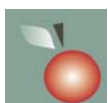


**Recommendations from the  
New Hampshire Childhood Obesity Expert Panel**

**Preventing Childhood Obesity:  
Promoting physical activity  
& healthy eating**

**April 2007**



**Foundation for Healthy Communities**



## About this report

This report is designed to provide practical recommendations to help prevent childhood obesity and the many chronic diseases associated with it.

It is based on the work of a multi-disciplinary panel of New Hampshire professionals with expertise in health care, disease prevention and community health. The strategies and recommendations are based on a review of national reports, evidence-based research, and promising practices. These are general recommendations that can be modified to meet the individual needs of children and their families.



The family is the primary unit that ensures the health of a child and we want to build community efforts to support them. Therefore, this report not only takes into account the care of a child's family and advice of their health care provider, but also calls for a community effort. We encourage you to work with others in your community to offer

education and environments that support healthy behaviors and lifestyles.

We encourage you to read these recommendations and try to adopt one or more of them in your community. We realize that we cannot implement all of these recommendations in a day, but together we can take action that makes a difference in the health of our children.

Keep in mind that these are general guidelines and not intended to replace the advice of a child's health care provider and should be appropriately modified according to the individual needs of children and families.

The Foundation for Healthy Communities can provide you with many of the resource materials referred to in this report. Visit our website at [www.healthyNH.com](http://www.healthyNH.com) to learn more about what you can do.

## Statistics

- ♥ In a 2006 state-wide medical chart review conducted at primary care practices, 32.8% of NH children, aged 6-12 years, were found to be overweight or obese.<sup>1</sup>
- ♥ Over 24% of NH high school students are overweight or obese<sup>2</sup>.
- ♥ Among children with newly diagnosed diabetes, several clinic based studies have shown that the percentage classified as Type 2 has increased from less than 5% before 1994 to 30% - 50% in subsequent years.<sup>3,4,5</sup>



## Conditions associated with overweight and obesity

Type 2 Diabetes  
Atherosclerosis  
High cholesterol  
High blood pressure  
Sleep apnea  
Asthma  
Gallbladder disorders  
Fatty liver disease  
Skeletal disorders  
Depression  
Eating disorders



- 5: Fruits and vegetables...more matters! Eat at least 5 servings a day. Limit 100% fruit juice.
- 2: Cut screen time to 2 hours or less a day.
- 1: Participate in at least one hour of moderate to vigorous physical activity every day.
- 0: Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of fat-free/skim or 1% milk.

The NH Childhood Obesity Expert Panel endorses 5-2-1-0! Educational resources and tools with the 5-2-1-0 message are available for both clinicians and community organizations. You will see them listed under the resource section on each page of this report. You can access many of these tools online at [www.healthyNH.com](http://www.healthyNH.com) or by contacting the Foundation for Healthy Communities at [info@healthyNH.com](mailto:info@healthyNH.com) or (603) 225-0900.

1. Foundation for Healthy Communities. New Hampshire Childhood Obesity Report. September 2006.  
2. Centers for Disease Control and Prevention. 2005 Youth Risk Behavior Survey. Available at: [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss). Accessed on March 13, 2007.  
3. Fagot-Campagna A, Pettitt DJ, Engelgau MM, Burrows NR, Geiss LS, Valdez R, Beckles GL, Saaddine J, Gregg EW, Williamson DE, Narayan KM. Type 2 diabetes among North American children and adolescents: an epidemiologic review and a public health perspective. *J Pediatr*. 2000 May;136(5):664-72.  
4. Pinhas-Hamiel O, Dolan LM, Daniels SR, Standiford D, Khoury PR, Zeitler P. Increased incidence of non-insulin-dependent diabetes mellitus among adolescents. *J Pediatr*. 1996 May;128(5 Pt 1):608-15.  
5. Rosenbloom AL, Joe JR, Young RS, Winter WE. Emerging epidemic of type 2 diabetes in youth. *Diabetes Care*. 1999 Feb;22(2):345-54

# Recommendations for Families

- ♥ Serve as positive role models for children in your family. Eat healthy and get at least 30-60 minutes of moderate physical activity a day. Moderate activity should increase your heart and breathing rates but not so much that it is difficult to talk.
- ♥ Choose breastfeeding as the exclusive method for feeding infants during the first 4-6 months of life.
- ♥ Make a variety of fruits and vegetables readily available in the home for dinners, snacks, and desserts.
- ♥ Choose “whole grain” breads, pasta, crackers and cereals. Look for the word “whole” on the label.
- ♥ Offer smaller portions and encourage your child to listen to his or her own hunger cues. Allow them to decide when they have finished eating a meal.



