

*Get Moving and
Eat Right*



*A Simple Life is
a Healthy Life*

A Healthier Life

Are you ready to begin building a healthier life for you and your family? The first step is to get permission from your primary care provider. Be sure it is safe for you to start making the necessary choices and changes.

Healthy Weight



A healthy weight means a healthy body. Today, it is not easy to make changes but it is important to start somewhere. The most important thing is to make the decision that it is time to change your lifestyle.

A healthy weight can help you to diminish your risk for illness. It is essential to make changes with the support of your family and friends.

Maintaining a healthy weight is the key to having balance with your health and a lifestyle full of energy. Physical activity is very important to reach your goals.

For this to become a reality, you need to make reasonable changes that will have a positive effect on the rest of your life, no matter your age when you begin.

To start, you need information related to your health, the food that you consume daily and how much physical activity you can include in your day.

Physical Activity



A person's weight is the result of many things working together - height, genes, metabolism (the way your body changes food and oxygen into energy), behavior and environment. Our changing environment has created more options for unhealthy food choices, which has resulted in an overall increase in weight over the decades.

Becoming overweight does not happen overnight. It develops over time when the energy we take in by eating is not in balance with the energy we use during physical activity.

Energy is another word for calories. Whenever you eat or drink, energy is coming in. At the same time your body is constantly working, so energy is going out. Energy balance means that your energy in equals your energy out.

Exercise is good for you, it makes you feel better and helps with weight maintenance, but you still need to control what you eat. **Remember:** you will have to walk 3 miles to burn off just one piece of pie.

Your energy in and out does not have to balance exactly every day. It is the balance over time that determines whether you can maintain a healthy weight in the long run. Because children need energy to grow properly, energy balance in children happens when the amount of energy in and out supports growth without promoting excess weight gain.

Did you know?

- * Everyday, on average, 8-18 year olds spend
 - nearly 4 hours watching TV, videos, DVD's, and pre-recorded shows.
 - just over an hour on the computer.
 - about 50 minutes playing video games.
- * Two-thirds of young people today have a TV in their bedroom, a video game player, and nearly one-third have a computer in their bedroom.
- * Youth who have TVs in their rooms spend almost 1-½ hour or more a day watching TV than youth without a set in their room.

To maintain a healthy weight, being physically active is just as important as eating right. Physical activity can...

- * Keep your body healthy.
- * Burn off calories, which can help you stay at a healthy weight.
- * Make your bones and muscles strong.
- * Make you feel energetic.
- * Build strength and endurance
- * Help relieve stress.
- * Help you sleep better.
- * Help your mental health.



Models to follow:

As parents, you are the models that your children will follow for the rest of their life. Evaluating your lifestyle is the most important step to improving your health. The first step to a healthy present and future is to take responsibility. Recognize that it is necessary to help yourself to be able to help your children and the whole family.

What kind of changes can you make?

- Use whole-wheat bread instead of white bread.
- Eat brown rice instead of white rice.
- Try whole-wheat pasta instead of pasta made with white flour. Or try a mixture of the two.
- Use skim or 1% (low-fat) milk instead of whole milk or 2% milk.
- Try low-fat or fat free cheeses and yogurt.
- Add more fruits and vegetables to meals and have them for snacks.
- Add lettuce, tomato, cucumber, and onion to sandwiches, use less or no mayonnaise/spreads on it.
- Add fruit to cereal.
- Decrease portion sizes.

Think Healthy....

Drink water most of the time, a minimum of 32 oz. daily. Other beverages may taste good, but are not as healthy for your body.

Don't try to make dramatic changes to your diet all at once. You would likely feel overwhelmed and deprived of your favorite foods and, therefore, would be more likely to fail.

The same amount of energy "In" and energy "Out" over time = weight stays same

More "In" than "Out" over time = weight gain.

More "Out" than "In" over time = weight loss.

How do you stick to a healthy diet?

Eat smaller servings, and look for healthy alternatives. The key to a healthy, balanced diet is **moderation (Portion control)**. Eat a wide variety of foods, especially those high in nutrients, such as whole grains, fruits, vegetables, low-fat dairy products, fish, lean meats, and poultry.

Find creative ways to add fruits and vegetables to meals.





Grapes



Cherries

Make healthy choices when eating out.

