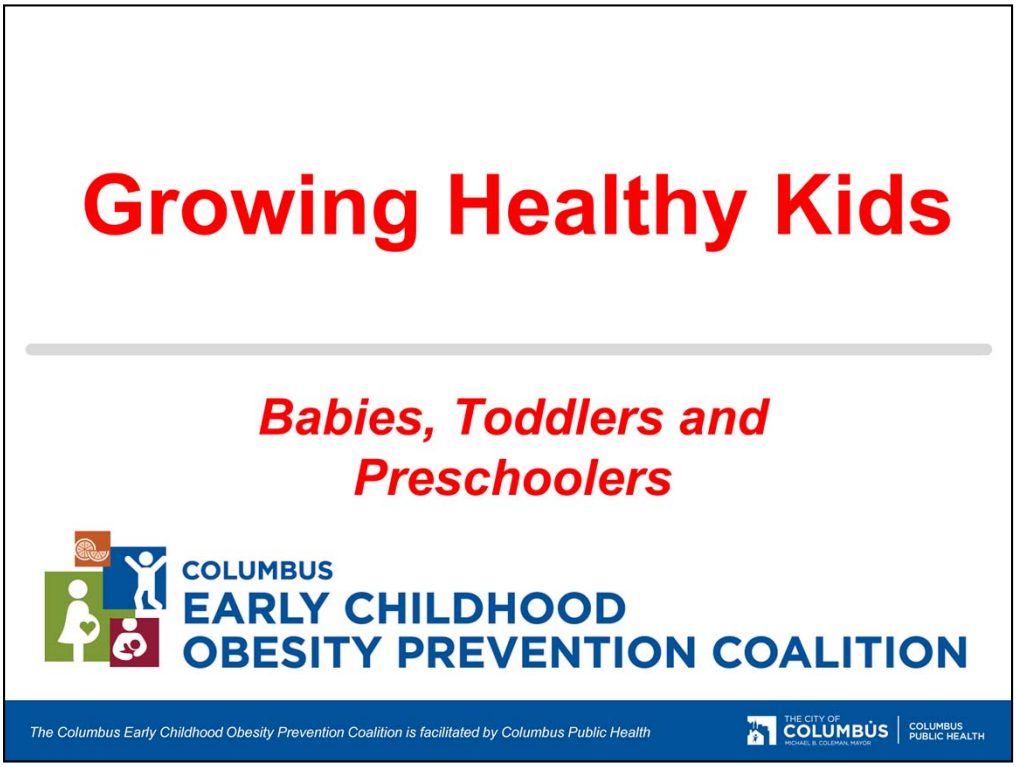
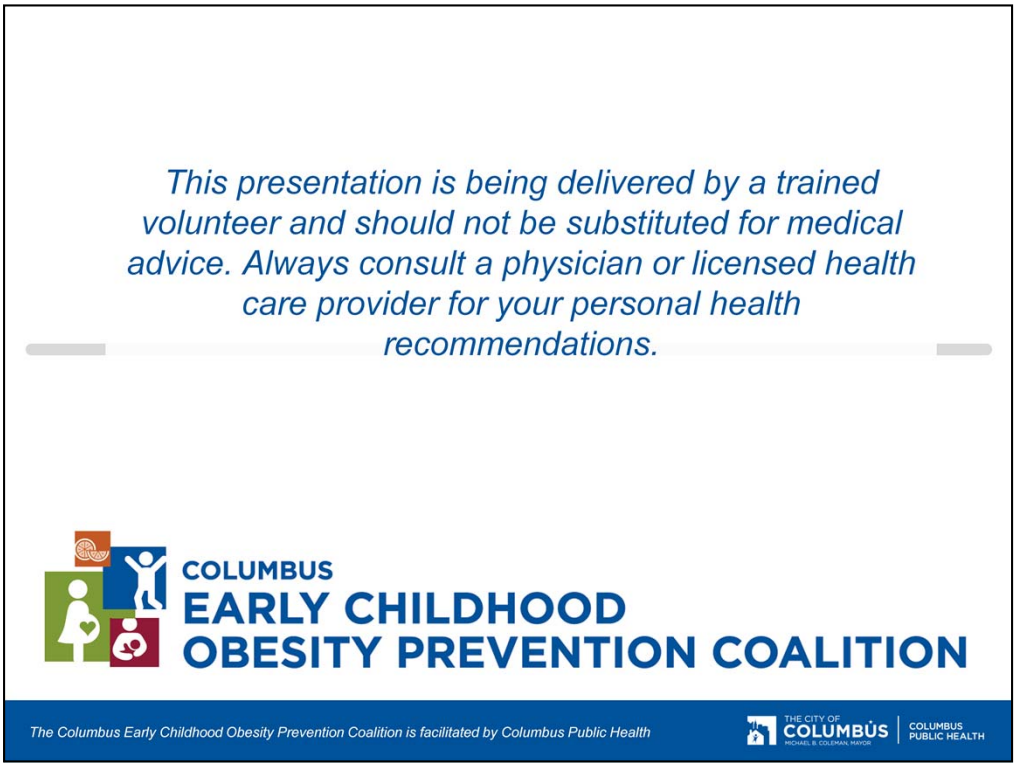


