

Healthy for Life

A Guide for Families



Featuring



Shaping Habits for Life

Nemours Health and Prevention Services (NHPS) is committed to helping stop the problem of childhood obesity. NHPS works with many organizations—schools, child care centers, primary care providers, youth-serving organizations—to help make it easier for children to eat healthy and be more physically active.

Almost one third of U.S. children aged 2 to 19 are overweight or obese. You can change this by helping your child grow up healthy.

Our message for a healthy life is *5-2-1-Almost None*. Following it can help your child eat better and be more physically active. It can help not only kids but adults too. Try to live *5-2-1-Almost None* and be a role model for your child!

Try the tips in this book for eating healthy and being active. Before you know it, you and your kids will be on your way to better health!

Be sure to visit www.MakingKidsHealthy.org. You can share your story and find other great tips!





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**Kids can't
do it alone.**

**Together we can help our
kids grow up healthy!**

All about 5-2-1-Almost None

5-2-1-Almost None is our message for a healthy life. If you want to feel better and have more energy, try following it. You may not meet your goal each day but every effort counts!



- Stay healthy by eating **FIVE** or more **fruits** and **vegetables** a day.
- Be smart and watch no more than **TWO** hours of **screen time** a day (TV, video games, playing on the computer).
- Be **physically active** for at least **ONE** hour or more a day.
- Have **ALMOST NO** **sugary drinks** like soda and sports drinks.



Did you know?

You can have fruits and vegetables fresh, frozen, or canned (with no added sugar or salt). They are all good for you.

The more fruits and vegetables the better. You can eat them anytime.



Did you know?

If your child watches more than 10 hours of TV a week, they may not do as well in school.

Children who have a TV in their bedroom do less homework. They often read less too.



Did you know?

Being active for one hour or more every day can help your child get better grades in school.

One hour or more of moving your body is great for building strong muscles and bones.



Did you know?

One 20-ounce bottle of soda has about 18 teaspoons of sugar, or one whole cup.

You would have to ride a bike for one hour to burn off the calories from that one soda.

Eat FIVE or more servings of fruits and vegetables a day



Fruits and vegetables are key to a healthy diet. Most fruits and vegetables are full of nutrients. They are also low in calories and fat, and they are full of water and fiber, which makes them filling. For all of these reasons, they are a great choice for your family anytime.

Are canned, frozen, or dried fruits and vegetables as healthy as fresh ones?

Yes! But make sure they don't have added sugar, salt, or sauces. Buy fruits canned in juice. If you buy fruits canned in syrup, drain them and rinse with water.

Tips for Success:

- *Get your child involved.* Let them help you wash, cook, or chop the fruits and vegetables. They love to eat what they help to make.
- *Give your child a new fruit or vegetable* with their favorite old ones. It can take ten or more tries for kids to like a new food. So, if they don't like it the first time, try it again. They might surprise you!
- Make sure there is a *fruit or vegetable choice* at every meal.
- *Have fruits and vegetables where your child can see them.* Have them on the counter or in the fridge, and pre-cut for easier 'grab and go' snacks.
- *Be creative.* Add fruits and vegetables to pancakes, cereal, oatmeal, pasta, or sandwiches.
- *Ask your child to help you choose* vegetables and fruits to buy when shopping. Try new ones every week.



Watch no more than TWO hours of screen time a day

Screen time includes TV, video games, and computer time (not related to schoolwork). Many children are spending six hours or more a day in front of a screen. Limiting screen time to no more than two hours a day can have a direct effect on their overall health.



How do I get my child to turn off the TV or computer?

Give your kids a screen time allowance. Help them make a list of the shows they really want to watch or games they really want to play. Make a log to track their screen time. Set a timer. Once two hours are up, find other fun things to do together. When your children reduce their screen time, give them a reward.