There are usually healthy options at every restaurant, even at fast-food places. The type of restaurant you choose can help you make healthy choices. Ethnic restaurants, such as Indian, Thai, or Japanese, have lots of healthy dishes on the menu. A vegetarian restaurant will obviously have more vegetable choices than a drive-through burger stand. However, most fast-food chains are now offering more low-fat or healthier choices on the menu.

Learn to cook, eat out less often or limit to occasional restaurant meals. **The best** is to stop altogether eating out .

Try these healthy options:

- * Order a veggie pizza with a whole-wheat crust or add lots of veggies to your pepperoni. Order a veggie pizza with grilled chicken instead of sausage or pepperoni. Ask for less cheese on your pizza.
- * Order a pasta with roasted vegetables, grilled chicken, or marinara sauce. Avoid cream-based sauces.



Try these healthy options and cooking tips

- Order a vegetable or grilled chicken wrap.
- Order vegetable soup if available.
- Choose a variety of vegetables from a salad bar.
- Order foods that are broiled or poached rather than fried or breaded.
- Cut back on butter or margarine used on bread. Better yet: dip bread in olive oil instead.
- Order sauces, gravies, and salad dressings on the side so you can control how much you use.
- Share appetizers, desserts, and even entrées with your dining partner.
- Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon.
- Order a child's portion or take half of your meal home.
- Order the smallest portions at fast-food restaurants (don't be tempted to take the big meal at a reduced price); opt for salads or a broiled chicken sandwich (skip the mayonnaise).

Cook with less fat

- Bake, broil, or boil instead of frying. Use a nonstick pan with cooking oil spray. Use only a little bit of vegetable oil or margarine instead of lard, shortening, or butter. Cook beans and rice without lard, bacon, or other fatty meats. Season the beans with green pepper, onion, garlic, oregano, or oleander.

Throw the fat away.

- Cut the fat off beef and pork before you cook. Remove the skin from the chicken and turkey before you eat. Drain the fat from meats after you cook. Cool soups and gravies and skim the fat off with a spoon before you reheat them.



Enjoy food and practice moderation. Food is one of the greatest pleasures. All food if eaten in moderation can be part of a healthy diet. If your favorite food is high in fat, salt, sugar, and calories, limit how often you eat it, but do not eliminate it completely.

Think healthy...
Drink water most of the time.
Other beverages may taste good,
but are not as healthy for your body.

Try following these tips for making fast, healthy meals and snacks:

- * Find recipes using foods that don't require a lot of cleaning and preparation, such as baby carrots, cherry tomatoes, or grapes.
- * Drink 100% fruit (1/4 cup) or vegetable juice as a snack.
- * Blend low-fat yogurt, fruit juice, and canned or frozen fruit to make a smoothie for breakfast or a snack.
- * Use frozen vegetables to make a stir fry with skinless chicken. Serve on top of a quick brown rice or whole-wheat pasta.
- * Add frozen vegetables to a jar of marinara spaghetti sauce and serve on whole-wheat pasta.
- * Cook potatoes or other vegetables in a microwave.
- * Cook vegetables and fruits over the grill. Drizzle them with olive oil and wrap in aluminum foil. Or put them on a skewer and cook directly on the grill.
- * Make a fast fruit salad with sliced bananas, apples, blueberries, and a can of mandarin oranges.

Vegetarian

Some people choose to follow a vegetarian diet, which means they eat only plant-based foods (grains, fruits, vegetables, legumes, nuts, and seeds). It is highly recommended that vegetarians seek nutritional counseling.

If properly planned, vegetarian diets are healthy and can provide all the nutrients a person needs as long as they add complementary proteins. You must be very well informed and cautious to avoid protein deficiency in your diet.



Eating healthy does not have to take a lot of time.

You can prepare a healthy meal just as quickly as an unhealthy one. It is just a matter of planning ahead, having the right foods on hand, and learning how to cook quick, healthy meals.

Vitamin and mineral supplements:

Certain groups of people need specific nutrients, including:

- * Infants and children, who may need supplements such as iron, vitamin D and fluoride.
- * Girls and women, who may need calcium and folic acid supplements, for example.
- * People who are recovering from an accident or an illness, have a chronic disease, or are unable to eat a variety of foods.

Remember: The more fresh and natural the vegetables, fruits and ingredients that you utilize, the healthier it is for you.



