

# HEALTHY HABITS EVERY DAY!





## SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

- ▶ One in 5 children in the United States are obese.
- ▶ Excess weight puts children at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.
- ▶ The good news? Childhood obesity is preventable.



IT'S IMPORTANT TO PRACTICE  
HEALTHY HABITS, BUT HEALTHY  
LIVING CAN SOMETIMES FEEL  
CHALLENGING OR  
OVERWHELMING

The 5-2-1-0 recommendations are 4 simple guidelines to build healthy habits and support healthy growth in children.

- ▶ 5 servings of fruits and veggies
- ▶ 2 hours or less of screen time
- ▶ 1 hour of physical activity
- ▶ 0 sugary drinks



## A vibrant collage of various fruits and vegetables, including lemons, tomatoes, bell peppers, almonds, blueberries, kiwi, and avocado, arranged on a dark background. The items are presented in a visually appealing manner, with some in white bowls and others directly on the surface. The collage is framed by a blue border with white geometric shapes in the corners.

- ▶ Offer fruits and vegetables at each meal and for snacks.
- ▶ Avoid frying. Try steaming, baking, stir frying or serving raw fruits and vegetables.
- ▶ Fresh, canned, and frozen all count as a serving. Look for fruits canned with no added sugars and rinse canned vegetables in water to reduce sodium or choose low sodium canned veggies.

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# BENEFITS OF HEALTHY EATING



- ▶ Keeps skin, teeth, and eyes healthy
- ▶ Supports muscles
- ▶ Helps achieve and maintain a healthy weight
- ▶ Strengthen bones
- ▶ Supports brain development
- ▶ Boosts immunity
- ▶ Helps the digestive system function



## 2 HOURS OR LESS OF SCEENTIME



Too much screentime can lead to headaches, sleep issues, tantrums, and can limit development of language and emotional skills.

- ▶ Replace screen time with something healthy, like physical activity or reading.
- ▶ Set limits on screen time.
- ▶ Put away devices and turn off the TV during mealtimes.
- ▶ Screentime can interfere with sleep. Make sure your child gets adequate sleep.
- ▶ It is recommended that children under age 2 should have no screen time.



# 1 HOUR OF PHYSICAL ACTIVITY

Children and teens need 60 minutes of moderate to vigorous physical activity.

- ▶ Physical activity is good for your child's physical and mental health.
- ▶ Encourage your child to participate in activities they enjoy.
- ▶ Become active as a family by hiking, walking or bike riding together.
- ▶ Start with 10 minutes of activity throughout the day and work your way up to 60 minutes.

# 0 SUGARY DRINKS



Sugary drinks are the main source of added sugar in a child's diet and provide little nutritional benefit.

- ▶ Sugary drinks include sodas, teas, sports drinks, punch, and other fruit-flavored drinks.
- ▶ Serve water at each meal!
- ▶ Pack a water bottle and make sure water is accessible.
- ▶ Make water more exciting by adding slices of lemon, berries, cucumber or watermelon.
- ▶ Choose whole fruit over fruit juice.



# HEALTHY HABITS EVERY DAY!



## RECAP OF RECOMMENDATIONS

- ❑ 5 servings of fruits and vegetables
- ❑ 2 hours or less of screen time
- ❑ 1 hour of physical activity
- ❑ 0 sugary drinks

Set yourself up for success.

Don't try to do everything at once.

Pick one guideline, set a goal, and take one step at a time.

- ▶ For more information or healthy living resources visit:
  - ▶ [Getthehealthyclarkcounty.org](http://Getthehealthyclarkcounty.org) ([Vivasaludable.org](http://Vivasaludable.org))
    - ▶ Learn more about programs, information, and other resources to help you get moving, eat better, and live smoke-free.
  - ▶ [healthychildren.org](http://healthychildren.org)
    - ▶ Website developed by the American Academy of Pediatrics for parents. It features thousands of articles in English and Spanish on children's health and safety, as well as interactive tools.
  - ▶ [myplate.gov](http://myplate.gov)
    - ▶ Online tool features a large collection of recipes and resources to support building healthy and budget-friendly meals.
  - ▶ [fruitsandveggies.org](http://fruitsandveggies.org)
    - ▶ A resource designed to help spread the word about the health benefits of adding more fruits and veggies to your diet.

# DATA SOURCES

- ▶ Benefits of Healthy Eating, Centers for Disease Control & Prevention (<https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>)
- ▶ Screen time and children, Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>)
- ▶ Sleep Recommendations and Children, American Academy of Pediatrics (<https://publications.aap.org/aapnews/news/6630>)
- ▶ Physical Activity and Children, Centers for Disease Control & Prevention (<https://www.cdc.gov/physicalactivity/basics/children/index.htm>)
- ▶ Sugary Drinks Harm Kids Health, Robert Wood Johnson Foundation (<https://stateofchildhoodobesity.org/sugary-drinks-harm-kids-health/#:~:text=On%20average%2C%20kids%20are%20drinking,waters%2C%20sweetened%20coffee%20and%20tea.>)





THANK YOU FOR  
ATTENDING. ANY  
QUESTIONS?