
Module - 5-2-1-0: Healthy Numbers for Kentucky Families

Time:

15-30 minutes

WIC Status:

Child

**Learning Objectives:**

Participants will:

1. Understand the 5-2-1-0 health behaviors in order to promote optimal health and nutrition.
 - Serve five (5) or more fruits and vegetables
 - Limit sugar sweetened beverages
 - Limit screen time
 - Encourage one (1) hour or more of daily physical activity
2. Select a 5-2-1-0 goal that meets their families' needs.

Handouts and Materials:

- Handouts:
 - 5-2-1-0 Healthy Numbers for Kentucky Families brochure
 - 5-2-1-0 prescription pad
- Kentucky Fit WIC Guide (Optional)

Facilitating WIC Discussion Group Concepts:

- Providing participants with a more meaningful nutrition education experience that involves interactive learning.
- As the certifying health professional, you will be the facilitator and moderate a group conversation-style discussion.
- Encourage all participants to participate but recognize that some participants may prefer not to speak in a group setting. If the participant cannot answer, chooses not to answer, or has a negative response, you may respond with a statement such as “Trying something new is not always easy.”
- It is important to establish “ground rules” for the group. For example:
 - Set the time, agenda, and the length of session
 - Establish rules on confidentiality and sharing of group responsibilities.
 - Clarify procedural issues, especially listening to, respecting ideas or comments and allowing time and opportunity for others in the group to share.

Outline - 5-2-1-0: Healthy Numbers for Kentucky Families

Icebreaker:

Have each participant introduce themselves and state the name and age of their children.
(Optional)

Facilitated Discussion Topic Opening Questions:

Ask one of the following questions to facilitate discussion:

- *What is your favorite fruit or vegetable?*
- *What is your child's favorite beverage?*

Discussion Topics:

Benefits of 5-2-1-0 principles:

5-2-1-0 encourages behaviors that are associated with having a healthy weight and a healthy lifestyle. These behaviors can help our children live longer, healthier, and happier lives.



Eat 5 or More Fruits and Vegetables Each Day:

- Fruits and vegetables supply vitamins and minerals needed for bone, muscle and brain growth. Our bodies absorb nutrients best through the foods we eat.
- Families who eat 5 servings or more of fruits and vegetables each day are more likely to have a healthy weight and less likely to become or stay overweight.
- Healthy habits start very early in life. Offering your children a variety of fruits and vegetables may help them to develop a preference for foods that are good for them.

Tips for Increasing Fruits and Vegetables:

- Choose fresh, frozen and canned fruits and vegetables.
- Check the labels for the best choices:
 - Frozen and canned fruit with no added sugar
 - Canned fruit “in its own juice” or “in lite syrup”
 - Frozen vegetables without sauces or in low fat sauces
 - Canned vegetables that are lower sodium (if lower sodium version is not available, rinse and cook in water)
- Use eWIC benefits to buy and try new fresh fruits and vegetables.
- Allow your child to pick out something to try – they are more likely to try something if they feel they have made the decision.
- Children eat what is sweet and what is familiar. Remember that children model the eating behaviors of those around them. Make sure they observe that you eat fruits and vegetables. Remember, it can take several tries before a child will accept a new food. Don't be discouraged – try again!



Limit *Screen Time to 2 Hours or Less Each Day:

(*Screen time includes TV, computers, cell phones, and hand-held games)

- Too much screen time can take away from physical activity.
 - Children should be physically active for at least 1 hour each day.
- Watching TV is associated with more snacking and increased obesity.
 - A person burns more calories sleeping than watching TV!

Tips to Help Limit Screen Time:

- Keep TVs, computers, DVD players, and electronic games out of your child's bedroom.
- Set limits on screen time and be choosy about the shows you watch, for example:
 - Allow TV or video games only on the weekend
 - Do not watch TV during mealtime
 - Use a timer and when the bell rings, turn off the screen
- Be a role model and set a good example with your own screen time habits.
- Make a list of fun activities you can do together as a family and use this list as alternatives when your child wants to watch TV.



Get 1 Hour or More of Physical Activity Each Day:

- Physical activity for children is active play.
- Active play stimulates healthy brain activity by having the body and brain work together.
- Active play helps children to have a healthy weight by developing strength, flexibility, and a healthy heart.

Tips for Increasing Physical Activity:

- Actively play together when your family gets home from school/work or other outings. In good weather, take a walk. In bad weather, put on some music and dance – or dress for the weather and go outside.
- Incorporate physical activity into your family's daily routine. Go to the park, dance to music, hula hoop or play physical games like catch, leap frog or games you make up.
- Choose toys that promote active play like bikes, skipping ropes, or balls for outside play and foam balls, cars with wheels, vacuum cleaners or other toys that can be pushed for indoor play.



Drink 0 Sugar Sweetened Beverages:

- Sugar sweetened drinks put on the pounds without filling you up and include:
 - soda pop
 - sports drinks
 - beverages with “ade”, “drink” or “punch” in the name

Tips for Decreasing Sugar Sweetened Beverages:

- Make water your family’s first choice.
- Keep a bottle of water on hand at home and away.
- Add fresh lemon, lime, orange wedges or herbs to water for some natural flavor.
- Replace soda with water rather than other sugar sweetened beverages like sports drinks.
- Limit 100% fruit juice to 4-6 oz per day.

Summary:

5-2-1-0 encourages behaviors associated with a healthy lifestyle. Choose a 5-2-1-0 goal for your family. Once your family has success with that goal, choose another 5-2-1-0 goal.

Closing Activity/Questions:

Provide participants with a 5-2-1-0 prescription pad sheet and ask participant to select a goal(s) for their family to work on.

Ask one of the following questions to conclude today’s discussion.

- *What did you find most interesting about today’s topic?*
- *Was there something you heard today that you haven’t heard before?*
- *Which 5-2-1-0 goal will you work on?*

References:

- http://pediatrics.aappublications.org/content/123/Supplement_5/S272.full.pdf
- <http://www.lets-go.org/>

Resources:

- 5-2-1-0 materials may be ordered from the pamphlet library or accessed at the Kentucky Cabinet of Health and Family Services 5-2-1-0 website
<http://chfs.ky.gov/dph/mch/hp/5210>
- Kentucky Fit WIC Guide may be accessed at: the Kentucky Cabinet of Health and Family Services Nutrition Services Branch Nutrition Education Materials website
<http://chfs.ky.gov/NR/rdonlyres/63C291AA-500E-4378-9DCD-BC2861DE9169/0/FITWIC2011.pdf>