

***We Can!* prevent obesity**

We Can! is a turnkey childhood obesity prevention program for families and communities available from four Institutes at the National Institutes of Health (NIH).

Launched by U.S. Department of Health and Human Services Secretary Mike Leavitt in June 2005, *We Can!* has more than 20 national partner organizations, including the Academy. Community organizations nationwide, including hospitals, schools, public health departments, obesity coalitions, universities, and park and recreation departments have joined the effort to prevent obesity in families.

For use with parents and primary caregivers of youths, the program includes a community toolkit, parent program, tip sheets, poster, PowerPoint presentations, a parents handbook and choice of three science-based curricula for use with children and youths.

Pediatricians can use the *We Can!* Parent Handbook and other tip sheets and tools to educate parents on how they can help their children maintain a healthy weight.

To download new tip sheets and other resources, visit the Health Care Providers section of the Get Involved page on the *We Can!* Web site: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-involved/. Free single print copies are available of the *We Can! Families Finding the Balance: A Parent Handbook*. Additional copies can be ordered for a small cost. For more information, call 800-35-WECAN (800-359-3226).