



## **LEARN MORE. Get the Facts about Challenge I: Obesity**

### **Minnesota Idea Open Challenge I: Ideas for Addressing Obesity video**

[www.youtube.com/watch?v=sC\\_wWHA9dBM](http://www.youtube.com/watch?v=sC_wWHA9dBM)

### **Minnesota Compass...Measuring progress. Inspiring action.**

[www.mncompass.org/health/index.php](http://www.mncompass.org/health/index.php) This site provides straightforward information regarding the health of Minnesotans, specifically in the areas of obesity and diabetes.

### **Minnesota Public Radio | MPR newsQ | “Fighting Obesity One Meal at a Time”**

<http://minnesota.publicradio.org/projects/2010/03/obesity/index.shtml#pa> MPR explores how changing our food culture could help cure obesity. Find their latest programs on the topic, useful stats, additional resources and more.

### **do**

[do-groove.com](http://do-groove.com) Blue Cross Blue Shield’s fun campaign to promote physical activity. Listen to stories of real people changing their lives by grooving their bodies.

### **Catalyst**

[www.bethecatalyst.org/](http://www.bethecatalyst.org/) Catalyst is a statewide movement of young people based in Minnesota with a focus on two important issues: healthy eating and fighting the tobacco industry. Their site is oriented toward teens and has stories, videos and a blog with lots of cool features on obesity. Don’t miss the video about falling in love with vegetables!

### **Centers for Disease Control and Prevention – Minnesota**

[www.cdc.gov/obesity/stateprograms/fundedstates/minnesota.html](http://www.cdc.gov/obesity/stateprograms/fundedstates/minnesota.html) Just the facts. Provides key stats for Minnesota and other states.

### **Minnesota Department of Health – Physical Activity and Nutrition Program**

[www.health.state.mn.us/divs/hpcd/chp/cdr/obesity/index.html](http://www.health.state.mn.us/divs/hpcd/chp/cdr/obesity/index.html) Learn about the state's efforts to support health and fitness, get state-level health data and read helpful tips.

### **Healthy Minnesota Workplaces – An Initiative of the Minnesota Department of Health**

[www.health.state.mn.us/divs/hpcd/NGAtoolkit/toc.html](http://www.health.state.mn.us/divs/hpcd/NGAtoolkit/toc.html) Download a toolkit to help employers develop health workplace initiatives.

### **The University of Minnesota Obesity Prevention Center (OPC)**

[www.ahc.umn.edu/opc/](http://www.ahc.umn.edu/opc/) Learn about the research that is happening at our own University of Minnesota. The site includes research studies, presentations, policy briefs and links to other resources.

### **Leadership for Healthy Communities**

[www.leadershipforhealthycommunities.org](http://www.leadershipforhealthycommunities.org) This site showcases a national program of the Robert Wood Johnson Foundation designed to support government leaders in their efforts to reduce childhood obesity through public policies that promote active living, healthy eating and access to healthy foods. The site includes a toolkit for taking leadership on the issues in your community.

### **New York Times – Fitness and Nutrition**

[well.blogs.nytimes.com/2010/03/01/in-obesity-epidemic-whats-one-cookie/](http://well.blogs.nytimes.com/2010/03/01/in-obesity-epidemic-whats-one-cookie/) Stay on top of the news about issues related to health living. Ranges from recipes and personal stories to policy analysis.

### **Let's Move**

[www.letsmove.gov/](http://www.letsmove.gov/) Learn about First Lady Michelle Obama's initiative to solve the epidemic of childhood obesity within a generation. Includes tips and resources for families and schools. (We're trying to get her to come participate in the Idea Open!)

### **Robert Wood Johnson Foundation – Childhood Obesity Program**

[www.rwjf.org/childhoodobesity/index.jsp](http://www.rwjf.org/childhoodobesity/index.jsp) Includes articles and links to lots of data and reports about childhood obesity in the US.

### **Anytime Health**

[www.anytimehealth.com/en-us](http://www.anytimehealth.com/en-us) Anytime Fitness provides an online resource for living well. Plan your meals, track your workouts and share knowledge and successes with friends. The site also provides resources, nutrition tips and exercise videos.