Tips for Success:

- *Try reading and crafts.* Have books, magazines, and puzzles around.
- *Go to the park or playground.* Maybe take a walk around the neighborhood. Go together as a family. It's a great chance to be active together.
- *Instead of turning on the TV,* turn on some music and have fun singing or dancing together.
- *Turn off the TV during dinner* and take time to hear about your child's day. Talk about your child's highs and lows for the day.
- *Learn more about turning off the TV* and find resources like TV budgets, Unplugged TV Guide, and fun things to do inside and outdoors. Visit www.MakingKidsHealthy.org/TV

Keep active for ONE hour or more every day

Physical activity means moving your body. Most kids and adults do not move their bodies enough each day. One hour of activity is what kids need daily. Adults should be active for 30 minutes every day. If your heart is pumping fast, you are being active. Try to get breathless once each day!



Being active helps our bodies stay strong and healthy. Kids who are active may do better in school, have more energy, and sleep better.

Tips for Success:

- *Be active together.* Being active with your family is fun! Talk with your kids while walking the dog or shooting hoops.
- *Add more activity to the things you do.* Park your car farther away from store entrances. Take the stairs instead of the elevator.
- *Set up a safe area in your home* where you can play—bad weather is no excuse.
- *Plan active family fun for the weekend.* Try hiking, jumping rope, hula hooping, swimming in the local pool, or tossing a Frisbee in the park.
- *Pick some activities that are hard and easy.* Try walking slow and dancing fast.
- *Throw a “move it” party!* Turn up the music and dance!



Have ALMOST NO sugary drinks

Sugary drinks include sodas and sports drinks. The best choices are water, fat-free or 1% milk, or half cup of 100% juice.

Sugary drinks are not good for your body. They have added sugars and almost no nutrients. Healthy drinks have the nutrients your body needs.



Kids today are drinking too much soda. The amount of soda they drink increases every year. The average teenage boy drinks two cans of soda a day. That's more than 700 cans a year! A teenage girl drinks on average almost one and a half cans of soda each day. That's more than 500 cans per year!

Tips for Success:

- *When thirsty... THINK WATER.* Keep water on hand to quench thirst. Add flavor to your water with fruit or vegetable slices.
- *Start at home.* When you go to the store, buy healthy drinks instead of sugary drinks. Your children learn from you. Let them see you choose healthier drinks.
- *Change what you drink with meals.* Serve water or fat-free milk at meals and snack time.
- *Limit 100% juice* to a half cup (4 oz.) per day. Water and fat-free or 1% milk are the best drinks for kids two and up.

What is BMI?

Body Mass Index (BMI) is an estimate of a person's body fat. Your child's doctor can best measure their BMI.

Using height, weight, age, and gender, BMI ranks children in one of four categories:

- Underweight
- Healthy weight
- Overweight
- Obese



An overweight child may have too much body fat. Too much body fat can lead to illness or other health problems. It is also more likely they will be overweight as adults. Obesity can lead to diabetes, high blood pressure, heart disease, and other health problems, even in children. Children who are underweight may also have health risks.

It is rare, but a child's BMI may be high because they are very muscular. Muscular children do not have a high risk of health problems. Talk to your health care provider to find out more about your child's BMI. To learn about BMI for kids and teens, go to: www.kidshealth.org/parent/nutrition_fit/nutrition/bmi_charts.html

**Once I know my child's BMI category...
what should I do?**



If your child is . . .

Overweight or obese

If your child's BMI is above the healthy weight range, you should talk with your child's doctor. You can also help by:

- Making healthier choices using *5-2-1-Almost None*.
- Making changes for your whole family. Do not focus on one child.
- Letting your child choose their activities and healthy foods.

Don't put your child on a "diet" unless directed to do so by your doctor.

