



kids and Families Living Healthy Sept. 2022



Improving the Health of Durham
& NC Communities since 1989

Growing Healthy Bodies

Obesity is a growing challenge in the United States, especially since the covid pandemic caused many families to spend time at home and away from activities that promote physical activity. As we transition to our new normal in this pandemic, we must prioritize healthy child growth, which includes their physical development (as well as mental health). For those who have gained weight, it is important to focus on their **healthy growth** and reaching **behavior goals**, rather than focusing on weight loss.

Choosing healthy habits that can last a lifetime!

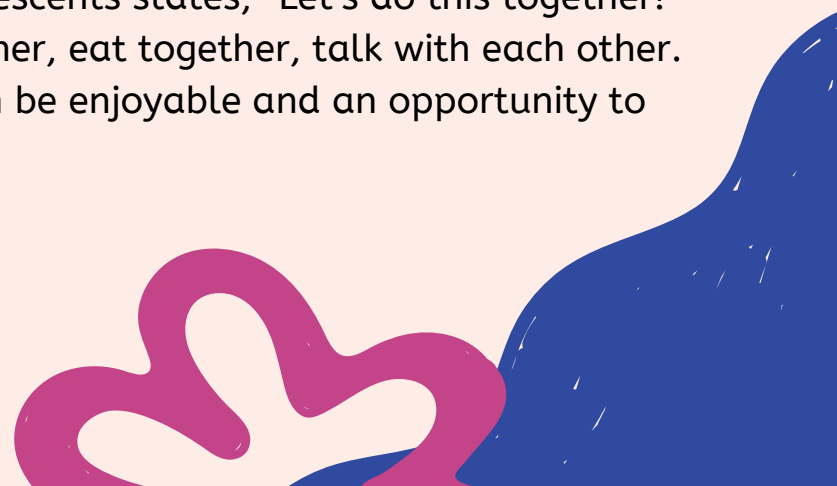
Try to:

- Eat 5+ fruits and vegetables/day
- Limit screen time to no more than 2 hours/day (Televisions and other screens should not be in children's sleeping rooms)
- Do more than 1 hour/day of physical activity (consider school sports or age appropriate physical activity that gets the heart rate up)
- Reduce/eliminate sugar-sweetened beverages
- Choose healthy eating behaviors (eg, 3 meals a day, limit eating out)
- Make this a **WHOLE** Family change



Dr. Mary Braithwaite, a pediatrician at Chapel Hill Pediatrics & Adolescents states, "Let's do this together! Take walks together, eat together, talk with each other. Being healthy can be enjoyable and an opportunity to bond."

Dr. Mary Braithwaite, MD



5 Ways to Improving your family's eating habits (according to healthychildren.org/AAP):

- Don't skip breakfast (eating breakfast is associated with improved school performance).
- Keep healthy snacks on hand (fruit, vegetables, yogurt and cheese are great snacks).
- Watch your portions.
- Eat as a family (family meals are typically more nutritious).
- Keep family meals media-free (pay attention to each other and the food, rather than the screen).

For More Information:

American Academy of Pediatrics - www.healthychildren.org

Must A, and Strauss RS. (1999) "Risks and consequences of childhood and adolescent obesity". International Journal of Obesity, 23, s2-s11.

Please Consider Giving

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.

You may give to Community Health Coalition, Inc. through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on DONATE to make an online donation. Thank You!

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www.communityhealthcoalition.com, call (919)470-8680, and/or email contact@communityhealthcoalition.com.