## Recommended Resources

### Books

- ♥ *Help Your Child Grow Up Healthy & Strong*  
U.S. Departments of Health and Human Services, Agriculture, and Education ([www.smallstep.gov](http://www.smallstep.gov))
- ♥ *A Parent's Guide to Childhood Obesity*  
by Sandra G. Hassink, MD
- ♥ *How to Get your Kid to Eat (But not too much)*  
by Ellyn Satter

### DVD's

- ♥ Max's Magical Delivery: Fit for Kids!  
([www.ahrq.gov/child/dvdobesity.htm](http://www.ahrq.gov/child/dvdobesity.htm))

### Family programs

- ♥ Walk NH! ([www.walkNH.org](http://www.walkNH.org))
- ♥ KidPower! ([www.dhhs.state.nh.us/DHHS.htm](http://www.dhhs.state.nh.us/DHHS.htm))
- ♥ LiveFit NH ([www.nhptv.org/livefitnh](http://www.nhptv.org/livefitnh))

### Fitness and nutrition information and activities for children and parents

- ♥ UNH Cooperative Extension ([extension.unh.edu](http://extension.unh.edu))
- ♥ [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies)
- ♥ [www.mypyramid.gov](http://www.mypyramid.gov)
- ♥ [www.eatright.org](http://www.eatright.org)
- ♥ [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- ♥ [www.circusfit.com](http://www.circusfit.com)
- ♥ [www.kidnetic.com](http://www.kidnetic.com)
- ♥ [www.verbnow.com](http://www.verbnow.com)
- ♥ [www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)
- ♥ [www.bam.gov](http://www.bam.gov)

### TV and video monitoring

- ♥ [www.time-scout.com](http://www.time-scout.com)
- ♥ [www.tvalloance.com](http://www.tvalloance.com)

### BMI information and calculators

- ♥ [www.cdc.gov](http://www.cdc.gov)
- ♥ [www.kidsnutrition.org/bodycomp/bmiz2.html](http://www.kidsnutrition.org/bodycomp/bmiz2.html)

- ♥ Avoid using food as a reward or taking it away as punishment.
- ♥ Incorporate physical activity into your child's daily routine when they are young to establish a lifelong habit.
- ♥ Walk or bike to do errands or to visit a friend.
- ♥ Encourage outdoor play.
  - Engage in family outings and vacations that are centered around physical activity.
  - Give gifts that encourage activity such as jump ropes, balls, and sports equipment.
  - Find opportunities in your community for physical activity (parks, ball and soccer fields, lakes or pools, youth programs, camps, etc.).
- ♥ Limit children's screen time (television, videogames, computer use, text messaging) to less than 2 hours per day (excluding school work). Try planning out TV time at the beginning of each week.
- ♥ Encourage healthy self esteem by focusing on physical health, not weight. Children who feel good about themselves are more apt to take care of themselves.
- ♥ Talk with your child's health care provider about his/her weight status and monitor age and gender-specific Body Mass Index (BMI) percentiles.

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## What is “Body Mass Index”?

BMI is a medical screening tool commonly used to identify weight problems such as underweight, overweight or obesity that may lead to health issues in both children and adults.

It is calculated using an individual's weight and height. For children and teens, BMI is age- and sex-specific and commonly referred to as “BMI-for-age.”

BMI does not diagnosis a weight problem by itself. Further assessments by a child's health care provider may be necessary to determine if excess body fat is a problem.

