5-2-1-0 Toolkit: Resources to Support Healthy Behaviors for Families

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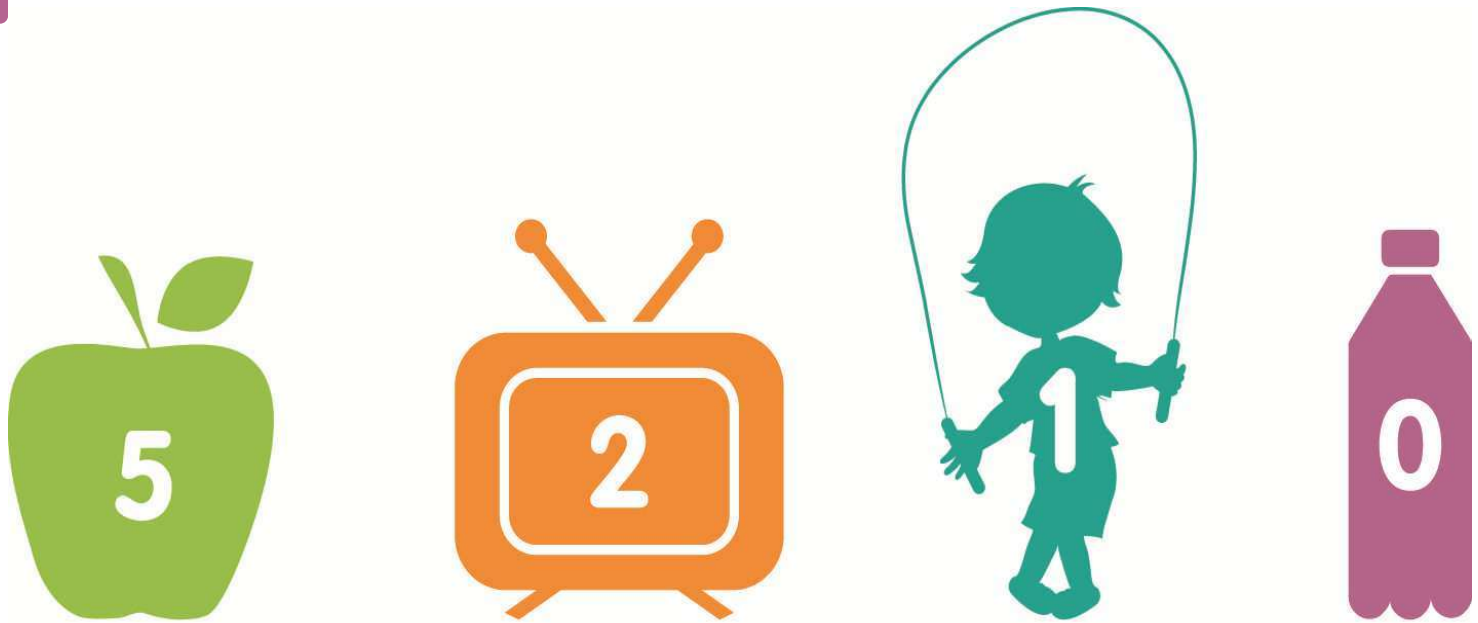
Nutrition, Physical Activity and Obesity Prevention Program

Opening Activity

- Divide into small groups of 2-5
- Introduce yourself and meet all the people in the group
- Discuss the quote or fact provided to your group
- Select one person to share the quote or fact and your group reflections

