

**We Can!**<sup>®</sup> 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 materials 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



**Media-Smart Youth: Eat, Think, Be Active!**<sup>®</sup> 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](http://www.nichd.nih.gov/publications/pubs_details.cfm?from=msy&pubs_id=5726)



**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*.



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.

# Resources

## We Can! Posters

**We Can!** displayed messages of healthy eating, being physically active, and reducing screen time in over 4,000 buses and subways in 13 cities during the summer and fall. The transportation displays are now available for you to use in your community. The four posters are online to download in English and Spanish at: <http://wecan.nhlbi.nih.gov/tools-resources/index.htm>. To order a larger poster pack, contact us at [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov) or 1-866-35-WECAN.



## New Matte Articles

Our new, ready-to-use news articles can be used for organizational newsletters, Web sites, or other communication vehicles.



- [Put the Wild into Your Child: Use a Trip to the Farm to Spark a Healthy Change](#)
- [Forget the Gym Fees: Find Free Fun for the Whole Family](#)
- [Secrets of Making School Lunches Kids Won't Want to Trade](#)
- [Tasty Holiday Tips to Help Your Family Celebrate and Maintain a Healthy Weight](#) (in English and Spanish)

They are available for download from: <http://wecan.nhlbi.nih.gov/news-events/matte-articles.htm>

## Podcast

Want to learn more about how to combat childhood obesity in your community? Check out our NIH Radio podcast providing tips on how to help the whole family maintain a healthy weight. Download them at: <http://wecan.nhlbi.nih.gov/tools-resources/index.htm>.



## Fact and Tip Sheets

- Two new fact sheets provide an overview of overweight and obesity statistics for African American and Hispanic populations and ways in which the **We Can!** program helps to make positive changes in communities by helping families everywhere eat better, move more, and reduce screen time.
- The “Secrets to Making Healthy and Fun School Lunches” tip sheet offers advice on making school lunches that your child will look forward to eating.

Download them 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 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 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 for download at: <http://wecan.nhlbi.nih.gov/get-involved/parenttraining.htm>.

**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.