Healthy Weight

If your child's BMI is in the healthy weight range, you can help your child to stay in this range by:

- Making healthier choices using *5-2-1-Almost None*.
- Letting your child choose their activities and healthy foods.
- Asking your child's doctor to check your child's BMI each year

Underweight

If your child's BMI is below the healthy weight range, you should talk with your child's doctor. You can help by:

- Making healthier choices using *5-2-1-Almost None*.
- Letting your child choose their activities and healthy foods. Even if your child is thin, they still need to eat right and be active.
- Encouraging your child not to try to gain weight—unless told to by their doctor.

If you are concerned about your child's weight, talk to their health care provider.

Know your child's fitness level with the FITNESSGRAM®

FITNESSGRAM is a tool many schools are using to measure the fitness of their students. If your child is in fourth, seventh, ninth, or tenth grade in a Delaware public school, you may receive a FITNESSGRAM report.

This report provides information about your child's current fitness level. Physical education teachers and families can use this information to help students improve their fitness.

FITNESSGRAM measures your child's:

- strength - how strong
- endurance - time active
- flexibility - stretching and bending
- aerobic capacity - how well their body uses oxygen

Using these five tests:

- *Curl-Up* - measures stomach strength and endurance
- *Trunk Lift* - measures lower back strength and flexibility
- *Push-Up* - measures upper body strength and endurance
- *Sit and Reach* - measures lower body flexibility
- *PACER* - a timed running test that measures aerobic capacity

As a parent, what should you do with this information?

If your child scored in the Healthy Fitness Zone, keep up the good work! Help your child follow *5-2-1-Almost None* to stay healthy and fit.

If your child did not reach the Healthy Fitness Zone for all five tests, try to find ways to help your child get more active. See page 8 for more tips.





Find more info on the web

You can get more information to help you and your family stay healthy at:

- **Making Kids Healthy** - This website is a great resource for parents. It includes articles, tips, and other useful information. You can even share your own success story.

Visit www.MakingKidsHealthy.org



- **Mighty Timoneers** - This fun website for kids has cartoons, tips, games, and videos. It explains how they can eat better and be more active.

Visit www.MightyTimoneers.com

- **KidsHealth** - This website is for kids, teens, and parents. It offers expert health information, articles, tips, and games.

Visit www.kidshealth.org

- **Get Up and Do Something** - This website is for families. It has tools to help you lead a healthier life. Visit www.getupanddosomething.org

- **We Can! (Ways to Enhance Children's Activity & Nutrition)** - This program is from the National Institutes of Health (NIH). It provides simple tips and materials for children. It helps them be active and practice healthy eating. Visit the We Can! website at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

- **Fruits and Veggies: More Matters** - This is an online program from The Produce for Better Health Foundation. It has easy to use cooking advice, shopping tips, and more. Visit www.fruitsandveggiesmorematters.org

- **Kidnetic** - This website is for kids. It offers cool games, simple recipes, and hints on how to be more active. The site also offers the Kidnetic – where kids can send a message to their parents and e-mail about health and fitness. Visit www.kidnetic.org



About Nemours

Nemours is one of the nation’s premier pediatric health systems, operating the Alfred I. duPont Hospital for Children and outpatient practices throughout the Delaware Valley and Northern and central Florida.



- Nemours A.I. duPont Hospital for Children
- Nemours Children’s Clinic
- Nemours Health and Prevention Services
- Nemours Pediatrics
- Nemours Partnership for Children’s Health
- Nemours BrightStart Dyslexia Initiative
- Nemours Center for Child Cancer Research
- Nemours Biomedical Research
- KidsHealth by Nemours



Nemours Health and Prevention Services

Nemours Health and Prevention Services (NHPS) looks at the health of the whole child within his or her family and community. NHPS works with families, community partners, policy makers, schools, child care centers, and primary care practices to help children grow up healthy. Our goal is to make changes in policies and practices that promote child health.

The organization's initial focus is the prevention of childhood obesity. The physical and emotional effects of childhood obesity are profound. NHPS' mission is to make healthy changes that impact kids' lives through the promotion of our formula for a healthy lifestyle: *5-2-1-Almost None*.



Visit www.GrowUpHealthy.org to learn more!

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