Objectives

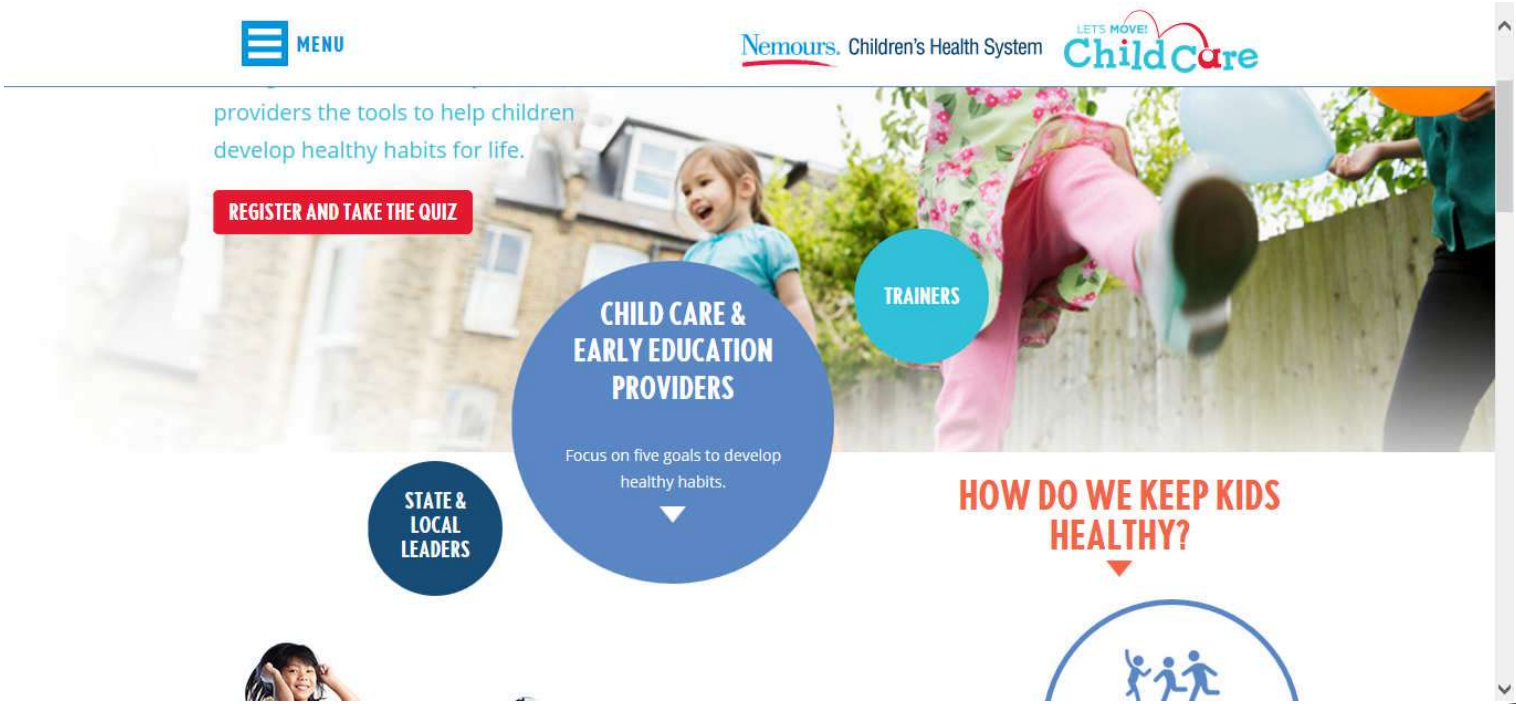
- Describe the 5-2-1-0 healthy behaviors
- Review the toolkit resources for family engagement and classroom use
- Design an action plan using at least one resource



HEALTHY NUMBERS FOR KENTUCKY FAMILIES

http://chfs.ky.gov/5210

www.healthykidshealthyfuture.org



Let's Move! Child Care

LETS MOVE! Child Care

Sign up and make the commitment to promote nutrition and physical activity in your early care and education program.

By signing up, you will:

- Get a Let's Move! Child Care Participant Certificate
- Receive emails on the latest updates, resources, and ideas for promoting children's health
