

Contact:  
Kim Morgan  
EVP of Communications  
United Way of Western Connecticut  
(203) 348-7711 x238



PRESS RELEASE

FOR IMMEDIATE RELEASE

### *Interactive Tools Available to Combat Obesity*

Stamford, CT (April 9, 2010): Weight loss has gone hi-tech, and the interactive tools aren't just for the adults. These tools from the USDA website can engage kids in learning. These Web sites help consumers and professionals with dietary assessment and planning, checking personal health risks, testing knowledge, and evaluating needs. Go to <http://fnic.nal.usda.gov> for more tools and ideas.

#### **Interactive Menu Planner:**

<http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

*DHHS. NIH. National Heart, Lung, and Blood Institute.*

Helps user plan meals to meet specific calorie requirements.

#### **ZisBoomBah:**

<http://zisboombah.com>

Free online tool that helps kids learn to "Pick Chow!" by dragging and dropping foods onto their virtual plate with the help of "Add it Up!" meters and five-star nutrition rating scores.

#### **Children's Energy Needs Calculator:** [www.bcm.edu/cnrc/healthyeatingcalculator/eatingCal.html](http://www.bcm.edu/cnrc/healthyeatingcalculator/eatingCal.html)

*USDA. ARS. Children's Nutrition Research Center at Baylor College of Medicine.*

Interactive tool to calculate a child's energy needs based on age, current size and activity level.

#### **Portion Distortion Quiz:**

<http://hp2010.nhlbihin.net/portion>

Do you know how food portions have changed in 20 years? To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion. You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

#### **Powerful Bones. Powerful Girls™:**

[www.bestbonesforever.gov](http://www.bestbonesforever.gov)

*DHHS. Centers for Disease Control and Prevention.*

Site for young girls featuring games, quizzes, e-postcards, and ideas for increasing calcium consumption. Part of the National Bone Health Campaign to promote optimal bone health and reduce the risk of osteoporosis.

###

#### **ABOUT UNITED WAY OF WESTERN CONNECTICUT**

United Way of Western Connecticut's mission is: "To improve lives by mobilizing the power of caring communities to create lasting change". We work to advance the common good by creating opportunities for a better life for all. Working with many partners, United Way is focused on the building blocks that we need for

a good life: a quality education that leads to a stable job, income that can support a family through retirement, and good health. The towns covered within UWWC's region are Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman, Stamford, Warren and Washington. For more information about United Way of Western Connecticut, please visit: [www.uwwesternct.org](http://www.uwwesternct.org).

**Note to Editor:**

Please see the service area of United Way of Western Connecticut listed above. If this article will appear in a publication within other towns in Fairfield County, please also contact Donna Pfrommer at 203-339-6312.