Welcome the audience and introduce yourself, tell a little bit about your background. Share a little bit about why you volunteered to become a part of the Early Childhood Obesity Prevention Coalition Speaker's Bureau.



Explain that you are a volunteer and have received training from Columbus Public Health to prepare you to talk about general early childhood health and wellness tips. Remind them that this presentation is not a substitute for medical advice and that they should always talk with their doctor or health care professional before implementing any of the recommendations you are about to make.

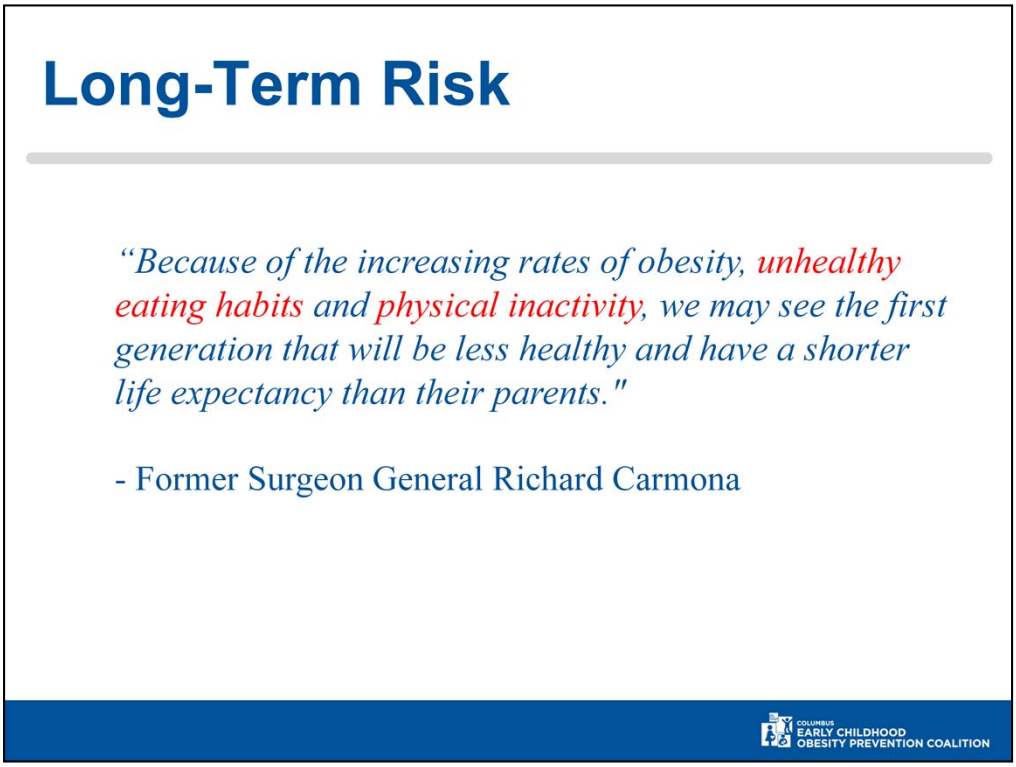
We are all here today because we want the children in our community to grow up healthy and ready to live, learn and play at their best.
But almost 1 of every 3 children who enters kindergarten in Columbus City Schools is at a body weight that puts them at risk for developing health problems such as