- Be able to take the online, interactive Checklist Quiz to see which *Let's Move!* Child Care goals you are meeting and which goals you need to work towards. The Quiz will help you create an Action Plan to reach the goals.

Please Note: We will not share any of your personal information. You can request to stop receiving emails from *Let's Move!* Child Care at any time.

To sign up, please fill in the information below. Required fields are marked with asterisks (*).

Let's Move! Community Resources

Let's Move! Cities and Towns

www.healthycommunitieshealthyfuture.org

Let's Move! Faith and Communities

www.hhs.gov/partnerships/letsmove/index.html

Obesity in Kentucky

More Than Unhealthy Weight

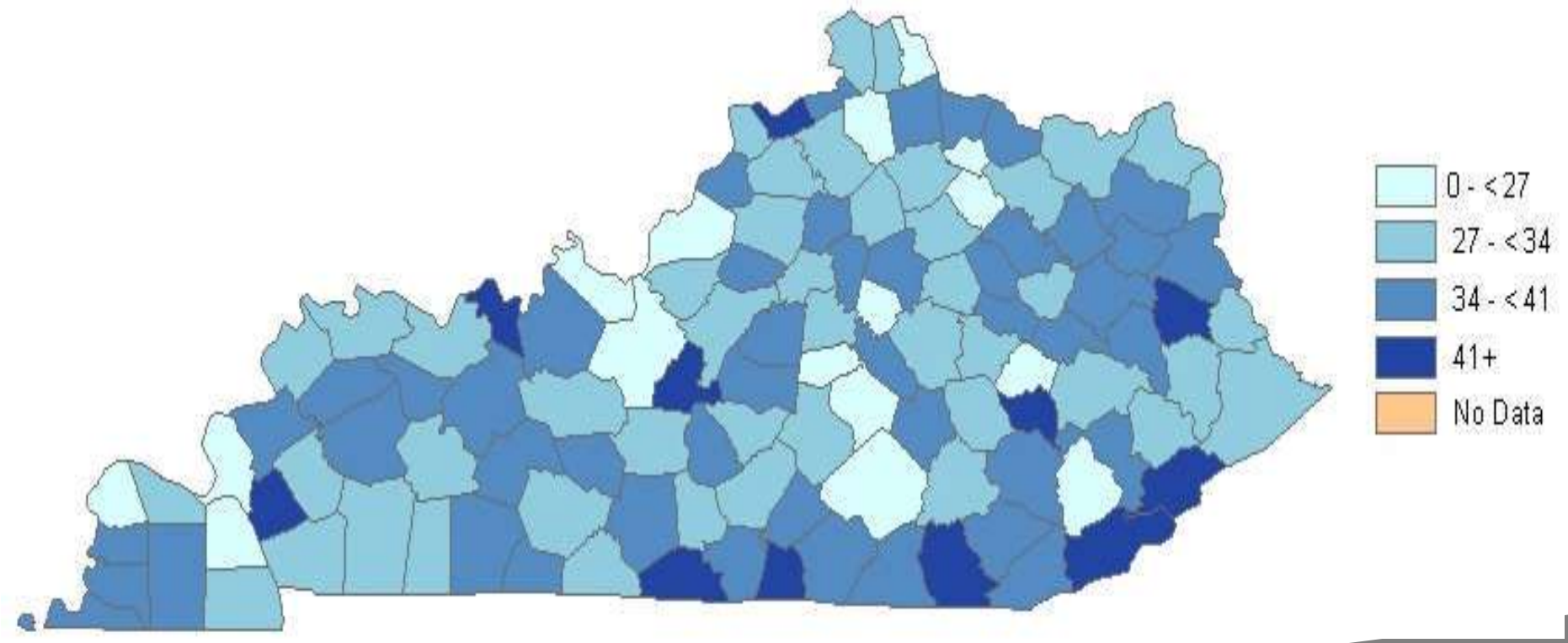
Chronic diseases are now in children, not just adults.

