

Resources for parents and kids:

- [We Can!](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/) - Program to help children 8-13 years old stay at a healthy weight. (www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)
- [MyPyramid.gov](http://www.mypyramid.gov/) - Shows how to balance your meals and includes an interactive game for kids. (www.mypyramid.gov/)
- [Physical Activity for Everyone](http://www.cdc.gov/physicalactivity/everyone/guidelines/) - Information about physical activity for you and your children. (www.cdc.gov/physicalactivity/everyone/guidelines/)
- [FruitsandVeggiesMatter.gov](http://www.fruitsandveggiesmatter.gov/) - Tips to incorporate fruits and vegetables in your daily meals. (www.fruitsandveggiesmatter.gov/)
- [National Institute on Family and the Media](http://www.mediafamily.org/) - Resources to help families be "Media-Wise®." (www.mediafamily.org/)

Especially for kids:

- [Powerful Girls Powerful Bones](http://www.girlshealth.gov/bones/) - Kids can check out Carla and her friends. (www.girlshealth.gov/bones/)
- [VERB](http://www.verbnow.com/) - Hey! It's what you do (www.verbnow.com/)
- [BAM! Body and Mind](http://www.bam.gov/) - Have fun, stay active and healthy. (www.bam.gov/)
- [Power Panther...to the Rescue!](http://www.fns.usda.gov/eatsmartplayhardkids/) - Eat smart, play hard. (www.fns.usda.gov/eatsmartplayhardkids/)
- [My Pyramid Blast Off Game](http://www.mypyramid.gov/kids/kids_game.html) - Learn what it takes to blast off in the food pyramid space shuttle! (www.mypyramid.gov/kids/kids_game.html)

Join Dakota County residents in reducing childhood obesity

Dakota County residents and community leaders are working together to support healthy lifestyles for children and adults.

Two goals have been identified for the Dakota County Childhood Obesity Prevention Initiative:

- Promote healthy eating and physical activity habits for all residents, with an emphasis on parents of pre-school and elementary school-aged children.
- Advocate for policies that support an environment that encourages healthy nutrition and increases physical activity.

For more information about Growing Healthy Kids in Dakota County, contact the Dakota County Public Health Department at 651-554-6115 or visit www.DakotaCounty.us/PublicHealth.



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Healthy living
for today's kids.

Growing Healthy Kids

in Dakota County



Together we can reduce



The environment in which children live, learn and play influences how they eat and how active they are.



As a community we can make a difference by making healthier choices easier.

- Make healthy foods like fruits and vegetables more available.
- Reduce access to sweetened beverages and make water available.
- Set limits for “screen time,” including computers, TV and cell phones.
- Create more opportunities for active play, especially outdoors.
- Be a healthy role model.

Childhood obesity has more than tripled since 1980.

- U.S. Centers for Disease Control and Prevention (CDC)

Today’s children are likely to be the first generation in two centuries to “live less healthy and possibly even shorter lives than their parents.”

- New England Journal of American Medicine



- Provide balanced meals and snacks that include whole grains, fruits and vegetables.
- Offer smaller portions of foods and allow children to choose how much they want to eat.
- Serve low-fat milk with meals and water between meals - limit 100% fruit juice to one small glass a day.
- Limit sweetened beverages such as pop and sports drinks to special occasions.
- Offer fruits and vegetables at snack time.
- Enjoy regular meals together as a family, even as children get older.
- Avoid using food as a reward or punishment.
- Help your child be active for at least 60 minutes per day.
- Engage in family outings and vacations that are centered around physical activity.
- Limit recreational computer, television and video “screen time” to one to two hours a day.
- Set reasonable limits for cell phone use and text messaging.
- Discuss your child’s weight with your health care provider to ensure they are growing as expected.
- Feed infants only breast milk during the first six months.
- Be a positive role model – eat well and be active yourself.

