

## Recommended Resources

### Books

- ♥ *Help Your Child Grow Up Healthy & Strong*  
U.S. Departments of Health and Human Services, Agriculture, and Education ([www.smallstep.gov](http://www.smallstep.gov))
- ♥ *A Parent's Guide to Childhood Obesity* by Sandra G. Hassink, MD
- ♥ *How to Get your Kid to Eat (But not too much)* by Ellyn Satter
- ♥ *It's Not Your Fault that You're Overweight* by Merilee A. Kern

### DVD's

- ♥ Max's Magical Delivery: Fit for Kids!  
([www.ahrq.gov/child/dvdobesity.htm](http://www.ahrq.gov/child/dvdobesity.htm))

### Family programs

- ♥ Walk NH! ([www.walkNH.org](http://www.walkNH.org))
- ♥ KidPower! ([www.dhhs.state.nh.us/DHHS.htm](http://www.dhhs.state.nh.us/DHHS.htm))
- ♥ LiveFit NH ([www.nhptv.org/livefitnh](http://www.nhptv.org/livefitnh))

### Fitness and nutrition information and activities for children and parents

- ♥ UNH Cooperative Extension ([extension.unh.edu](http://extension.unh.edu))
- ♥ [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies)
- ♥ [www.mypyramid.gov](http://www.mypyramid.gov)
- ♥ [www.eatright.org](http://www.eatright.org)
- ♥ [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- ♥ [www.circusfit.com](http://www.circusfit.com)
- ♥ [www.kidnetic.com](http://www.kidnetic.com)
- ♥ [www.verbnow.com](http://www.verbnow.com)
- ♥ [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)
- ♥ [www.bam.gov](http://www.bam.gov)

### TV and video monitoring

- ♥ [www.time-scout.com](http://www.time-scout.com)
- ♥ [www.tvallowance.com](http://www.tvallowance.com)

### BMI information and calculators

- ♥ [www.cdc.gov](http://www.cdc.gov)
- ♥ [www.kidsnutrition.org/bodycomp/bmiz2.html](http://www.kidsnutrition.org/bodycomp/bmiz2.html)

Content based on:

Recommendations from the April 2007

New Hampshire Childhood Obesity Expert Panel

*Preventing Childhood Obesity: Promoting physical activity & healthy eating.*



# Promoting Physical Activity & Healthy Eating

▶ *A Guide for Parents and Caregivers*



## Introduction

The family is the primary unit that ensures the health of a child. But when it comes to the rising prevalence of childhood overweight and obesity, it takes a community effort! In the fall of 2006, the NH Childhood Obesity Expert Panel developed recommendations for NH communities who wish to support families in improving physical activity and dietary habits. While the panel developed recommendations for schools, pediatricians, community centers, and parks and recreation facilities, this booklet outlines the recommendations for you and your family.

We recognize that not all of these recommendations can be done at once. We encourage you to take them step by step and pick the ones that are easiest for your family to do right now. Once you have reached your goal, you can move on to another one!

- Serve as positive role models for children in your family. Eat healthy and get at least 30-60 minutes of moderate physical activity a day. Moderate activity should increase your heart and breathing rates but not so much that it is difficult to talk.



- Choose breastfeeding as the exclusive method for feeding infants during the first 4-6 months of life.
- Make a variety of fruits and vegetables readily available in the home for dinners, snacks, and desserts.

- Choose “whole grain” breads, pasta, crackers and cereals. Look for the word “whole” on the label.
- Offer smaller portions and encourage your child to listen to his or her own hunger cues. Allow them to decide when they have finished eating a meal.
- Avoid using food as a reward or taking it away as punishment.

- Incorporate physical activity into your child’s daily routine when her or she is young to establish a lifelong habit.
- Walk or bike to do errands or to visit a friend.
- Encourage outdoor play.
  - ✓ Engage in family outings and vacations that are centered around physical activity.
  - ✓ Give gifts that encourage activity such as jump ropes, balls, and sports equipment.
  - ✓ Find opportunities in your community for physical activity (parks, ball and soccer fields, lakes or pools, youth programs, camps, etc.).



## What is “Body Mass Index”?

BMI is a medical screening tool commonly used to identify weight problems such as underweight, overweight or obesity that may lead to health issues in both children and adults.

It is calculated using an individual’s weight and height. For children and teens, BMI is age- and sex-specific and commonly referred to as “BMI-for-age.”

BMI does not diagnosis a weight problem by itself. Further assessments by a child’s health care provider may be necessary to determine if excess body fat is a problem.

- Limit children’s screen time (television, videogames, computer use, text messaging) to less than 2 hours per day (excluding school work). Try planning out TV time at the beginning of each week.
- Encourage healthy self esteem by focusing on physical health, not weight. Children who feel good about themselves are more apt to take care of themselves.
- Talk with your child’s health care provider about his/her weight status and monitor age and gender-specific Body Mass Index (BMI) percentiles.
- Reach for 5-2-1-0! Use 5-2-1-0 to set goals for your family. Start by choosing one of the goals in 5-2-1-0 and take steps to help your family reach it.



For more information on how to incorporate 5-2-1-0 into your life, visit us on the web at:

[www.healthynh.com](http://www.healthynh.com)

Look for the 5-2-1-0 logo

- 5:** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2:** Cut screen time to 2 hours or less a day (TV, computers, video games).
- 1:** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0:** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of fat-free/skim or 1% milk.