- Heart disease
- High blood pressure (hypertension)
- High cholesterol
- Type 2 diabetes
- Hip and joint problems

Serious long-term risks can impact their entire lifespan.

- Increased risk of developing co-morbid conditions
- Negative impact on mental health
- Shortened life expectancy

Childhood Obesity Rates of WIC Participant Children Ages 2-4 in Kentucky, 2010



PedNSS – Pediatric Nutrition Surveillance System, 2010

Childhood Obesity in Kentucky

1 in 3 Kentucky children is obese or overweight before they enter kindergarten.

Childhood Obesity in Kentucky

That's nearly 3%

greater than

the national prevalence rate.

Discussion

What has contributed to childhood obesity over the past thirty years?

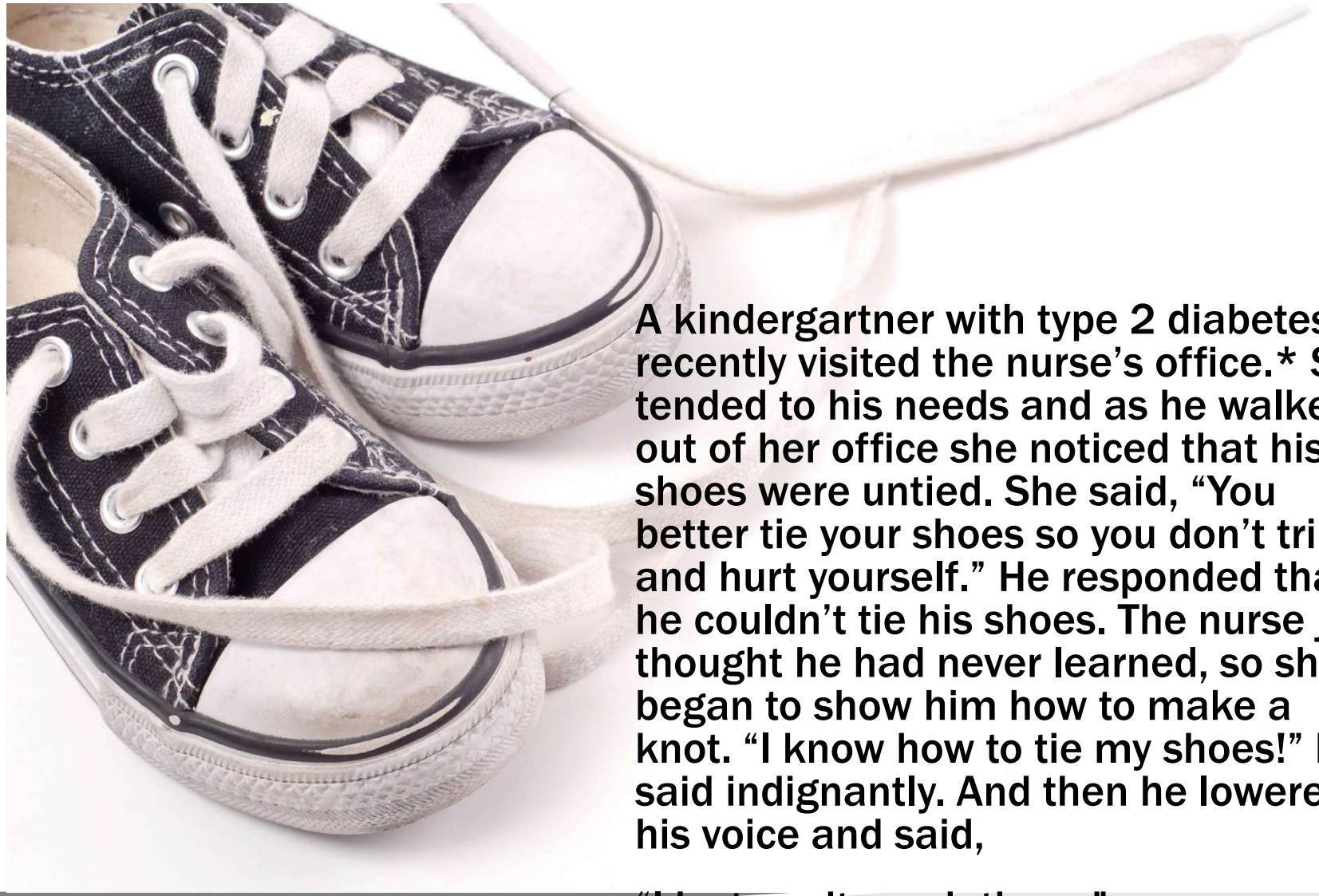
Changes in Our Society and Environment

More Calories In

- Higher caloric foods, lower nutrients
- Large portion sizes
- Consumption of soda & sweetened beverages
- More meals away from home
- Growth of food industry and advertising

Less Calories Out

- Less physical activity
- Lack of sidewalks
- Automobile travel
- Perception of safety
- Watching more TV
- More labor assisting devices



A kindergartner with type 2 diabetes recently visited the nurse's office.* She tended to his needs and as he walked out of her office she noticed that his shoes were untied. She said, "You better tie your shoes so you don't trip and hurt yourself." He responded that he couldn't tie his shoes. The nurse just thought he had never learned, so she began to show him how to make a knot. "I know how to tie my shoes!" he said indignantly. And then he lowered his voice and said,

"I just can't reach them."

School Readiness

5 DOMAINS

1. **Health & Physical Well Being**
2. General Knowledge & Mathematics
3. Language & Communication Development
4. Social & Emotional Development
5. Approaches to Learning

Child Health and Academic Performance

Good nutrition is essential for brain development.

Being physically active builds brain connections in young children.

80% of brain connections are in place by age 3.*

This early brain development is the foundation for later learning.

Building a Healthy Foundation

- Children develop eating and physical activity habits in early childhood. Establishing healthy habits requires exposure and experience.
- Healthy habits build the foundation for lifelong health.
- Healthy children are better prepared to achieve academic success.