- Heart disease
- Type 2 diabetes
- Bone and joint pain
- Depression

<u>During their childhood.</u>

CCS has been collecting height and weight data at entry to kindergarten, 3rd grade and 5th grade since the 2007/2008 school year. This data also warns us that this health risk isn't something that the kids are simply outgrowing.
•By 3rd grade more than 35% of children are at an unhealthy weight.
•And by 5th grade, almost 45% of children are at an unhealthy weight.
A few notes about Columbus City Schools:
•Columbus City Schools is the largest school district in Columbus, Ohio serving approximately 52,851 K-12 students. (60% african american, 27.7% white, 6.1% hispanic, 4.5% multi-racial, 1.9% asian,)

•77.3% of students receive free or reduced price lunches



While media and reality television like to refer to all of this as the American childhood "obesity epidemic" - what we really have is an epidemic of unhealthy eating habits and physical inactivity that is affecting our children early in their lives. And sadly, the negative health effects will last a lifetime.

Review the quote on the slide.

For many parents and grandparents, this is a startling statement, but if current trends continue, this prediction may come true.

Let's talk about a few common statements you might have heard about children and see what you think about them.

Here is the first statement – "***A child's weight and height is all a matter of genes – there is nothing you can do about it."*** [wait for responses] MYTH(hit enter to have the word MYTH appear)

While a person's genes do influence weight, they are only one small part of the equation. Although some children are more prone to gaining weight than others, that doesn't mean they're destined for weight problems. Most kids can maintain a healthy weight if they eat well and are physically active.

Myth or Fact? Children who are at an unhealthy weight should be put on a diet. (Wait for responses)

Myth. (click for word Myth to appear)

Unless directed by a child's doctor, children, especially very young children, should NEVER be put on a diet or pushed to lose weight. Physical activity and healthy eating habits will allow a child to grow into a healthy weight.

So if healthy habits can help all children - What are we as a community doing to help them live, learn and play at their best?

The Columbus Early Childhood Obesity Prevention Coalition. The coalition is facilitated by Columbus Public Health. This slide illustrates how the coalition works:

The blue column describes how the coalition focuses the work of more than 50 partner organizations that serve pregnant women and/or children ages birth to 5 years old.

The green column illustrates the changes that we are striving to achieve.

1. Increasing initiation and duration of breastfeeding
2. Increasing the number of pregnant women and children ages birth to 5 years who are physically active.
3. Increasing the number of pregnant women have a healthy prenatal weight gain and the number of children entering kindergarten at a healthy weight
4. Increasing the number of pregnant women and children ages birth to 5 who eat a healthy diet.

The grey column illustrates the methods the coalition is using to accomplish these goals:

1. health messages – such as those you will hear today
2. resources – more places to play and be active, more places that serve and sell healthy foods and more places where breastfeeding women are welcomed and supported.
3. policies – e.g. churches and community groups adopting nutrition standards for the foods they serve, Columbus City Schools water only vending machines, etc.

The coalition meets from 10:00am-11:30am on the last Tuesday of each month at Columbus Public Health.

As we just mentioned, the Coalition's efforts focus on a child's environment starting with the mother's first contact with prenatal care and then through the age of 5 years.

Why do we start with prenatal care?

American women are now a more diverse group:

- they are having more twin and triplet pregnancies
- they tend to be older when they become pregnant.
- Women today are also heavier; a greater percentage of them are entering pregnancy at an unhealthy weight, and many are gaining too much weight during pregnancy.

Babies born to mothers who were at unhealthy weight when they got pregnant and those who gain too much weight during pregnancy have a higher risk for childhood and adult overweight or obesity and metabolic syndrome

- Metabolic Syndrome describes a group of health issues that when they occur together, greatly increases a person's risk of developing heart disease.
- Heart Disease is the leading cause of death in the nation.

Helping women understand the importance of a healthy weight gain during

pregnancy as well as how to do so through a healthy diet, being physically active and early and consistent prenatal care is an important component of the Early Childhood Obesity Prevention Plan.

During a mother's pregnancy, it is also important that she consider the health benefits of breastfeeding for her and her baby.

