



Obesity Summit News

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Childhood Obesity

Up to one out of every five children in the U. S. is overweight or obese, and this number is continuing to grow. Children have fewer weight-related health and medical problems than adults. However, overweight children are at high risk of becoming overweight adolescents and adults, placing them at risk of developing chronic diseases such as heart disease and diabetes later in life. They are also more prone to develop stress, sadness, and low self esteem. (WebMD, October 2009)



Healthy Care for Healthy Kids Toolkit

There is no better time than now to start looking at your program and your family's daily routine. Below are tips that can be shared with staff and parents. Each link will take you to a reproducible tip sheet that can easily be shared with others!

Get a Healthy Start on Eating Smart

One of the best ways you can help your family stay healthy is to focus on good nutrition and develop smart eating habits early. You may not realize it, but you are the best example your children have when it comes to developing their own eating habits. Use this opportunity, and the following tips, to show them the best way to get a healthy start on eating smart.

For full tip sheet go to:
http://www.nichq.org/childhood_obesity/tools/NutritionTips.pdf

Let's Get Cookin'

One great way to make sure you get five fruits and veggies a day is to make a healthy recipe. Spend some family time together in the kitchen and make one—or all—of these easy, delicious recipes. From snacks to sandwiches and breakfast and side dishes, there's something here for everyone.

For full tip sheet go to:
http://www.nichq.org/childhood_obesity/tools/FamilyFriendlyRecipies.pdf

Help Your Kids Take a Step in the Right Direction: Be Active

Being active is one great way to help yourself and your family stay healthier. In fact, regular physical activity has so many benefits, it's hard to know where to start.

For full tip sheet go to:
http://www.nichq.org/childhood_obesity/tools/ActivityTips.pdf

Resources for Parents and Providers

For full tip sheet go to:
http://www.nichq.org/childhood_obesity/tools/Resources.pdf

Go Walking—Together

Life can be hectic. Why not take a walk with your children? Not only will you be able take a break from a busy day, you'll be starting a healthy activity that will last a lifetime.

For more information go to:
http://www.nichq.org/childhood_obesity/tools/GoWalkingTips.pdf

This e-bulletin is the first of a series which will be distributed quarterly to local child development providers. It is our desire that you share this information as broadly as possible!

Brought to you by the Early Childhood Council of Kern and Community Action Partnership of Kern.

Resources collected from the National Initiative for Children's Healthcare Quality www.nichq.org/childhood_obesity/index.html