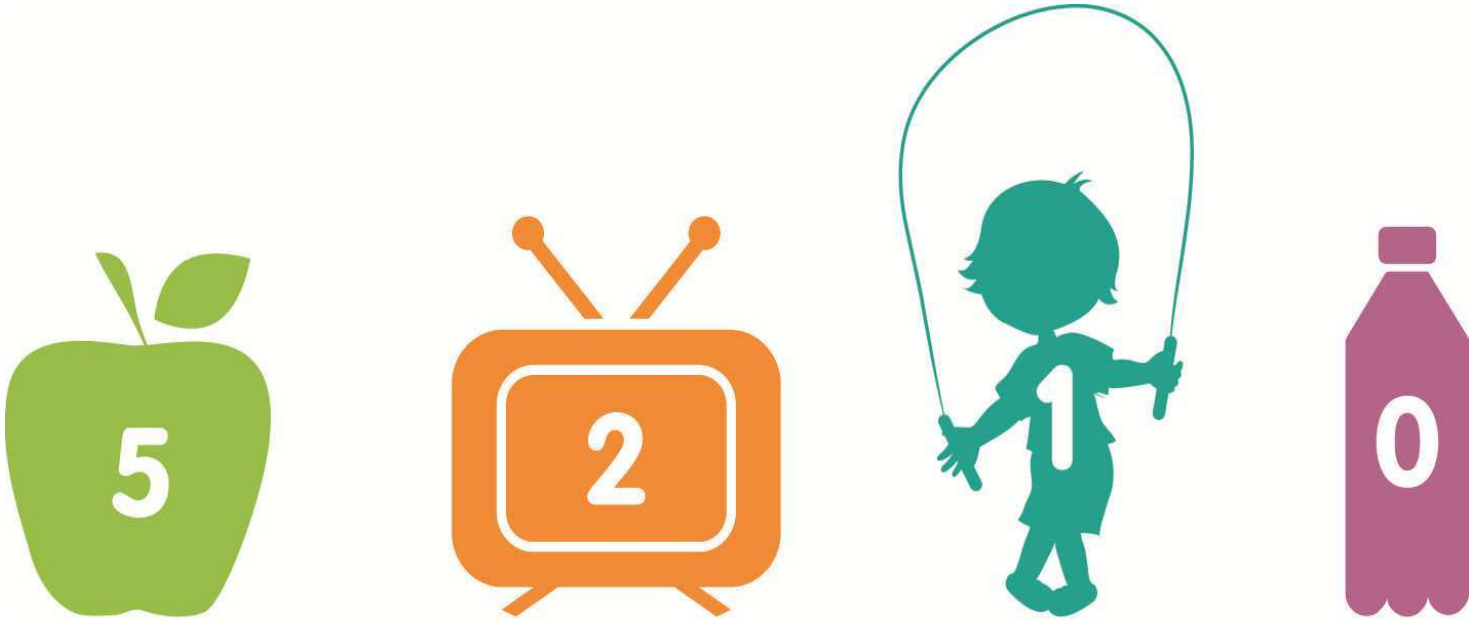
The role of community partners

- Impact children and their families
- Serve as a role model for children
- Influence on knowledge, attitudes and healthy habits
- Create healthy environments

We know ECE professionals make a **BIG** difference!

The Message

Four Corners Activity



Four Corners Activity continued…

1. Move to the number of the behavior your program or agency does the best job of supporting.
   - How do you succeed at this?
2. Move to the behavior that is the biggest challenge for your program or agency to support.
   - Why is this a challenge?
3. Move to the behavior that is easiest for you to do daily in your personal like.
   - How are you successful?
4. Move to the behavior that is the biggest challenge to complete in your personal life.
   - What makes this behavior a challenge?

Eat Fruits and Vegetables

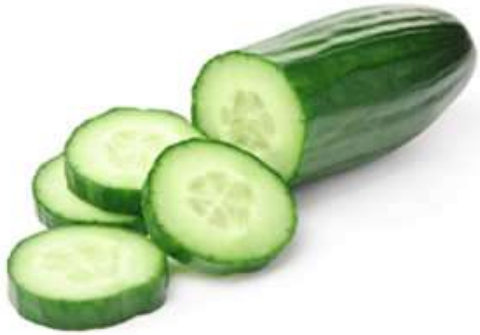
- A child should have 5 palm sized servings of fruits & vegetables each day
- Put a rainbow of fruits and vegetables on your plate
- Children are more likely to eat fruits and vegetables when a parent or caregiver models this.

Source: Caring for Our Children.

Saving Money and Saving Calories

$0.75 per serving

$0.46 per serving



$0.38 per serving

$0.31 per serving

$0.27 per serving

$0.14 per serving

Trying New Foods

MIX IT!

- Add them to foods you already make, like pasta, soups and pizza
- Add fruit to your cereal, pancakes, or other breakfast foods

SLICE IT!

- Wash and chop veggies and fruits so they are ready to eat

TRY IT!

- Be a role model and eat fruit and vegetables at every meal
- Children may need 10+ exposures to learn to like a new food

Eat Fruits and Vegetables

Fruit and Veggie Tracker

Fruit & Veggie Tracker

5-2-1-0 HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: .....

Challenge Dates: .....

Use this log to check off each serving of fruits and vegetables your child eats every day. If it's more than 5, keep up the good work! If it's less than 5, check out our tips for how to increase the fruits and vegetables your child eats!

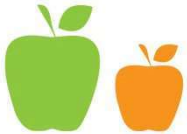
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st serving							
2nd serving							
3rd serving							
4th serving							
5th serving							
BONUS!							

How many fruits & vegetables did your child have this week? _____

What made it hard to get all 5 servings each day? _____

Feed the Family Five or More

5-2-1-0 HEALTHY NUMBERS FOR KENTUCKY FAMILIES



Everyone, including adults, should eat at least 5 servings of fruits and vegetables a day.

However a serving size for a child is much smaller–it will fit into the palm of their hand!

Food for Thought

- Try the three-bite rule: Offer new fruits and veggies different ways and try at least 3 bites each time.
- Many fruits and veggies taste great with a low-fat dip or dressing.
- Make a fruit smoothie with low-fat yogurt.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods to mushy ones–try them fresh or slightly steamed.
- Take 10-15 minutes to sit down together for family meal time.
- Be a role model: Try to have fruits and veggies at every meal and eat them as snacks.
- Always try to choose whole fruits over juice.

Adapted from materials developed by Let's Go! www.letsgo.org

Repeater-Eater Log

Repeater-Eater Log

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: .....

It can take a minimum of 10-12 exposures before our taste buds accept a new food! So keep trying, get creative with recipes and have some fun exploring new foods. Use this log to check off each time your child tries a fruit or vegetable. Check out our tips for how to increase the fruits and vegetables your child eats, even if they are a pickier eater!