# Recommendations for Pediatric Primary Care Clinicians

- ♥ Universal BMI screening.
- ♥ Document and plot age and gender-specific BMI on growth charts.
- ♥ Measure and record blood pressure at all well child visits after age two years.
- ♥ Conduct physical activity assessment.
- ♥ Conduct screen time assessment.
- ♥ Screen for co-morbidities:
  - Dyslipidemia
  - Diabetes Mellitus
  - Asthma
  - Obstructive Sleep Apnea or sleep-disordered breathing
  - Joint pain/Limp/Slipped Capital Femoral Epiphysis
  - PCOS (Polycystic Ovary Syndrome)
  - Pseudotumor Cerebri
  - Mental health issues such as depression, anxiety, trauma and eating disorders.
- ♥ Educate parents:
  - Show growth curve and where child's BMI falls on the chart.
  - Provide dietary advice that includes taking steps to:
    - ✓ Increase fruit and vegetable consumption to at least 5 servings every day.
    - ✓ Restrict consumption of soda and sugar sweetened beverages, including fruit drinks.
    - ✓ Limit 100% fruit juice (opt for a piece of fruit instead).
    - ✓ Increase intake of whole grain foods.
  - Provide physical activity advice that includes taking steps to accumulate at least one hour of moderate to vigorous physical activity every day.
  - Advise that children limit screen time to 2 hours or less per day (television, video games, computer, text messaging).
  - When speaking to patients/parents:
    - ✓ Use appropriate language that is sensitive and non-judgmental.
    - ✓ Focus on the health of the patient, not their weight.
    - ✓ Educate parents/patient about the health risks associated with overweight or obesity.
- ♥ Attend continuing medical education seminars to:
  - Learn and practice motivational interviewing techniques.
  - Improve comfort and effectiveness of weight management counseling.
- ♥ Develop or enhance office systems in support of screening and management of childhood weight issues.
- ♥ Improve coordination with and awareness of community resources.



## Recommended Resources

### Screening

- ♥ Sonne BMI Wheel: Boston Children's Hospital\*

### Assessment

- ♥ 5-2-1-0 Pediatric Weight Management Flipchart\*

### Education

- ♥ 5-2-1-0 Education materials\*
  - Lifestyle advice pocket card
  - Patient/parent physical activity and nutrition education handouts
  - 5-2-1-0 Posters
- ♥ Power Point slides on childhood obesity\*
- ♥ American Academy of Pediatrics Overweight and Obesity Website ([www.aap.org/healthtopics/overweight.cfm](http://www.aap.org/healthtopics/overweight.cfm))
- ♥ Lighten Up NH! ([www.lightenupnh.org](http://www.lightenupnh.org))
- ♥ Centers for Disease Control ([www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov))

### Management

- ♥ Discovery Health "Childhood Obesity: Combating the Epidemic" ([www.ahrq.gov/child/dvdobesity.htm](http://www.ahrq.gov/child/dvdobesity.htm))
- ♥ American Academy of Pediatrics Overweight and Obesity Website ([www.aap.org/healthtopics/overweight.cfm](http://www.aap.org/healthtopics/overweight.cfm))

\* available by contacting [info@healthynh.com](mailto:info@healthynh.com) or visiting [www.healthynh.com](http://www.healthynh.com)

# Recommendations for Schools

## Recommended Resources

### Menu planning

- ♥ USDA Dietary Guidelines for Americans
- ♥ USDA Child and Nutrition Programs ([www.ers.usda.gov/Briefing/ChildNutrition](http://www.ers.usda.gov/Briefing/ChildNutrition))
- ♥ NH Farm to School ([www.nhfarmtoschool.org](http://www.nhfarmtoschool.org))
- ♥ NH Department of Education Wellness Policy Toolkit: ([www.ed.state.nh.us/education/doe/organization/programsupport/Localwellnesspolicy.htm](http://www.ed.state.nh.us/education/doe/organization/programsupport/Localwellnesspolicy.htm))

### Education

- ♥ 5-2-1-0 education materials\*
  - Physical activity and nutrition handouts
  - 5-2-1-0 Posters
- ♥ Power Point slides on childhood obesity\*
- ♥ Team Nutrition ([www.fns.usda.gov/tn](http://www.fns.usda.gov/tn))
  - ✓ Success stories
  - ✓ Best practices
  - ✓ Recipes for schools and child care centers
  - ✓ Educational resources
  - ✓ Resource library
  - ✓ Grants
- ♥ NH Department of Health & Human Services, Nutrition and Health Promotion ([www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies))
- ♥ Centers for Disease Control ([www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov))

\* available by contacting [info@healthynh.com](mailto:info@healthynh.com) or visiting [www.healthynh.com](http://www.healthynh.com)

