

**Did you know health and physical well-being are part of your child's kindergarten readiness?** Eating a balanced diet and being active are signs of school readiness. But in Kentucky, one in three children is obese or overweight before they enter kindergarten. This matters because childhood obesity tends to follow children into adulthood and can bring a lot of health challenges along with it. As your child's first and best teacher, you can help your child curb childhood obesity and live a healthy lifestyle from an early age.



Childhood obesity is caused by a combination of habits that are established from an early age, such as eating too much junk food or fast food and not getting enough physical activity throughout the day. Children likely take in more calories than they are burning. The consequences of obesity range from unwelcome teasing to potential health risks later in life such as:

- ✗ Type 2 diabetes
- ✗ Heart Disease
- ✗ Cardiovascular Disease ( high blood pressure and high cholesterol)
- ✗ Stroke
- ✗ Cancer

**So what can you do to help?** A lot! You are the biggest influencer on your child and he/she tends to model what he/she sees you do. Show him/her how to swap soda for water or choose healthy foods as snacks. Eating dinner together at the table is a great way to do that. What if your child isn't a fan of vegetables? Don't give up. It can take 10-15 tries before a child learns to like a new food. Their taste preferences change over time and the food they reject now might be the one they love later. Breastfeeding infants introduces them to a variety of flavors mom eats and breastfed babies are less likely to be obese.








**Childhood obesity is preventable and reversible!** Prevention starts in the womb. Pregnant women should strive to maintain a healthy weight gain during pregnancy and avoid smoking. High weight is a risk factor for gestational diabetes which studies show increases the risk of the child being overweight. Remember to consider your child's environment. If you use child care, choosing one with a high stars rating usually means they provide nutritious food, physical activity and limit screen time.

# 5-2-1-0




## HEALTHY NUMBERS FOR KENTUCKY FAMILIES

5-2-1-0 is an initiative of the Kentucky Department for Public Health Obesity Prevention Program and the Partnership for a Fit Kentucky to promote healthy eating and physical activity in child care settings. Check out these tips to try out in your home. For early childhood professionals, visit <http://chfs.ky.gov/dph/mch/hp/5210/>








-  Aim for 5 palm sized servings of fruits and vegetables each day.
-  Wash and chop fruits and veggies so they're portable and ready to eat.
-  Use low-fat ranch, yogurt or peanut butter to jazz up fruits and vegetables.
-  Model good eating. Children are more likely to eat fruits and vegetables if they see their parents eating them too.
-  Try the three-bite rule when introducing new fruits and veggies - take three bites each time. Remember, it can take up to 10 tries before liking a new food.






-  Limit screen time to no more than 2 hours for children 2-5 years. Avoid screen time for children under 2 years (e.g., TV, computers, video games).
-  Watching TV is associated with more snacking and increased obesity.
-  Don't leave the TV on as background noise. Screens can get in the way of exploring, playing and interacting with others.



-  Spend 1 hour of moderate activity when child is breathing hard (e.g., dancing or running).
-  Teach your children the games you played as a kid.
-  Let children play outside so they can run, jump, skip and explore.
-  Give gifts that require physical activity (e.g., jump rope, hula hoops)
-  Model physical activity by being active yourself.



-  Avoid sugary drinks and choose to drink water with meals.
-  If you choose to serve juice, buy 100% juice. Avoid drinks labeled "ade," "drink" or "punch."
-  Juice should be limited to:

Age	0-6 months	1-6 years	7-18
Serving Size	No juice	4-6 ounces	8-12 ounces