



The American Academy of Pediatrics (AAP) parenting website, healthychildren.org, is an excellent source of health, nutrition, and fitness information for parents, children, and adolescents. The “Healthy Living” section includes six different categories, such as Nutrition (with 80 concise, one-page articles covering a broad spectrum of pediatric nutrition topics) and Fitness (20 articles). Other topics are Sports, Oral Health, Emotional Wellness, and Growing Healthy. Finally, over two dozen aspects of pediatric overweight issues are addressed in the Obesity category of the section titled “Health Issues”. www.healthychildren.org

YEAH! Youth Engaged in Activities for Health

A Healthy Lifestyle Program for Kids, Teens, and Their Families

St. Luke’s offers a program specifically addressing childhood obesity. The YEAH! (Youth Engaged in Activities for Health) program is a “Healthy Lifestyle Program for Kids, Teens, and Their Families”. YEAH! focuses on healthy eating, physical activity, and positive behavior changes. The eight and twelve week programs are offered to children ages 6-16, who have a BMI of 85% or greater, are referred by a healthcare professional, and have parents who agree to be involved in the program. Families will learn fun physical activities, behavior modification lessons, and monthly clinic appointments with a pediatrician, nurse, dietician, exercise physiologist, physical therapist and counselor.

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The High Five Daily Do, found on the Children’s Healthcare Collaborative website www.highfiveidaho.org, is a valuable online resource that lists healthy lifestyle tips daily. Parents are able to go online daily to view healthy recipes, community events promoting health and recreation, education, etc. Families are also able to sign up for the email list and healthy lifestyle tips will be emailed to them daily. The highfiveidaho.org website also hosts many other resources for promoting a healthier lifestyle.



The 2-1-1 Idaho Careline is a free, statewide, community information and referral service. 2-1-1 is a comprehensive database that includes programs that offer free or low cost health and human services or social services, such as rental assistance, energy assistance, medical assistance, food and clothing, child care resources, emergency shelter, and more. Agents at the 2-1-1 Idaho Careline connect people in need with government, faith-based, and community resources. Childhood obesity resources can be found on the 2-1-1 Idaho Careline website. Various community events like local farmer’s markets, city organized fun activities, and 4H programs can be found on this site. Use the 2-1-1 Idaho Careline to connect with crucial childhood obesity resources. www.211.idaho.gov

The Y is committed to strengthening communities and families by developing successful youth, engaging people in healthy living, and instilling a commitment to social responsibility. The YMCA partners with many groups and organizations to provide hundreds of youth programs to tens of thousands of kids every year. These programs help children develop values, improve skills, and build healthy relationships, which results in positive behaviors, better health, and academic achievement. Through the YMCA's four Treasure Valley facilities and hundreds of programs, youth, adults, and families have access to endless opportunities to achieve healthy living. Programs include: swimming, land and water sports, weight loss and nutrition, disease prevention and management, wellness coaching, workplace wellness, group exercise, baby/parenting wellness, and a dozen community-based races and triathlons held throughout the year. www.ymcatvidaho.org/facilities/facility-hours. Locations in Caldwell, Boise, Idaho Falls.



Be Outside, Idaho is a coalition of over 100 diverse organizations that collaborate and share resources to help address 'nature deficit disorder' and connect Idaho's youth to the outdoors. Partners include representatives from: state and federal public lands managers, wildlife managers, healthcare providers, educators, city parks and recreation departments, nonprofit organizations, elected officials, individuals and others. Be Outside Idaho provides resources and opportunities to Idahoans that promote youth activity and outdoor time. Visit the Be Outside Idaho website for information and links to many guides, how-to activities, places to go, and things to do in Idaho. www.beoutsideidaho.org

Visit the Boise Capital City Farmer's Market every Saturday April through December in downtown Boise. Everyone at the market grows, makes, and creates all the amazing products they sell. At the market families can buy fresh fruits and vegetables. The Market also accepts EBT cards/food stamps and will give twice the amount on the EBT card if purchasing fruits and vegetables. <http://capitalcitypublicmarket.com>



The Boise Urban Garden School (BUGS) is a specialized; inquiry based educational organization that uses and organic garden setting as the foundation for our unique learning environment. Each year, BUGS serves nearly 2,500 youth through multiple programs. BUGS offers summer programs, field trips, and community events. Visit their website to learn more about the Boise Urban Garden School. www.boiseurbangardenschool.org 208-891-4769