FOOD	1	2	3	4	5	6	7	8	9	10

Helping Kids Try New Foods

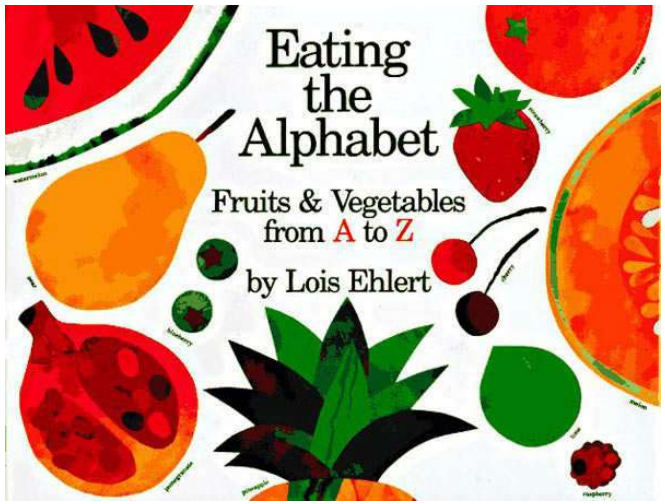
5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

- **Let your child choose new foods.** Kids are more open to trying new foods when they feel they have a choice. When shopping, let your child select a new food from two or three choices.
- **Be a good role model by eating new foods with your child.** Your child learns how to eat new foods by watching you. Try to eat at least one bite of foods that are new to your child.
- **Help your child learn about new foods.** Talk about the color, shape, smell and texture of the new food. It's OK if your child plays with new foods because it is their way of learning!
- **Avoid forcing your child to eat.** Kids like new foods LESS if they are forced on them. They also like new foods LESS when they are given bribes or rewards for eating them, so avoid "clean plate" or "just one bite" rules.
- **Make food fun!** Create shapes in foods with cookie cutters, serve a snack with foods all of one color, or arrange foods on a plate in the shape of a face or animal.
- **Try not to hide veggies.** When children don't know they're eating vegetables, they're not learning healthy eating habits. Instead try talking to your children about the veggies in the recipe or have them help cook it!

New foods today for good health tomorrow!

Classroom activities that can support trying new foods

More Classroom Activities



Read books about healthy foods.

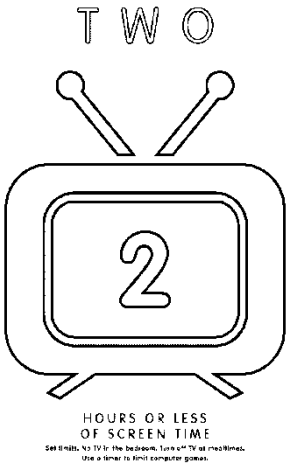
Have a tasting party.

Add healthy play foods to dramatic play area

Kentucky Materials

Posters

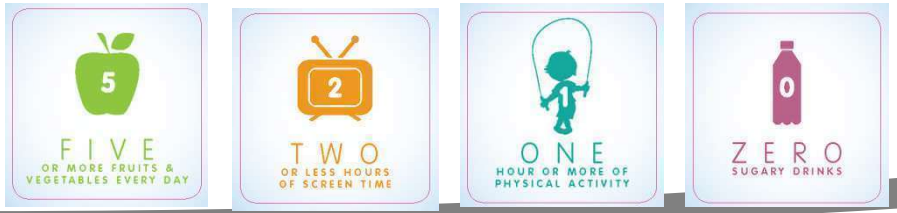
Coloring Pages



Brochures

Activity Ring

Stickers



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Limit Screen Time

- **Watching TV is associated with more snacking and increased obesity**
- **Too much TV has been linked to lower reading scores and attention problems**
- **Healthy Screen Time**
  - *No TV/computer under the age of 2*
  - *No TV/computer in the room the child sleeps*
  - *One hour of educational TV/computer time between ages 2 and 5*
  - *After the age of 5, 2 hours or less*

Source: Caring for Our Children.

What are children seeing?

Drive-Thru Makes it Easy

The Power of Advertising

Screen Time Log

Screen Time Log

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: .....

Challenge Dates: .....

Use this log to fill in the number of hours your child spends in front of a screen each day. If it's less than 2 hours, keep up the good work! If it's 2 hours or more, check out our tips to reduce your family's screen time!

	TV or Movies	Video Games	Smartphones or Tablets	Computer	Total Hours Each Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

How much screen time did your child have this week? _____

What is the source of most of your child's screen time? _____

Tips for Limiting Screen Time

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Why is it so important to limit screen time?

Too much screen time promotes an inactive lifestyle and has been linked to overweight and obese children.

More than 2 hours of screen time has been linked to lower reading scores and attention problems.

Watching TV is associated with more snacking.

TV and other electronic media can get in the way of exploring, playing and interacting with others and does not provide the same type of brain stimulation children need.

How can you help limit your family's screen time?

- Keep TVs, computers, tablets and video games out of your child's room.
- Set limits and basic rules to know how much screen time your child is getting.
- Be a role model with your own TV viewing habits.
- Make a list of fun activities to do instead of being in front of a screen: play outside, listen and dance to music, write a letter or story, plant a flower or vegetable garden, read a book.