Breastfeeding is normal and healthy for infants and moms. Breast milk has disease-fighting cells called antibodies that help protect infants from germs, illness, and even sudden infant death syndrome (SIDS). Breastfeeding is linked to a lower risk of various health problems for babies, including:

•Ear infections

•Stomach viruses

•Respiratory infections

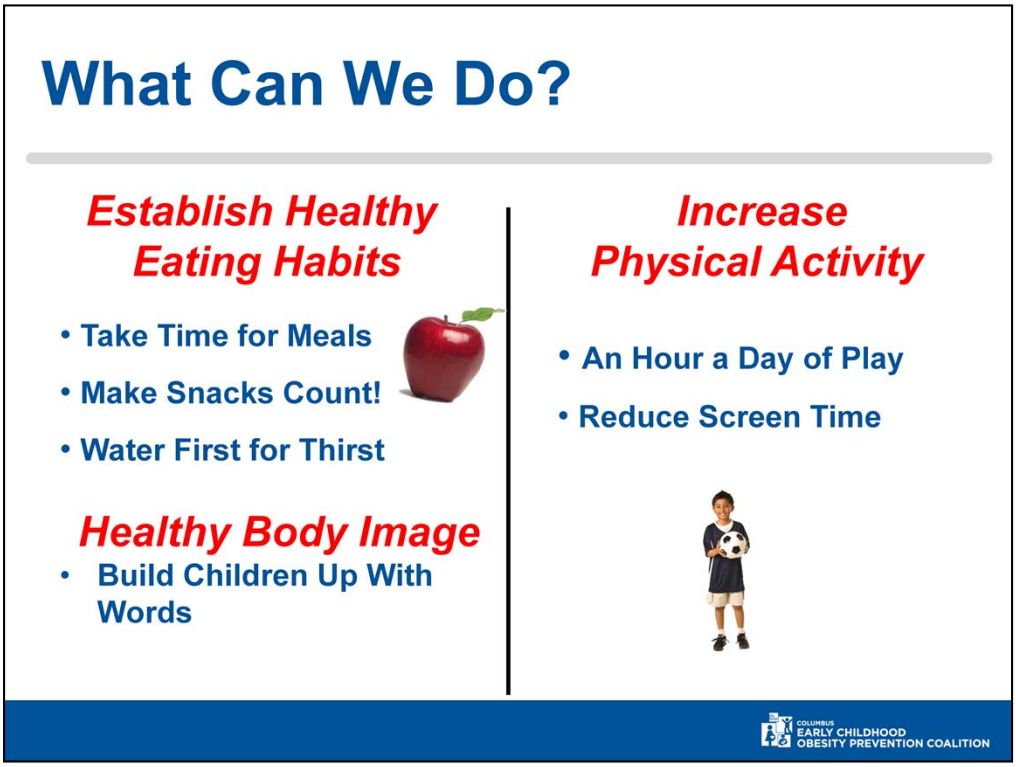
•Asthma

•Type 1 and type 2 diabetes

•Overweight/obesity

While more research is needed in the area of breastfeeding and a healthy weight for children, given the lengthy list of breastfeeding benefits, the coalition has identified breastfeeding promotion as an important component of The Early Childhood Obesity Prevention Plan.

The American Academy of Pediatrics recommends that, ideally, infants should be breastfed exclusively (no other foods or drinks) for the first 4-6 months of life and then continue breastfeeding until at least the first birthday.



Healthy Moms have healthy babies who grow into toddlers, preschoolers and so on. What can we do to help these children grow and develop healthy habits so that they enter kindergarten ready to live, learn and play at their best?

There are six simple messages that can help us support children in forming healthy eating and activity habits.

(Review the list)

Now, let's talk about these in a bit more detail.

To make sure we have plenty of time for sharing ideas I find this section works best if I review the key messages and then we discuss our ideas together.

So let's start with establishing healthy eating habits…

First, Take time for meals!

Children who eat family meals are more likely to be at a healthy weight. They are also more likely to get better grades, stay away from drugs and alcohol, eat healthier meals, talk about serious problems and have lower levels of stress.

Because children who eat with their families are more likely to have a healthy weight, they are also less likely to develop heart disease, high blood pressure, and diabetes later in life.

While there are so many positive reasons for eating meals together as a family, our lives an schedules can make it hard to accomplish.