Egg plant



Papayas

What is the BMI?

The BMI is the Body Mass Index in relation to your height.

The BMI is only a screening tool. By itself, it is not a diagnostic tool. This can be used for individuals to determine the risk factor for overweight. The BMI gives an advantage to healthcare providers, when it is used as a screening tool for overweight in correlation with clinic risk factors for chronic illness, including high cholesterol, diabetes and hypertension.

Sample of
Pediatric Wheel



Obesity

Risk Factors:

- Diet
- Inactivity
- Parenting Model
- Psychological Factors
- Genetics
- Age
- Pregnancy
- Medical Problems
- Family Influence
- Community Influence

Complications:

- Hypertension
- Arthrosclerosis
- Diabetes
- Asthma
- Apnea
- Liver disorders
- High Cholesterol
- Depression
- Irregular Menstruation
- Self esteem-image

In the next pages, you will find the necessary tools to start a healthy change for everybody in your home.

My Healthy Lifestyle Goal Tracker

Keeping track helps me make changes (See back page for helpful tips.)

Get Moving

Aim for at least 60 minutes of activity a day*

Color in one circle for each 30 minutes that you are active.

My goal is to Get Moving ___ hour(s) a day.

Monday	○ ○ ○ ○ ○ ○
Tuesday	○ ○ ○ ○ ○ ○
Wednesday	○ ○ ○ ○ ○ ○
Thursday	○ ○ ○ ○ ○ ○
Friday	○ ○ ○ ○ ○ ○
Saturday	○ ○ ○ ○ ○ ○
Sunday	○ ○ ○ ○ ○ ○

To Get Moving this week, I will:

* To view the 2008 Physical Activity Guidelines for Americans, visit www.cdc.gov/physicalactivity/

Eat Smart

Aim for 5 to 9 servings of fruits and vegetables a day*

Color in one circle for each serving of fruit or vegetables you eat.

My goal is to Eat ___ servings a day.

Monday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Tuesday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Wednesday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Thursday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Friday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Saturday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Sunday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○

To Eat Smart this week, I will:

* Recommended number of servings varies by age, sex and level of activity. Visit www.fruitsandveggiesmatter.gov for more information.

Pull the Plug

Limit screen time to 1 to 2 hours a day

Color in one circle for each 30 minutes that you had any screen time. Limit TV, computer, and video game time.

My goal is to have no more than ___ hour(s) of screen time a day.

Monday	○ ○ ○ ○ ○ ○
Tuesday	○ ○ ○ ○ ○ ○
Wednesday	○ ○ ○ ○ ○ ○
Thursday	○ ○ ○ ○ ○ ○
Friday	○ ○ ○ ○ ○ ○
Saturday	○ ○ ○ ○ ○ ○
Sunday	○ ○ ○ ○ ○ ○

To Pull the Plug this week, I will:

Drink Well

Choose water and non-fat milk

Color in one circle for each glass of non-fat milk and water that you drink. Limit soda, sports drinks, juice, & sweetened drinks.

My goal is to drink ___ glasses of non-fat milk and water a day.

Monday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Tuesday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Wednesday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Thursday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Friday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Saturday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Sunday	○ ○ ○ ○ ○ ○ ○ ○ ○ ○

This week, I will Drink Well by choosing:

Health messages adapted by the Sacramento County CHDP Program from the 2008 CHDP/Kaiser Permanente childhood obesity poster "Little changes. Big rewards. Are you ready?"

11/08

Tips for Families

Get Moving

Aim for at least 60 minutes of activity a day

Tips to help you Get Moving

Parents Can:

- **Set a good example.** Be active and get your family to join you.
- **Involve kids in active household chores.**
- **Schedule outdoor time.** Plan a weekly activity.
- **Get out and move.** Take your family to the park or pool. Organize family walks or bike rides.
- **Sign up for physical activity.** Join the YMCA, sign up for team sports. Local schools and community centers have free/low cost activity programs.
- **Partner with other parents.** Create activities with other parents, carpool to sport events.

Kids Can:

- **Be a starter.** Start an activity club at school or in your neighborhood. Hold group events such as a jump rope contest, walk-a-thon, bike-a-thon, dance-off.
- **Have fun.** Choose activities that you enjoy.
- **Be active daily.** Whether you are inside or outside put activity in everything you do. Walk your dog, ride your bike, walk to school, dance.