Adapted from materials developed by Let's Go! www.letsgo.org

Kentucky Materials

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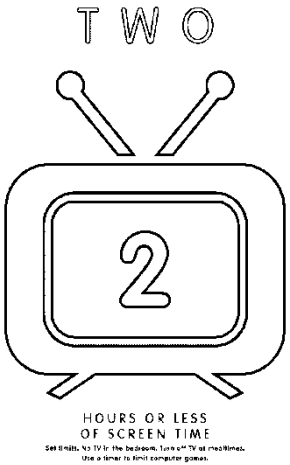

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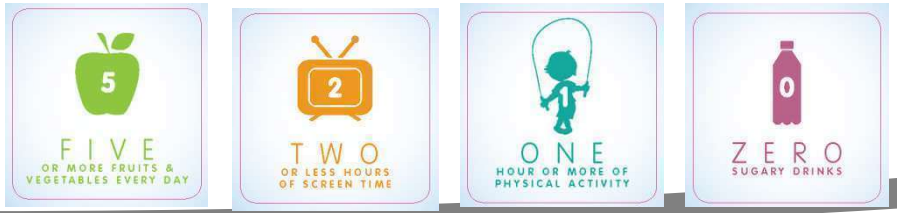

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Stretch Break!

10-20 seconds
2 times

10-15 seconds

8-10 seconds
each side

15-20 seconds

3-5 seconds
3 times

10-12 seconds
each arm

10 seconds

10 seconds

Get Physically Active

- Supports exploration, development and learning
- Helps you keep a healthy weight
- Builds healthy bones and muscles
- Increases strength, coordination and fitness
- Lowers risk of chronic disease
- Improves self-esteem
- Lowers stress

Source: Caring for Our Children.

How to Get Physically Active

DAILY, INDOORS AND OUTDOORS, FOR ALL CHILDREN

- Active play outdoors daily-if weather permits
- Opportunities to practice age-appropriate motor and movement skills
- Structured opportunities to engage in moderate to vigorous physical activity (MVPA)

INFANTS

- Tummy time, at least 4 times daily, longer periods as enjoyed

TODDLERS

- At least 60-90 minutes of active play per day

PRESCHOOLERS

- At least 120 minutes of active play per day
- Opportunities for “breathless” (MVPA) play

Resources

- Activity Ring
- Calendar

Limit Sugary Drinks

DRINK (8 oz. serving)	CALORIES	SUGAR
Water	0	0g
Low-fat Milk	100	11g (3 tsp.)
100% Orange Juice	110	22g (5 tsp.)
Juice Drink (10% fruit juice)	150	38g (10 tsp.)
Powdered Drink Mix	90	24g (6 tsp.)
Soda	100	27g (6 tsp.)

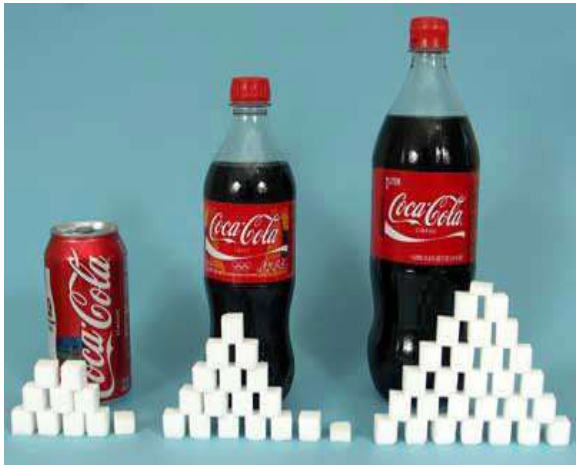
Source: Caring for Our Children; American Heart Association.

8 oz. serving = 24g = 6 tsp.

8 oz. serving = 27g = 7 tsp.

8 oz. serving = 29g = 7 ½ tsp.

8 oz. serving = 31g = 8 tsp.



12 oz. serving = 39g = 10 tsp.

20 oz. serving = 77g = 19 ½ tsp.

Images courtesy of SugarStacks.com


Choose Your Drink Wisely
DASANI
SKIM MILK
Silk SOYMILK
Tropicana
CHOCOLATE MILK
FROST
Sprite
Coca-Cola
Minute Maid
BIG GULP
0gm
12 gm Or 2.4 tsp
16 gm Or 3.2 tsp
17 gm Or 3.4 tsp
24 gm Or 4.8 tsp
28 gm Or 5.6 tsp
34 gm Or 6.8 tsp
38 gm Or 7.6 tsp
39 gm Or 7.8 tsp
49 gm Or 9.8 tsp
102 gm Or 20.4 tsp

Sugar: Hiding in Plain Sight (VIDEO)

Where is the sugar?