## Nutrition

### You can:

- ♥ In all areas where food is sold or offered (cafeteria, a-la-carte, school stores, vending machines, fundraisers, school parties and celebrations, sporting events, etc.):
  - Decrease foods high in fat, sodium and added sugars (such as candy, soda, and fried foods).
  - Provide water or skim/non-fat or 1% milk, not soda or other sugar sweetened beverages (including sports and fruit drinks).
  - Provide skim/non-fat or 1% milk (including flavored milks) in place of whole or 2% milk .
  - Limit 100% fruit juice.
  - Ensure that foods offered include a variety of fruits and vegetables.
  - Post nutrition education materials.
- ♥ Sell only healthy, nutritious food (fruit, nuts, etc.) in fundraisers or use items such as greeting cards, gift wrap, or a healthy cookbook. Hold a physical activity event to raise funds (jump rope, dance, and walk-a-thons).
- ♥ Ask teachers not to use food as a reward or take snack- or lunch-time away as a method of discipline. Use pencils, stickers, or erasers as rewards instead.
- ♥ Educate parents on healthy snacks and lunches.



### Work with school officials to:

- ♥ Modify school cafeteria menus, a-la-carte offerings, vending machine items, and other foods offered in school to promote healthy eating habits. Suggestions include:
  - Ensure that all foods and beverages available in school contribute to the 5 major food groups of the Food Guide Pyramid.
  - Eliminate deep fryers and avoid purchasing pre-fried foods. Replace fried foods with baked.
  - Use foods made from “whole grains” (breads, crackers, cereals, etc.).
  - Offer only healthy, appealing foods in vending machines or consider eliminating vending machines from the school.
- ♥ Involve students in making changes.
- ♥ Provide adequate time (at least 20 minutes after sitting down to eat) and space for students to eat meals in a pleasant, safe environment.
- ♥ Place healthy foods in high visibility areas and price them competitively.

- ♥ Provide pre-service and in-service training for food service staff on:
  - How to modify recipes to make them healthy.
  - How to offer healthy foods within a tight budget.
  - Promoting healthy eating habits.
  - Planning healthy menus based on foods available through vendor contracts.
- ♥ Partner with local community organizations to offer nutrition education. Such partnerships may include hospitals or your county’s UNH Cooperative Extension office.

# Recommendations for Schools (continued)

## Physical Activity

### You can:

- ♥ Hold activity events such as walks, hikes, and outdoor games.
- ♥ Promote and teach lifelong, non-competitive physical activities such as walking, biking, snowshoeing, games, etc.
- ♥ Do not withhold recess or use “no recess” as a punishment.
- ♥ Promote active recess time and encourage recess before lunch.
- ♥ Implement walking programs during recess or as part of curriculum.
- ♥ Map and mark a walking route around the school grounds.
- ♥ Implement a walk/bike to school program. Work with your local government to ensure safe routes.
- ♥ Endorse and promote no more than 2 hours a day of non-school screen-time (TV, videogames, computer use, text messaging).
- ♥ Ensure that physical education programs provide substantial amounts of moderate-to-vigorous physical activity (at least 50% of the class time).



### Work with school officials to:

- ♥ Aim to assist every child in accumulating the recommended 60 minutes of moderate to vigorous physical activity daily. Suggestions include:
  - Offer physical activity during study periods, as appropriate.
  - Involve older students as facilitators for physical activities.
  - Use curriculum based programs that incorporate activity into traditional lessons.
- ♥ Expand physical activity opportunities for students. Provide clubs, lessons, intramural sports and non-competitive activities that meet the varied interests of students. Look for partnerships in your community to help develop programs.
- ♥ Partner with others in your community to address transportation issues to and from any before and after school activities.
- ♥ Offer quality daily physical education for all students.
- ♥ Ensure that physical education is taught by certified and highly qualified physical education teachers.
- ♥ Allow school facilities to be available for use during non-school hours (gym time, walking route in hallways, etc.).

