

How to Develop Healthy Habits in Your Children

Presented by
CIGNA Employee Assistance Program

- Learn about the problem of childhood obesity and how to prevent or reverse the problem in your family
- Become aware of good nutrition habits to implement at home
- Learn ways to increase your child's activity level
- Increase awareness about how to be a good role model

- About 17 percent of American children ages 2-19 are overweight (triple the rate in 1975).
- Overweight adolescents have a 70 percent chance of becoming overweight or obese adults.
- The most immediate consequence of being overweight is a child's sense of social discrimination, which can result in low self-esteem, depression and anxiety.
- The longer term consequences are high blood pressure and cholesterol, Type II Diabetes, asthma, joint problems, eating disorders and heart disease.

US Department of Health and Human Services,

The Office of the Surgeon General

www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

- Fast food calories in the daily diet of the average child in the United States could amount to an additional six pounds of body weight per year without an increase in physical activity (*Pediatrics*, January 2004).
- Early indicators of heart disease are showing up in the coronary arteries of 12- and 13-year-old children (Stanford School of Medicine, May 2005).
- Obesity could shorten the average lifespan of an entire generation — today's children — by two to five years (New England Journal of Medicine, March 2005).

What is Considered “Overweight”?

- Overweight is defined differently for children
- A child or teen who is between the 85th and 95th percentile on the growth chart is considered at risk of overweight
- A child or teen at or above the 95th percentile is considered overweight
- Consult your pediatrician if you have concerns
- For a BMI-for-age Chart, visit www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm

- Too many “empty calories” through processed sugars and foods high in fat
- Not enough natural foods such as fruits, veggies and whole grains
- Large portions
- Irregular meal patterns
- Frequent snacking
- Lack of exercise

Make Changes in...

- your child's eating habits
- your child's activity level
- *your* eating habits
- *your* activity level

- The same amount of energy **IN** and energy **OUT** over time = **weight stays the same**
- More **IN** than **OUT** over time = **weight gain**
- More **OUT** than **IN** over time = **weight loss**

*National Heart Lung and Blood Institute “we can!” Program
Department of Health and Human Services*

MyPyramid For Kids
Eat Right. Exercise. Have Fun.
mypyramid.gov

Grains
Make half your plate whole

Vegetables
Try 7 your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein

©2009. Oil is not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun ★ Pick and Sugars — lower your carbs

U.S. Department of Agriculture **USDA**

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

- Stay within daily calorie needs
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low
- Choose food and beverages low in added sugars because they contribute calories with few nutrients
- Choose fish, nuts and vegetable oils for most of your fat sources
- Make at least half of your grain servings whole grain

- Choose lean proteins such as fish, chicken and turkey
- Choose low-fat calcium rich foods such as milk, cheese and yogurt
- Know what is on the school menu and talk to your child about making healthy choices
- Do not use food as a reward

- How much exercise does my child need?
- Make it fun
- Make it family time
- Establish active time as part of your routine
- Wean the screen

- Praise instead of lecture
- Put the emphasis on healthy choices, not weight
- Avoid labeling foods “good” or “bad”
- Be watchful of extremes

- What you DO is more powerful than what you SAY
- Be a good role model
- Make a commitment to change

- President's Council on Fitness **www.fitness.gov**
- We Can! Ways to Enhance Children's Activity and Nutrition
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
- The new food pyramid - **Mypyramid.gov**