



## SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

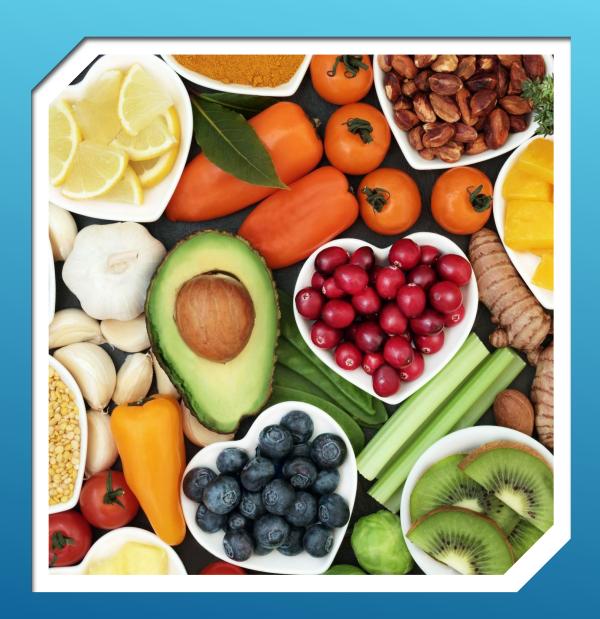
- One in 5 children in the United States are obese.
- Excess weight puts
   children at risk for health
   problems that were
   once seen only in
   adults, like type 2
   diabetes, high blood
   pressure, and heart
   disease.
- The good news?
  Childhood obesity is preventable.



## 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 veggi/s
- ▶ 2 hours or less of screen time
- ▶ 1 hour of physical activity
- ▶ 0 sugary drinks



### 5 SERVINGS OF FRUITS AND VEGETABLES

Fruits and vegetables are packed with nutrients your child needs to grow healthy.

- 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.

#### 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.



#### O 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.



### 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:
- Gethealthyclarkcounty.org (Vivasaludable.org)
  - Learn more about programs, information, and other resources to help you get moving, eat better, and live smoke-free.
- 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
  - Online tool features a large collection of recipes and resources to support building healthy and budget-friendly meals.
- 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 (<a href="https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html">https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html</a>)
- Screen time and children, Mayo Clinic (<a href="https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952">https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952</a>)
- Sleep Recommendations and Children, American Academy of Pediatrics (<a href="https://publications.aap.org/aapnews/news/6630">https://publications.aap.org/aapnews/news/6630</a>)
- Physical Activity and Children, Centers for Disease Control & Prevention (<a href="https://www.cdc.gov/physicalactivity/basics/children/index.htm">https://www.cdc.gov/physicalactivity/basics/children/index.htm</a>)

# THANK YOU FOR ATTENDING. ANY QUESTIONS?