## Recommended Resources

### Assessment:

- ♥ Physical Education Curriculum Analysis Tool ([www.cdc.gov](http://www.cdc.gov))

### Education

- ♥ 5-2-1-0 education materials \*
  - Physical activity and nutrition handouts
  - 5-2-1-0 Posters
- ♥ BAM! ([bam.gov/teachers/handouts.html](http://bam.gov/teachers/handouts.html))

### Physical activity programs

- ♥ Walk NH! ([www.walkNH.org](http://www.walkNH.org))
- Kid Power! ([www.dhhs.state.nh.us](http://www.dhhs.state.nh.us))
- ♥ Stanford Dance for Health ([www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1382101](http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1382101))
- ♥ Take 10! ([www.take10.net](http://www.take10.net))
- ♥ Safe Routes to Schools ([www.saferoutestoschools.org](http://www.saferoutestoschools.org))

### Classroom curriculum and energizers

- ♥ Granite State FitKids ([www.granitestatefitkids.org](http://www.granitestatefitkids.org))
- ♥ CATCH ([www.sph.uth.tmc.edu/catch/about\\_science.htm](http://www.sph.uth.tmc.edu/catch/about_science.htm))
- ♥ Planet Health ([www.hsph.harvard.edu/prc/proj\\_planet.html](http://www.hsph.harvard.edu/prc/proj_planet.html))
- ♥ Eat Well & Keep Moving ([www.hsph.harvard.edu/nutritionsource/EWK.html](http://www.hsph.harvard.edu/nutritionsource/EWK.html))
- ♥ [ncpe4me.com](http://ncpe4me.com)
- ♥ Take 10! ([www.take10.net](http://www.take10.net))
- ♥ Stanford Adolescent Heart Health Program ([med.stanford.edu](http://med.stanford.edu))

### Media Awareness

- ♥ Media Smart Youth ([www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy))
- ♥ MediaSmart ([www.childhealthservices.org](http://www.childhealthservices.org))
- ♥ Stanford S.M.A.R.T. ([notv.stanford.edu](http://notv.stanford.edu))

*For a full list of evidence-based programs and promising practices, visit [www.healthyNH.com](http://www.healthyNH.com)*

- \* available by contacting [info@healthynh.com](mailto:info@healthynh.com) or visiting [www.healthyNH.com](http://www.healthyNH.com)

# Recommendations for Schools (continued)

## Recommended Resources

### School Health Assessment

- ♥ CDC School Health Index
- ♥ *Changing the Scene*  
UNH Cooperative Extension:  
([extension.unh.edu](http://extension.unh.edu))
- ♥ School Nutrition Association.  
([www.schoolnutrition.org](http://www.schoolnutrition.org))

### BMI measurement and reporting

- ♥ Sonneville BMI Wheel\*
- ♥ "BMI Measurement" sample protocol\*
- ♥ Sample "health report letter" \*

### Education

- ♥ 5-2-1-0 education materials\*
  - Physical activity and nutrition handouts
  - 5-2-1-0 Posters
- Power Point slides on childhood obesity\*

### Classroom curriculum

- ♥ Granite State FitKids  
([www.granitestatefitkids.org](http://www.granitestatefitkids.org))
- ♥ CATCH ([www.sph.uth.tmc.edu/catch/about\\_science.htm](http://www.sph.uth.tmc.edu/catch/about_science.htm))
- ♥ Planet Health  
([www.hsph.harvard.edu/prc/proj\\_planet.html](http://www.hsph.harvard.edu/prc/proj_planet.html))
- ♥ Eat Well & Keep Moving  
([www.hsph.harvard.edu/nutritionsource/EWKM.html](http://www.hsph.harvard.edu/nutritionsource/EWKM.html))
- ♥ Stanford Adolescent Heart Health Program ([med.stanford.edu](http://med.stanford.edu))

### Media Awareness

- ♥ Media Smart Youth  
([www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy))
- ♥ MediaSmart  
([www.childhealthservices.org](http://www.childhealthservices.org))
- ♥ Stanford S.M.A.R.T.  
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## General

### You can:

- ♥ Conduct an assessment of your school's current nutrition and physical activity environment.
  - Use the results to engage the staff, students, parents, and the community in creating an action plan for your school's wellness policy.
  - Take steps to monitor and evaluate your progress implementing your action plan.
- ♥ Promote healthy lifestyles among school staff so they serve as role models.
- ♥ Consider health-focused field trips to farms, supermarkets, or hiking trails.
- ♥ Ask local businesses to help sponsor health and fitness activities in the school (healthy cookbooks, pedometers, snowshoes, health fairs, etc.).

