



# Childhood Wellness and Obesity

## *How YMCA's Can Help Communities Take Action*

A FREE, one-day conference for YMCA  
staff and volunteers

Friday, January 26, 2007  
Princeton University



Sponsored by:  
The Education Research Section,  
The Center for Health and Wellbeing,  
The Future of Children, and  
The Woodrow Wilson School  
of Public and International Affairs, Princeton University  
The New Jersey Alliance of YMCAs

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The prevalence of obesity in children in America has more than doubled in the past 20 years, and approximately 14 percent of children are now considered overweight. There is growing recognition among policymakers that this problem requires action; however, there is uncertainty about which policies and programs will most effectively address the problem.

This conference is designed as a follow-up to the March 2006 issue of The Future of Children, "Childhood Obesity." The purpose of this conference is to link the latest research on overweight and obesity to strategies that local YMCAs can implement to address this growing problem.



The goal of the day is to provide each YMCA with information that will help them create a community action plan to combat obesity. Each YMCA should plan to invite 8 affiliates (i.e., school administrators, local government officials, ). Each YMCA will have an opportunity to showcase their best practices, and should plan to bring examples of such programs.



**Register online at:**

[www.futureofchildren.princeton.edu/  
ymca\\_obesity/index.asp](http://www.futureofchildren.princeton.edu/ymca_obesity/index.asp)

**Registration ends December xx, 2006**