Eat Smart

Aim for 5 to 9 servings* of fruits and vegetables a day

Tips to help you Eat Fruit and Veggies

Parents Can:

- **Take a stand.** Decide which snacks are brought into your home.
- **Make the switch.** Replace chips with fruit or raw veggies. Add dark green and orange veggies to recipes/meals.
- **Offer fresh foods.** Choose fresh or frozen in place of fruit juice.
- **Make food fun and appealing.** Fresh fruit and veggies cut into fun shapes taste better.

Kids Can:

- **Be a helper.** Help prepare fresh fruit and vegetables.
- **Try new foods.** Enjoy a new fruit or veggie.
- **Make a smart choice.** Choose fruit or vegetables with a low-fat dip as a healthy snack.

Families Can:

- **Fuel up with breakfast every morning.**
- **Make a shopping list together.** Prepare and eat healthy meals together at home.
- **Organize a healthy snack drawer.**
- **Take turns choosing favorite healthy foods.**

Pull the Plug

Limit screen time to 1 to 2 hours a day

Tips for Limiting Screen Time

Parents Can:

- **Take the lead.** Make a list with family members of 5 activities that replace TV.
- **Turn it off.** You decide how much screen time your family has each day.
- **Keep it out of the bedroom.** Remove TVs and computers from the bedroom.
- **Tune in to dinner.** Turn off the TV during mealtimes. Focus on sharing a meal together.
- **Get support.** Ask other parents what they do to help reduce their family's screen time.

Kids Can:

- **Go screen-free.** Make your bedroom a screen-free zone.
- **Make a choice.** Choose physical activity over TV viewing or computer time each day.
- **Do something different.** Ask friends what they do instead of watch TV or use the computer. Then, try a new activity!
- **Get more active.** Get friends and family to join you.

Drink Well

Choose water and non-fat milk

Tips for Choosing Healthy Drinks

Parents Can:

- **Be a teacher.** Teach healthy habits. Drink 8-8 glasses of water daily and non-fat milk with meals.
- **Take charge.** Decide what drinks will be available in your home.
- **Offer healthy choices.** Make sure that non-fat milk and water are available instead of juice or soda.
- **Compromise.** Mix 100% juice with half water.
- **Plan ahead.** Remember, kids get thirsty sooner than adults- make sure cold water is always available.
- **Be aware.** Sweetened beverages often provide more calories than a meal. Know what you're drinking. Read the label together and make a healthy choice.

Kids Can:

- **Be "soda-free"** for a day, a week, a month.
- **Drink smart.** Your body needs non-fat milk and water. Quench your thirst with water first.
- **Be prepared.** Carry a water bottle.
- **Read the label.** Choose non-fat milk or 100% juice and reduce your serving size.

Health messages adapted by the Sacramento County CHDP Program from the 2008 CHDP/Kaiser Permanente childhood obesity poster "Little changes. Big rewards. Are you ready?" *Visit www.myvramid.org or www.myvramid.org/inreschoolers/ for more information about nutrition, serving sizes and physical activity.

11/08



Breastfeeding Nuggets

1. Human breast milk is the normal food for infants.
2. Breastfeeding lowers the risk of obesity, heart disease, diabetes and many other diseases.
3. Babies are born to breastfeed.
4. A good site for breastfeeding information:
www.breastfeeding.com



What is WIC?

WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk.

For more information, please call the Kings County WIC office:

559-582-0180



Kings County WIC website

<http://www.countyofkings.com/Health/services.html>

References:

Child & Adolescent Obesity Provider Tool Kit from
California Medical Association Foundation &
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Child Health and Disability
Prevention program.

Other Places To Get Help

Online Resources

USDA Food and Nutrition Information Center Consumer Site

Web Address: <http://www.nal.usda.gov/fnic/>
and/or
<http://www.mypyramid.gov/>

These websites are good guides to materials prepared by the USDA regarding nutrition, dietary guidelines, and the food guide pyramid. It also has information on food safety, dietary supplements, and studies being conducted on nutrition.

To calculate your BMI:

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

If you have questions or need additional information, please contact us at: 559-584-1401 and ask for the CHDP Nurse.



Kings County Department of Public Health
Child Health and Disability Prevention Program
(CHDP)



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