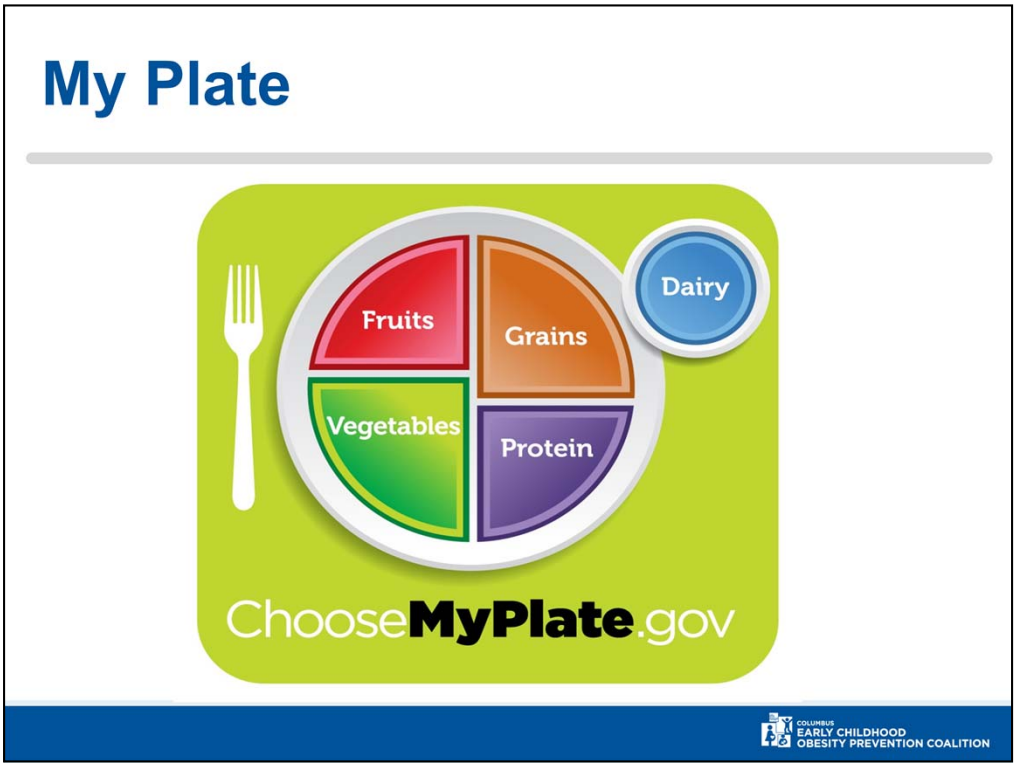
If you are trying to make eating together a new habit for your family, here are a few tips that might help.

Be realistic about mealtimes. Start by having a family meal once a week, and work your way up from there. Don’t feel like dinner is the only meal that counts. Breakfast, lunch and even after school snacks can be important opportunities sit down together as a family.

Make it simple and quick! Make and freeze extra food on the weekend or during other free time for quick microwave meals during the week.

Show that family meals are important. Make meals a time to talk as a family. Turn off the TV and do not answer phone calls.

Get everyone involved. Children can set the table, put down place mats, or help with preparing the meal; measuring and adding dry ingredients, cleaning vegetables or tearing lettuce for salads!



How to do you plan a healthy meal? Think MyPlate!
If you can remember to fill half your plate with fruits and vegetables at every meal – you will be off to a great start.
Again – start thinking of ways that you have tried to help your family eat better to share in a few minutes.

NOTES:

MyPlate was released in June 2011 and is based on the *2010 Dietary Guidelines for Americans.* MyPlate divides the plate to create a balanced meal that includes half a plate filled with fruits and vegetables, a quarter filled with lean protein, a quarter filled with a grain or starch and to add a glass of milk to the meal. A "healthy" balanced meal should include non-breaded lean meat, fish or other protein like beans, eggs, nuts, or vegetarian proteins like tofu, whole grains like brown rice, whole wheat pasta, or whole wheat bread, whole fruits and vegetables with a glass of milk.

If you get specific questions like how much fiber a child needs, food allergies, carbohydrate planning (especially for diabetes) or questions related to specific diets for managing diseases please refer the person to their physician.

Next, make snacks count!

