



TALKING POINTS

Champions for Change ~ 2010 Grow a Healthy Child Campaign

Grow a Healthy Child/Healthy Eating:

- Campaign runs January 2010 through April 2010
- Main message: Be a "Champion for Change" in your family by eating meals together and doing family activities.
- Eat meals together with a variety of foods, including:
 - whole grains
 - low fat milk
 - fruits and vegetables
 - lean meats
- Fun family activity ideas:
 - Gardening
 - Walking around the neighborhood
 - Bike riding
 - Camping and fishing
 - Playing soccer at the park
 - Picnicking
- When cooking meals, children can:
 - Wash fruits and vegetables
 - Clean the table and counters
 - Set the table
 - Read the recipe to you
 - Stir ingredients in a bowl
 - Crack eggs
 - Tear lettuce or snap green beans
- Include more whole grains in your meals:
 - Buy bread that says "100% whole wheat."
 - Eat oatmeal or whole grain cereal for breakfast.
 - Use whole wheat flour in place of half of the all-purpose flour in recipes for pancakes, bread, waffles and cookies.
 - Serve low fat cheese on whole grain crackers.
 - Mix whole grain cereal with low fat yogurt for a treat.
- Ways to keep your child healthy:
 - Eat a variety of foods each day.
 - Teach your children to wash their hands with warm soapy water for 20 seconds before rinsing.
 - Make sure their hands are washed before preparing food, before eating, after going to the bathroom and often if they have a cold or flu.



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Studies on benefits of family meals:

- Family meals are frequently associated with higher intakes of fruits, vegetables, vitamins, minerals, and grains. Adolescents who watched television during meals were found to have lower intakes of dark green/yellow vegetables, calcium-rich foods, and grains and higher intakes of soft drinks compared to adolescents not watching television during family meals. (J Nutr Edu Behav. 2007;39:257-263)
- Family meals provide consistency and opportunity to converse and teach your children about manners, communication skills, nutrition and healthy eating habits. Frequency of family meals was inversely associated with tobacco, alcohol and marijuana use; low grade point average; and depressive symptoms. (Arch Pediatr Adolesc Med. 2004;158:792-796)
- Family meals are associated with lower prevalence of later extreme weight control behaviors/ disordered eating, even after adjusting for sociodemographic characteristics, body mass index, family connectedness, parental encouragement to diet, and previous extreme weight control behaviors. (Arch Pediatr Adolesc Med. 2008;162(1):17-22)
- Increased frequency of family dinner is associated with high intakes of nutrients including fiber, calcium, folate, iron, vitamins B6, B12, C, and E; lower glycemic load; and lower intake of saturated and trans fat as a percentage of energy. (Arch Fam Med. 2000;9:235-240)

Milk:

- The best choice for adults is 1% or fat free milk. Most all adults and children do not need the extra fat and calories that are in 2% and whole milk.
- 1% low fat and fat free milk have all the vitamins and minerals found in whole milk, without all the fat. By choosing 1% low fat or fat free milk, consumers get all the good nutrition of milk - with little or no fat.
- Whole milk is best for children between the ages of 1 and 2 years. At this age, the extra fat is necessary for growth and proper brain and nervous system development.
- Cow's milk is NOT appropriate for children under 1 year old.

Fruits and vegetables:

- Pick brightly colored fruits and vegetables in dark greens, oranges, yellows, reds, blues and purples, and whites. These tend to have more antioxidants and other good-for-you nutrients than their less colorful counterparts.
- Select fruits at different ripeness levels ... some ready to eat immediately and some ready in 3-4 days.
- Stock your freezer with assorted frozen vegetables, in plain and mixed packages, for those hectic days when you have to pull dinner together in a hurry.
- Don't forget about canned fruits and vegetables. Choose those canned in 100% juice or water.
- Make it a point to try one new fruit or vegetable each time you visit the supermarket. With hundreds of different fruits and vegetables available, you're bound to discover a new favorite.
- Stock up on dried fruits, such as raisins, apricots, and prunes. They keep a long time and are a quick pick-me-up.



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Statistics on obesity and fruit and vegetable consumption:

- Over 60% of U.S. adults, or over 177 million people, are either overweight or obese (BRFSS 2008).
- Approximately 61.3% of Arizona adults are either overweight or obese (BRFSS 2008).
- Approximately 11.4% of Arizona youth in grades 9-12 are overweight and 14.2% of Arizona children are considered to be at risk of becoming overweight.
- In 2008, only 24% of Arizona adults said they consumed 5 or more servings of fruits and vegetables per day (BRFSS 2008).
- Approximately 82.9% of Arizona youth in grades 9-12 consumed less than 5 servings of fruits and vegetables per day in the past 7 days (YRBSS 2008).