Nutrition Facts

Serving Size 1 Bar (22g)

Amount Per Serving

Calories 90 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein less than 1g	

Vitamin A	4%	• Vitamin C	0%
Calcium	0%	• Iron	2%
Vitamin D	2%	• Thiamin	10%
Riboflavin	10%	• Niacin	10%
Vitamin B_6	10%	• Folic Acid	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RICE CEREAL (RICE, SUGAR, SALT, MALT FLAVOR, NIACINAMIDE, IRON, VITAMIN B_2 [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, FRUCTOSE, MARGARINE (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, WATER, NATURAL AND ARTIFICIAL FLAVOR, DATEM, ACETYLATED MONOGLYCERIDES, BHT (PRESERVATIVE), VITAMIN A PALMITATE, VITAMIN D_3), CHOCOLATEY FLAVORED CHIPS (SUGAR, PALM AND PALM KERNEL OIL, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, NATURAL FLAVOR, WHOLE MILK SOLIDS, SALT), SUGAR, CORN SYRUP SOLIDS, CONTAINS 2% OR LESS OF MARSHMALLOW BITS (SUGAR, CORN SYRUP, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, GELATIN, BLUE 1), DEXTROSE, GLYCERIN, GELATIN, SALT, NATURAL AND ARTIFICIAL FLAVOR, NIACINAMIDE, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_1 (THIAMIN HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN).

CONTAINS SOY AND MILK INGREDIENTS.

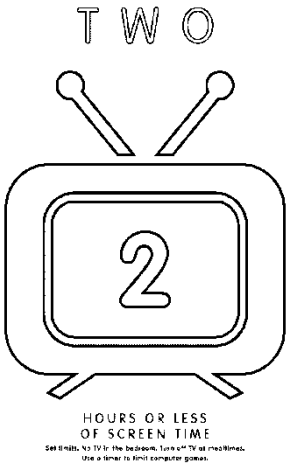
Sugars 8g

Rice, **SUGAR**, salt, malt flavor, niacinamide, iron, vitamin b2 (riboflavin), folic acid, **CORN SYRUP, FRUCTOSE**, margarine (soybean and palm oil with tbhq for freshness, water, natural and artificial flavor, datem, acetylated monoglycerides, bht (preservative), vitamin a palmitate, vitamin d3), chocolatey flavored chips (**SUGAR**, palm and palm kernel oil, cocoa processed with alkali, soy lecithin, natural flavor, whole milk solids, salt), **SUGAR, CORN SYRUP SOLIDS,** contains 2% or less of marshmallow bits (**SUGAR, CORN SYRUP**, modified corn starch, natural and artificial flavor, gelatin, blue 1), **DEXTROSE**, glycerin, gelatin, salt, natural and artificial flavor, niacinamide, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin).

Kentucky Materials

Posters

Coloring Pages



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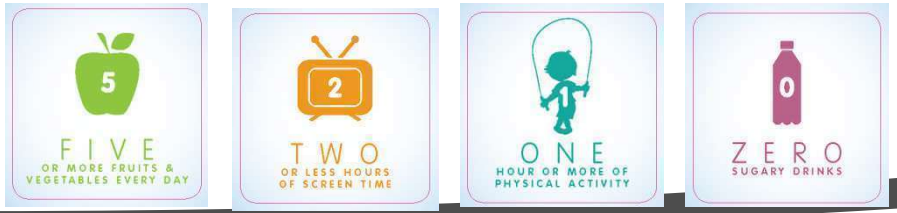

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5-2-1-0 Activity

Breastfeeding

Breastfeeding improves health outcomes for children and their mothers.

Breastfed babies have a lower risk for ear infections, diarrhea, colds and breathing problems.

The longer a baby is breastfed the less likely they are to become overweight later in life.

Resources that Support Breastfeeding and Infant Feeding

The Kentucky Breastfeeding Website

www.kybreastfeeding.com

- Coalition Directory
- Kentucky Breastfeeding Resource Guide
- Kentucky Breastfeeding Newsletters
- The Strategic Plan for Improving Breastfeeding Rates in Kentucky
- Kentucky Infants Safe and Strong (KISS) Overview

Adapted from www.cdc.gov/vitalsigns/BreastFeeding/

Materials to Use in Your Community

Lapel Pins with Talking Points

2 hour presentation for professionals

Logs, Story Time Materials, Books Lists

Suggestions for How to Communicate about 5-2-1-0

- Includes newsletter briefs, suggested social media posts & key messaging

Why 5-2-1-0?

- Children develop eating and physical activity habits in early childhood. Establishing healthy habits requires exposure and experience.
- Healthy habits build the foundation for lifelong health.
- Healthy children are better prepared to achieve academic success.

?

Action Plan

What is your goal?

Our Goal is to support children drinking water

Strategies	Tools	People	Timeline
1. Educate families about the amount of sugar in drinks *2. Create a policy that staff will only drink water in classrooms.* *3. Change menu to serve juice 1 x/week*	*We will make a sugar display for parents.*	*1.Director* *2. Director and Assistant* *3. Chef/Cook*	*We start in August and will notify parents in our July newsletter and by email and on our bulletin board.*
Think about families, staff, children, your environment, your program policies	***Are there any tools in the toolkit to support your goals?***	***Who will carry out your strategies?***	***When will you begin and how frequently will you do this?***

What other materials would you like to see developed?

Questions? Comments?

Rebekah Duchette

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