***<u>Ask participants:</u>* "What is the first thing you think of when I say the word, 'SNACK!?' "**

Allow participants to answer – expect answers such as cookies, chips, candy, etc.

1.Healthy snacks are very important, especially for children, to get the amount of energy that they need for the day. **Click to bring up healthy snack pictures**

2.Think of snacks as mini-meals rather than a time for desserts or treats.

3.'Make Snacks Count' by emphasizing fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products.

Make Snacks Count

- Fresh fruit and vegetables
- Low-fat or fat-free dairy products, including string cheese and yogurt
- Whole grain breads and cereals, low-fat microwave popcorn
- Low-fat frozen yogurt, low-fat granola bar

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

This slide lists examples of snacks that count, like fresh fruits and vegetables, low-fat or fat-free string cheese or yogurt, whole grain breads and cereals like Cheerios, and low-fat or fat-free popcorn, low-fat frozen yogurt, or low-fat granola bars.

<u>Ask participants</u>: "What do you offer a child when they say, "I'm thirsty?"
Allow participants to answer.

While juice and soda are popular choices because they taste good, they add lots of sugar and very few nutrients.

Answer: Water is the best choice! It keeps children from getting dehydrated and has no calories!

Always think Water First for Thirst!

Each category will display with a click….

Drink Plenty – Water, non-fat and low fat milk (and milk alternatives e.g. soy, rice and almond milk) should be consumed every day.

Drink Ocassionally - While the sugars in fruit juice are “natural”, juice still contains a lot of sugar without a lot of nutrients. Because of this, The American Academy of Pediatrics recommends that children ages 6 months to 3 years should have no more than about ½ cup of 100% fruit juice per a day and kids 3 years and older should have no more than ¾ cup of 100% fruit juice per day.

Diet sodas and low calorie juice drinks don’t have the sugar that their regular counterparts do but they also provide almost no nutrition benefits. In addition, the risks and benefits of non-nutritive sweeteners remain a hotly debated topic.

Drink Rarely - Sugary Beverages like sodas, sports drinks and fruit drinks provide almost no nutritional benefit and as much as 10-12 teaspoons of sugar per serving.

These ideas sound great – but if you have ever tried to feed a 3 year old a healthy meal, snack or drink you know it isn't always as easy as it sounds. Remembering this division of responsibility can help you stay strong!

Ellyn Satter is a well known and respected therapist, author and lecturer. She is a Registered Dietitian, a holder of the Diplomat in Clinical Social Work, and has a private psychotherapy practice. She has authored several books and her website also provides wonderful resources to help parents and caregivers develop effective feeding and eating strategies.

Engage the audience in discussion – How do you use these and other strategies to encourage your children, grandchildren, etc. to eat healthier?

You may get questions about picky eaters, kids not sitting still, table manners, etc. Try to engage other parents in answering these questions. Try to redirect discussion if inappropriate answers such as punishment, witholding dessert, etc. are offered. These issues are also addressed in a book titled Child of Mine: Feeding your child with love and good sense by Ellyn Satter

What can we do? Build Children up with Words!

Adult role modeling and behaviors help children develop a healthy body image.

Self esteem starts early:

