



Basics of *We Can!*[™]

Why work with families?

As parents and caregivers, you make a big difference in what your children and the children you care for think and do. You are role models for your family. If you eat right and are physically active, there is a good chance your children will make these

choices too.

According to the Institute of Medicine's report *Preventing Childhood Obesity: Health in the Balance*, published in 2004, "a child's health and well-being is fostered by a home environment with engaged and skillful parenting that models, values, and encourages sensible eating habits and a physically active lifestyle." Your goal as a parent or caregiver is to promote "energy balance" in your family's life.

What is energy balance?

A person's weight is the result of many things including metabolism (the way your body converts food and oxygen into energy), genes, eating and physical activity behaviors, and environment.

[Visit the Energy Balance section](#) to learn how changes to your eating and physical activity behaviors and environment help you balance ENERGY IN and ENERGY OUT and maintain a healthy weight.

Learn about BMI and a Healthy Weight

The ratio of weight to height is known as the body mass index (BMI). [Learn how to calculate your BMI](#) and determine if you are at a healthy weight.

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