



October 21, 2015

Dear Physician and Health Care Provider:

Since 2001, the Healthy Jacksonville Childhood Obesity Prevention Coalition has brought the community together to address our childhood obesity epidemic. Its 2009 evidence-based Call to Action policy recommendations for our community emphasized the important role played by the primary care provider. Today, however, health care providers continue to face significant obstacles when confronted with an at-risk, overweight or obese child. These include time constraints, reimbursements and, importantly, access to updated and relevant local healthy lifestyle resources.

We are proud to provide you with this Childhood Obesity Starter Kit created for primary care providers. In addition to this folder, the kit is available in digital and web-based\* formats and follows the American Academy of Pediatrics' recommendations for the prevention\*\* and treatment\*\*\* of childhood obesity. In this kit, we have assembled a concise list of practical tools we think will be helpful to the providers as they organize their practice to address this disease. Additionally we have included herein a "short list" of local resources for patients and families as they become engaged in healthier lifestyles. An extended and continuously updated compendium will appear on the coalition website\*.

We would like to thank the many contributors to this kit, which includes our partners as well as many people and organizations across the community and beyond who have helped with their time, expertise and materials. We hope you will thank them for their efforts. They are listed separately in the acknowledgements page.

Finally, we hope this is just a beginning and our Starter Kit and list of community resources will continue to evolve and grow based upon your feedback.

Sincerely,

Jonathan Evans, MD  
Co-Chair, Healthy Jacksonville Childhood Obesity Coalition  
Division of Pediatric Gastroenterology and Nutrition  
Nemours Children's Specialty Care, Jacksonville, Florida

Jenna Braddock, MSH, RD, CSSD, LD/N  
Nutrition Instructor  
Department of Dietetics and Nutrition  
University of North Florida

Sources:

\* [www.HJCOPC.org](http://www.HJCOPC.org)

\*\* <http://pediatrics.aappublications.org/content/early/2015/06/23/peds.2015-1558>

\*\*\* [http://pediatrics.aappublications.org/content/120/Supplement\\_4/S254.full](http://pediatrics.aappublications.org/content/120/Supplement_4/S254.full)