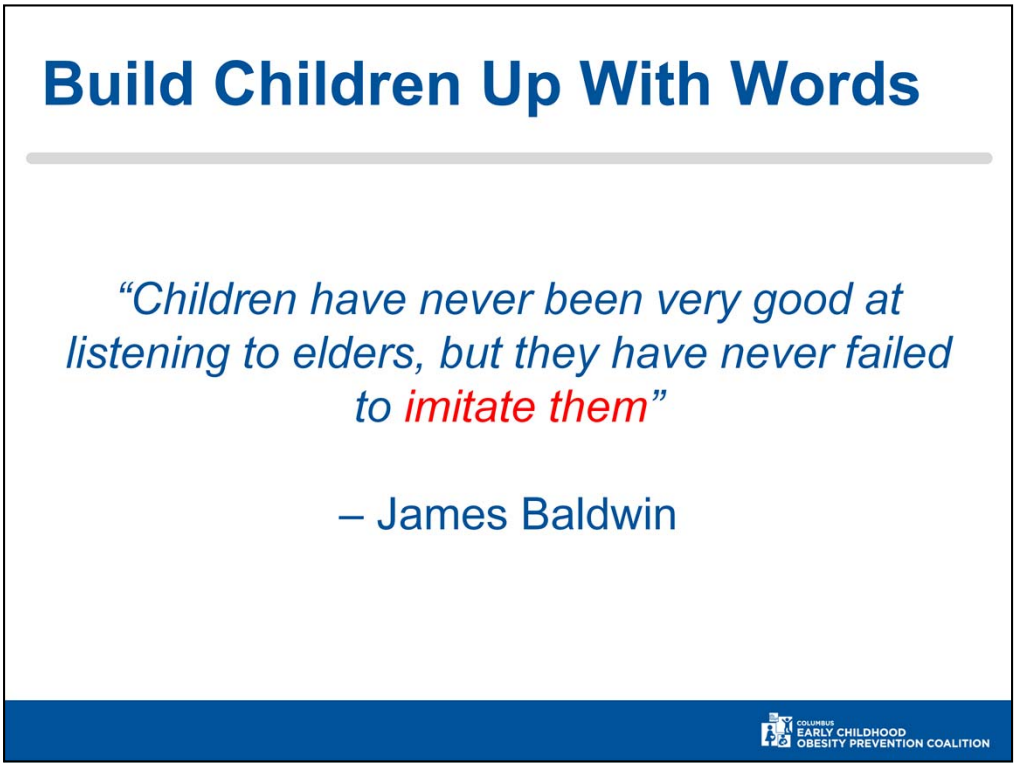
By 5 years old, children have started to have good and bad feelings about their bodies. A social stigma has developed surrounding obesity – **Social stigma** refers to severe **social** disapproval of personal characteristics that are against cultural norms.

Help Children Build a Healthy Body Image:

When we talk to children, we should focus on what they can do and their abilities rather than how they look. Some examples include:

- “I like how you ran and played hard today.”
- “I am proud of you for trying broccoli today”
- “I liked playing tag with you today.”

Most importantly, practice healthy habits with your children. As a adults our actions have a powerful affect on the way our children act and behave. Your child is more likely to try broccoli or another new or different vegetable if you’re eating it too!



Read quote.

As we all can attest – children do what they see the grown ups around them do too.

We can make sure that kids get an hour a day for play!

Children are sitting around a lot more than they used to.

Currently, the United States Department of Agriculture (USDA) recommends that all children get at least 60 minutes of moderate to vigorous activity every day.

Physical Activity

Physical activity in children helps to:

- Promote healthy growth and development
- Build strong bones and muscles
- Achieve and maintain a healthy weight
- Provide opportunities to make friends
- Improve self-esteem

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

Why is activity so important for kids? Kids who exercise have stronger bones and muscles. Kids who exercise are more likely to be at a healthy weight and stay at a healthy weight as they get older. Kids can make friends while being active by playing sports or playing on the playground together! Activity doesn't have to be a sport…it can simply mean playing tag or kicking a soccer ball around a park or the backyard. Kids who exercise feel better about themselves and are happier.

Physical Activity

Indoor Activities

- Hula Hoop
- Play Duck-Duck-Goose or Hide and Seek
- Freestyle dance, balance, or hop
- Practice stretches or yoga
- Play with a dog or pet

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

We live in Ohio and the weather isn't always conducive to outdoor play so it is important to think about ways to be active indoors.

Physical Activity

Outdoor Activities

- Walk, run, hop or bike
- Hopscotch or tag
- Play catch or throw a Frisbee
- Kick a ball or bounce a basketball
- Create sidewalk art or build a snowman

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

And of course when the weather allows, get outside as much as you can!