### Work with school officials to:

- ♥ Provide training to school nurses on:
  - BMI measurement and classification.
  - Motivational interviewing to help counsel students and families.
- ♥ Measure BMI once a year in all students:
  - Ensure the privacy of every student.
  - Do not communicate results directly to students. Communicate results to the parents of *every* student along with other health tests (eyesight, hearing, scoliosis, etc.). We do not recommend singling out any one student or student group (i.e., overweight or obese students only).
  - Use appropriate language that is sensitive and non-judgmental:
    - ✓ Focus on the "health" of the student, not their weight. BMI may be in a "healthy" or "unhealthy range."
    - ✓ Educate parents of children  $\geq 85^{\text{th}}$  percentile that their child's BMI "may put them at risk for several chronic conditions such as diabetes, heart disease, skeletal disorders, sleep apnea, etc."
    - ✓ Inform and educate parents prior to sending letters with BMI information.
  - If necessary, ask local health care organizations to assist with effort.
- ♥ Provide community education:
  - Use the aggregate BMI data to educate school administration, staff, parents and the community about the health status of students.
  - Educate school administration, staff, and the community about the value of physical activity and healthy eating.
  - Educate parents about physical activity and healthy eating at open houses, health fairs, family nights and school newsletters.
  - Increase awareness regarding school meals, food services, nutrition and physical activity curriculums, and the efforts of the school district wellness committee.
- ♥ Provide media literacy training to students.
- ♥ Provide health education that emphasize behavioral skills focused on increasing physical activity, improving dietary habits, and decreasing sedentary time.

# Recommendations for After School Programs, Community Centers, and Parks and Recreation Departments

## Nutrition

### You can:

- ♥ Educate children about healthy snacks and other healthy food choices.
- ♥ Provide healthy snacks to children. Offer fruits and vegetables. Look for the word “whole” and offer whole grain snack foods.
- ♥ Use water or skim/non-fat or 1% milk, not soda or other sugar sweetened beverages (including sports and fruit drinks). Limit 100% fruit juice.
- ♥ Use skim/non-fat or 1% milk (including flavored milks) in place of whole or 2% milk.
- ♥ Ask staff not to use food as a reward or take it away as a method of discipline. Use pencils, stickers, or erasers as rewards instead.
- ♥ Sell healthful food in fundraisers (fruit, nuts, etc.) or use alternative items such as greeting cards or gift wrap.
- ♥ Offer healthy food samples and nutrition education at various family events including: family nights, open houses, etc.
- ♥ Hold family dinners with healthy foods.
- ♥ Ask parents in program brochures to supply healthy snacks and lunches—and give examples!
- ♥ Invite vendors who offer healthy foods to your special events.

### Next steps:

- ♥ Offer only healthy, appealing foods in vending machines.
- ♥ Integrate information about fruits and vegetables and healthy nutrition choices in programs such as art, music, math, cooking, etc.
- ♥ Consider adopting a healthy snack policy.



## Physical Activity

### You can:

- ♥ Incorporate physical activity into programs. Consider activities and games that are lifelong, non-competitive and

inclusive of all abilities such as walking, jump rope, swimming, and team building games.

- ♥ Avoid taking away exercise opportunities as a method of discipline.
- ♥ Ensure that all children involved in summer programs receive at least 60 minutes of moderate to vigorous physical activity a day.
- ♥ Endorse and promote no more than 2 hours of screen-time a day (TV, videogames, computer use, text messaging). This does not include school use.
- ♥ Substitute non-educational screen time with activity programs such as games, team building exercises, etc.
- ♥ Promote programs to schools, pediatric and family practices, community organizations, etc.

## Recommended Resources

### 5-2-1-0 Materials\*

- ♥ 5-2-1-0 Poster
- ♥ Physical activity and nutrition handouts

### Physical activity programs and activities

- ♥ CATCH Kids Club ([sph.uth.tmc.edu/catch/KidsClub.htm](http://sph.uth.tmc.edu/catch/KidsClub.htm))
- ♥ Walk NH! ([walknh.org](http://walknh.org))
- ♥ Kid Power! ([dhhs.state.nh.us/DHHS/NHP/Children.htm](http://dhhs.state.nh.us/DHHS/NHP/Children.htm))
- ♥ We Can! ([wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov))
- ♥ Hearts N’ Parks ([nhlbi.nih.gov](http://nhlbi.nih.gov))
- ♥ NH Recreation and Parks Association ([www.nhrpa.com](http://www.nhrpa.com))

