

5210 Every Day!

Follow the 5210 message to a healthier you.



- Try new fruits and vegetables multiple times.
- A meal is a family affair—have the family help plan meals.
- Frozen and canned are just as nutritious as fresh.



- Keep TV and computer out of the bedroom.
- No screen time under the age of two.
- Turn TV off during meal time.
- Plan your TV viewing ahead of time.



- Let physical activity be free, easy and fun!
- Take a family walk.
- Turn on the music and dance.
- Use the stairs.



- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand.
- Put limits on 100% juice.

For more ideas visit www.letsgo.org



05/10.R07/11



2014

CHILDHOOD OBESITY

IN

Chatham County

Parent Resource Guide



Funded by a grant through National Business Coalition on Health, Robert Wood Johnson Foundation, and United Healthcare Foundation

Child Wellness at Your Child's Doctor's Office

Tips for Positive Communication with the Doctor

PREPARE FOR VISIT: Write down any questions or concerns before your child's doctor visit. Be sure to review your notes during the appointment to make sure you discuss everything you want.

ASK FOR CLARIFICATION: If you don't understand some medical terms or explanations, ask your child's doctor to repeat or clarify. "Excuse me, I don't understand what BMI means. Could you please explain in everyday language?"

REQUEST RESOURCES: At the end of the visit, ask your child's doctor for any information you can take home or if he or she can recommend any websites. "Thank you very much for your help today. I am very interested in helping my child eat healthier foods. Do you have any handouts I can take home or are there any particular websites I should visit?"



ENGAGE YOUR CHILD: If your child is mature enough, ask him or her to explain any related behaviors or symptoms to the doctor.

Also, check in regularly with your child to make sure he or she also understands the doctor's explanations and recommendations. "Honey, please tell the doctor what you usually eat for lunch?" or "Honey, do you understand the doctor's suggestions for healthy snacks?"

SET EXPECTATIONS: At the end of the appointment, confirm what you and your child need to do before the next visit, such as pick up medicine, try out healthy recipes at home, or plan to play outside for at least 30 minutes a day. Also, be sure to ask what you and your child should expect to happen during the next visit.

Child Wellness at Your Child's School



Georgia **SHAPE** is an exciting initiative to improve Georgia's future, beginning with our state's most vital and important asset: our young people.

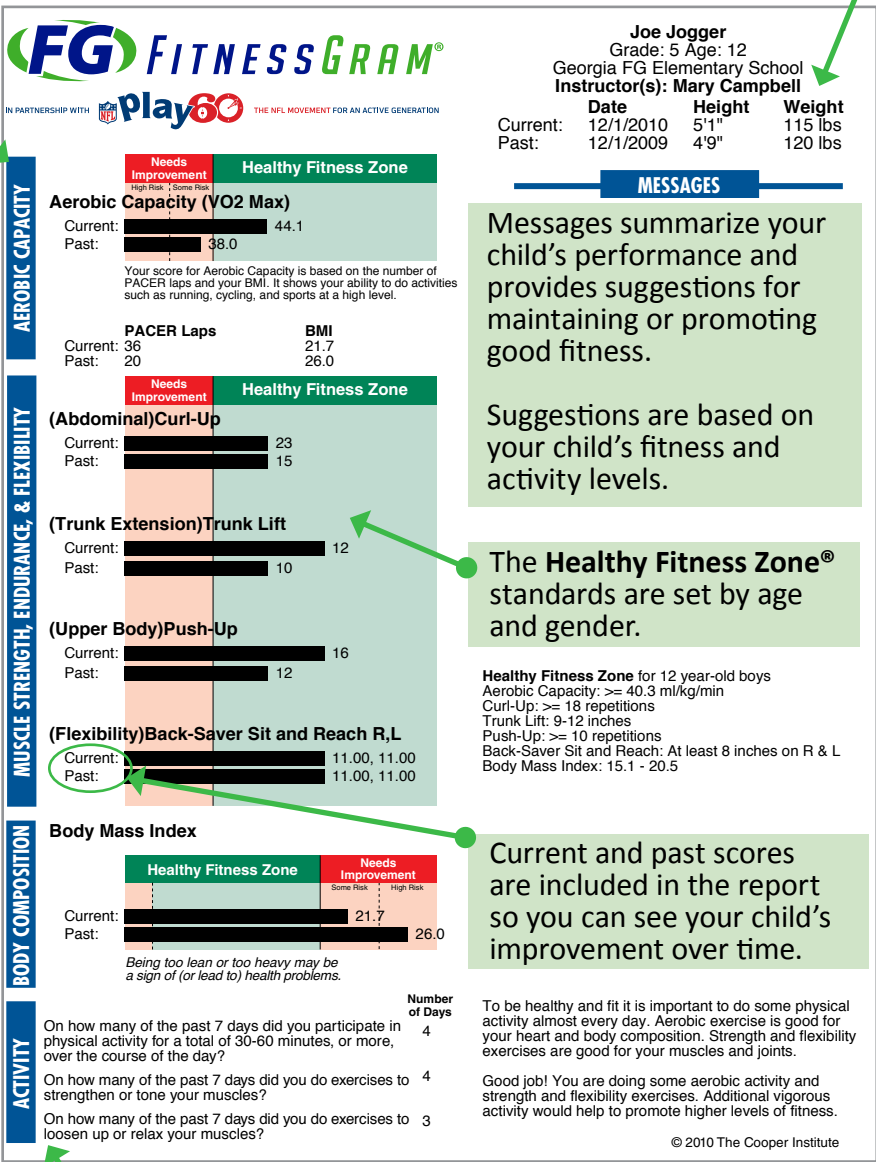
FitnessGram is an annual standardized fitness assessment that measures students' strength and flexibility and Body Mass Index (BMI). Individual results are reported privately to students and their families.

Example of FitnessGram Report (annotated)

Aerobic capacity measures the ability of the heart, lungs, and muscles to perform physical activity over time.

It is measured with the PACER, 1-mile run, or walk test.

Fitness Tests



Your child reported information about his or her physical activity.

For more information
visit www.georgiashape.org