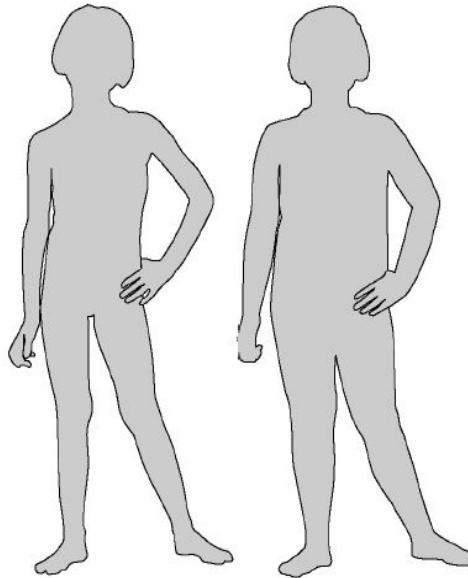


Healthy, Active Kids: A Home and School Partnership

BODY MASS INDEX: What it means for you and your child

See Inside:

Healthy eating
and drinking
Exercise and
physical activity
Working with your
healthcare provider



Age: 9
Weight: 53 lbs.
Height: 48"

Body Mass Index: 16
BMI Percentile: 50th

Age: 9
Weight: 70 lbs.
Height: 48"

Body Mass Index: 21.5
BMI Percentile: 95th

HIDDEN RISKS

Did you know that your child's weight might impact his or her future? Overweight children and teens are at real and increased risk for:

- Diabetes
- Asthma
- Depression
- Heart disease
- Joint problems

More American children are overweight than ever before. According to the Centers for Disease Control and Prevention, 60 percent of overweight children already have one or more risk factors for heart disease, such as high blood pressure or high cholesterol. The CDC also warns that one in three U.S. children born in 2000 will develop diabetes unless we improve their nutrition and physical activity. Overweight children also have a 70 percent chance of becoming overweight adults.

Body Mass Index (BMI) is a good way to see a child's risk for becoming obese or overweight. The BMI formula helps us see whether a child's weight is in proportion to his or her height.

A **BMI percentile** indicates how a person's measurements compare to others of the same age and gender. A child whose BMI is at the 50th percentile is close to the average of the population. A child above the 95th percentile is considered overweight because 95 percent of the population weighs less than he or she does. A child below the 5th percentile is considered underweight because 95 percent of the population weighs more.

Pennsylvania now requires schools to report BMI in the same way they report vision and hearing screenings. When a child's risk for becoming overweight is found early, parents, children, teachers and health-care providers can work together to help improve a child's health.



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Image courtesy of Highmark Blue Shield. PANA is supported by the Pennsylvania Department of Health through a grant for the Centers for Disease Control and Prevention with programs delivered through Penn State. The Division of School Health funded this project.

Healthy Eating and Drinking

WHAT YOU CAN DO

AT HOME

Offer fruits and vegetables as a part of meals or as snacks.

Eat breakfast every day. Skipping breakfast can leave your child hungry, tired and wanting less healthy foods later in the day.

Eat together as a family. Eating together helps children learn to enjoy a variety of foods.

Buy fewer high fat and high calorie snacks such as chips, cookies and candy.

Try not to use food as a reward.

AT SCHOOL

Encourage your school to develop good nutrition guidelines for vending machines, cafeteria meals, fundraisers and classroom activities. Find out what programs are already in place.

Send healthy snacks for class parties and celebrations.

Pack fruits and vegetables and whole grain foods in your child's lunch. Limit foods that are high in fat and added sugars.

Talk to your children about making healthy choices if they buy their lunch at school.



THINK YOUR DRINK

BOTTLED WATER

Serving Size = 8 ounces
Calories 0

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Offer your child water or lowfat milk more often than fruit juice or soft drinks.

LOWFAT MILK

Serving Size = 8 ounces
Calories 100

	% Daily Value
Total Fat	4%
Total Carbohydrates	4%
Protein	16%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

100% ORANGE JUICE

Serving Size = 8 ounces
Calories 110

	% Daily Value
Total Fat	0%
Total Carbohydrates	9%
Protein	0%
Vitamin A	0%
Vitamin C	150%
Vitamin D	0%
Calcium	2%

Fruit juice is a healthy choice but is high in calories.

COLA

Serving Size = 12 ounces
Calories 150

	% Daily Value
Total Fat	0%
Total Carbohydrates	14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

(10 tsp added sugar)

Soft drinks like colas, should only be offered as an occasional treat: they contain as many as 10 added teaspoons of sugar.



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Images courtesy of Wisconsin Milk Marketing Board. PANA is supported by the Pennsylvania Department of Health through a grant for the Centers for Disease Control and Prevention with programs delivered through Penn State. The Division of School Health funded this project.



Physical Activity

WHAT YOU CAN DO

AT HOME

Make sure your kids get 60 minutes of physical activity a day. Remember that it does not all have to be at once. Short, 10-minute periods of activity are just as good.

Be a physically active role model. Add physical activity to weekend or vacation plans. Find fun, physically active ways to celebrate special occasions, such as a family hike, swimming or roller skating parties.

Limit the amount of time your children spend watching TV and playing video games. Allow only one to two hours of quality programming per day.

AT SCHOOL AND IN YOUR COMMUNITY

Encourage daily, quality physical education at your school.

Express your support for before and after school physical activity programs and time for recess.

Encourage local officials to create safe places for walking and biking and increased access to community parks and trails.

Make local parks and trails a family destination as often as you can.

Did You Know?

Three out of four children get less than 20 minutes of physical activity per week.

Did You Know?

One out of three children watch more than four hours of television per day.

ADD IT UP TO 60

- Dance to a few songs
- Jump rope
- Play tag
- Ride your bike
- Shoot some hoops
- Take a walk

60 minutes of physical activity

Did You Know?

Studies show that more time for physical activity can lead to increased test scores.

Did You Know?

As little as one hour of physical education per week has been shown to prevent being overweight among elementary school girls.



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