



DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

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Resources

[AAFES School Meal Program](#)

[Centers for Disease Control Physical Activity Guidelines for Children and Adolescents](#)

In 2008, the U.S. Department of Health and Human Services (HHS) issued Physical Activity Guidelines for Americans, which provide science-based recommendations to help persons aged 6 years or older improve their health through physical activity

[Local School Wellness Policy Resources](#)

This comprehensive set of model nutrition and physical activity policies¹ is based on nutrition science, public health research, and existing practices from exemplary states and local school districts around the country.

Resources for Parents

How can I tell if my child is overweight or obese?

The American Academy of Pediatrics (AAP) recommends the use of Body Mass Index (BMI) to screen for overweight and obesity in children and teens aged 2 through 19 years.

What is BMI?

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of

body fatness for most children and teens.

How is BMI used?

BMI is used as a screening tool to identify possible weight problems for children. Although BMI is used to screen, it is not a diagnostic tool.

[The CDC's guidelines for measuring children's height and weight at home](#)

To measure height accurately at home to calculate BMI-for-age.

Choose the Right Foods

- **Choosing Foods for Your Family**

GO, SLOW, and WHOA Foods An easy way to learn about which foods are lower in fat and calories is to think in terms of GO, SLOW, and WHOA. Downloadable charts, fun family recipes, tips for eating out, and much more are all available from the [US Department of Health and Human Services National Heart Lung and Blood Institute](#) website.

Other Partners

[Dietary Guidelines for America: US Department of Agriculture](#)

The President's Council on Fitness, Sports and Nutrition is a committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about opportunities to develop accessible, affordable and sustainable physical activity, fitness, sports and nutrition programs for all Americans regardless of age, background or ability. The Council's mission is to engage, educate and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. For more information about the Council and its members, visit <https://health.gov/pcsfn>. In addition to its presidential advisory role, the Council promotes and maintains the President's Challenge Physical Activity and Fitness Awards program (President's Challenge) which encourages all Americans to include physical activity - 30 minutes per day for adults and 60 minutes per day for youth - in their daily lives. For more information about the President's Challenge programs, visit <https://health.gov/pcsfn>.

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