### Nutrition information and programs

- ♥ UNH Cooperative Extension ([extension.unh.edu](http://extension.unh.edu))
- ♥ [www.mypyramid.gov](http://www.mypyramid.gov)
- ♥ [www.eatright.org](http://www.eatright.org)
- ♥ Power of Choice ([fns.usda.gov/tr/resources/power\\_of\\_choice.html](http://fns.usda.gov/tr/resources/power_of_choice.html))
- ♥ Centers for Disease Control ([fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov))

### Media Awareness

- ♥ Media Smart Youth ([www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy))
- ♥ MediaSmart ([www.childhealthservices.org](http://www.childhealthservices.org))
- ♥ Stanford S.M.A.R.T. ([notv.stanford.edu](http://notv.stanford.edu))

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# Recommendations for After School Programs, Community Centers, and Parks and Recreation Departments (continued)

## Physical Activity (continued)

### Next steps:

- ♥ Community sport and recreation programs should make physical activities available to all children and youth at reasonable costs; access to recreation facilities should be equally available to both sexes.
- ♥ Work with local schools to increase the availability of school facilities during non-school hours.

## General

### You can:

- ♥ Educate parents about nutrition and physical activity through newsletters, family nights, take home materials.
- ♥ Support local physical activity and nutrition initiatives in brochures, posters, education messages, etc.

### Next steps:

- ♥ Integrate a wellness plan into organizational goals that supports nutrition education, healthy eating and physical activity.
- ♥ Evaluate efforts with surveys for parents, students, and after school staff.
- ♥ Partner with community organizations, parents, healthcare providers, local farmers, businesses, summer camps, etc. to promote healthy lifestyle practices and to implement programs.
- ♥ Provide education and training to staff on healthy eating and physical activity for children and families.

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Promote  
5-2-1-0  
in your community!



- 5:** Fruits and vegetables...more matters! Eat at least 5 servings a day. Limit 100% fruit juice.
- 2:** Cut screen time to 2 hours or less a day.
- 1:** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0:** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

*Contact the Foundation for Healthy Communities for more information on how you can promote 5-2-1-0 in your community!  
Email us at [info@healthynh.com](mailto:info@healthynh.com) or visit our website at [www.healthynh.com](http://www.healthynh.com) to download 5-2-1-0 materials.*

## *New Hampshire Childhood Obesity Expert Panel*

Chuck Cappetta, MD	NH Pediatric Society
Madeline Dalton, PhD	Hood Center for Children and Families, Dartmouth Medical School
Joe Drake	Plus Time NH
Amy Dumont, MSN, RN, CCRN	NH Heart Association and St Joseph Hospital
Merrill Friedman, MA, LCMHC	Slatoff and Ward Psychological
David B. Gill	NH Recreation and Park Association
Yvonne Goldsberry, PhD	Community Health, Cheshire Medical Center
Travis Harker, MD	Capital Region Family Health Care
Martha Judson, RN, MS	Nutrition Connections, UNH Cooperative Extension
Audrey Knight, RN	State of New Hampshire Department of Health and Human Services
Robert Lister	Portsmouth School System
Susan Lynch, MD	Cholesterol Treatment Center, Concord Hospital
Sharon Malenfant, MS, APR	The Memorial Hospital
Evelyn Mariani, RD	St Joseph Hospital
Melissa McAllister, RD, MEd	Anthem Blue Cross & Blue Shield
Louise McCormack, EdD	Department of Health and Human Performance, Plymouth State University
Mary McGowan, MD	Cholesterol Treatment Center, Concord Hospital
Lila Monahan, MD, FAAP	Partners in Pediatrics Southern NH Medical Center, Nashua
Katherine Rannie, MSc, RN	Education Consultant, Office of School Health State of New Hampshire
Heidi St. Hillaire, RN	Elliot Hospital
Evie Stacy, MS, ARNP	Center for Life Management
Lisa Sutherland	Hood Center for Children and Families, Dartmouth Medical School
William Tombari, MD	Derry Pediatrics, PA
Ellen Turcotte	Whitefield School
Jennifer Warren, MD	Physicians Healthy Weight Center
Rick Wilson, MD	Lakes Region Health Care

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