friends. They cover topics from *Sugar in Drinks* and *Making Physical Activity Fun* to *Fats and Oils to Choose* and *Help Children Reduce Screen Time*. Download them free of charge at: <http://wecan.nhlbi.nih.gov/tools-resources/index.htm>



Reaching the Media: A Toolkit for We Can! Communities

The name of the kit 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://wecan.nhlbi.nih.gov/downloads/mediatoolkit.pdf>.

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>.



U R What U Eat is a two-page handout that helps kids understand how to make healthy food choices, based on the Go, Slow, and Whoa foods, which were adapted from the CATCH®: Coordinated Approach to Child Health, 4th Grade Curriculum and developed in conjunction with youth. This handout identifies the best food choices in the fruit, vegetable, grains, milk, and meats 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. 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.

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.