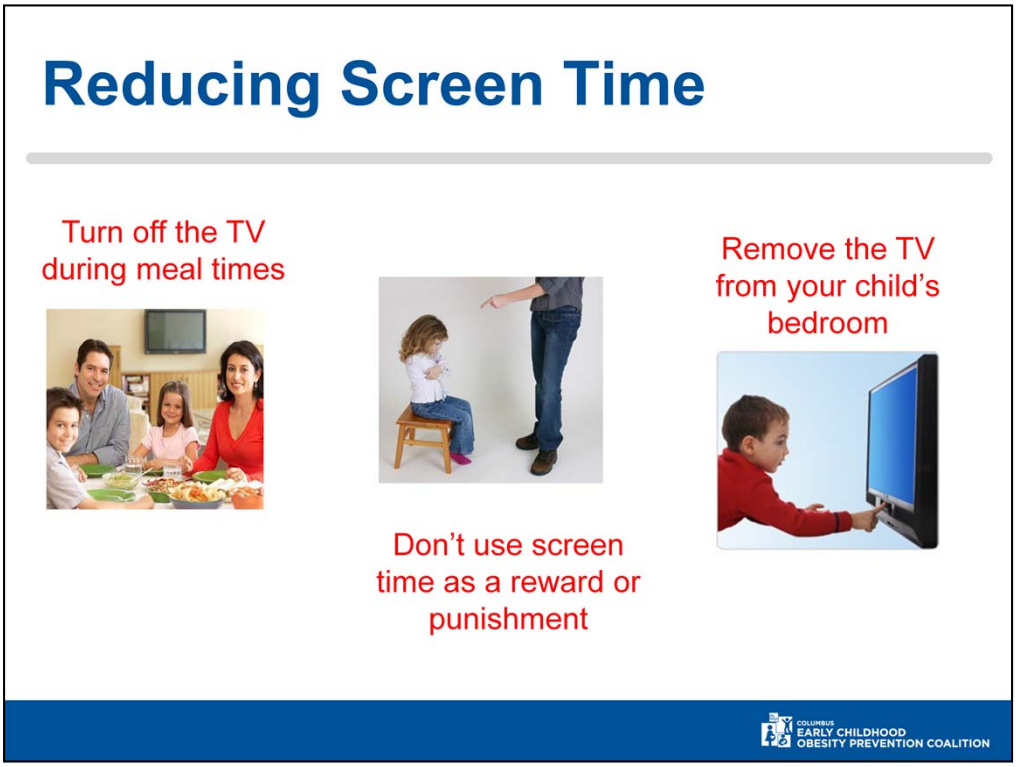
One of the reasons kids are less active these days is because they spend a lot more time in front or computers, televisions and using apps. The American Academy of Pediatrics recommends that children under 2 years of age should not engage in screen time at all and that kids 2 years old and older should spend no more than 2 hours a day engaged in screen time activities.

Screen time includes

- Television
- Videos and DVDs
- Video games
- Computer
- Apps

How much time do you think you spend engaged in these activities each day? How about the children you know and love?Research tells us that too much screen may contribute to an unhealthy weight and it may be related to children performing poorly in school, having unhealthy eating habits, and it may interfere with healthy sleep schedules. Sitting in front of a computer or TV screen watching movies or playing video games keeps kids from being physically active.

But in today's culture of technology, how do we reduce the amount of screen time in our children's lives?



Here are 3 steps that can help reduce screen time.

1. Turn off the TV during meal times. Not only does this support healthier eating habits, but it may also lead to family conversations.
2. Try to avoid using screen time as a reward or a punishment. Activities that are used as rewards become "bigger and better" and even more desirable in a child's eyes. Try things like offering extra time outside, an extra story at bedtime or other positive activities as a reward instead.
3. Remove the TV from your child's bedroom. Data shows that children who have a TV in their bedroom are at higher risk for being overweight and tend to have poorer sleep habits than children who don't have a TV in their bedroom.

Engage the audience in discussion – How do you use these and other strategies to encourage your children, grandchildren, etc. to be more active and talk to them and about ourselves in postive ways?

You may get questions about using screen time as a punishment or reward etc. Try to engage other parents in answering these questions. Try to redirect discussion if inappropriate answers such as punishment, witholding dessert, etc. are offered.

Resources

- http://www.womenshealth.gov
- http://www.choosemyplate.gov
- http://publichealth.columbus.gov/healthy-children- healthy-weights.aspx
- http://www.letsmove.gov
- http://kidshealth.org
- http://www.nourishinteractive.com
- http://www.getactivecolumbus.com
- http://www.aap.org

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

I would like to thank you all for joining us today and taking the time to share your thoughts and ideas about raising healthy babies, toddlers and preschoolers.

If you would like to learn more, the websites listed here provide additional information and resources.

Do You Want To Do More?

Get Involved!

- The Early Childhood Obesity Prevention Coalition
- Early Childhood Obesity Prevention Speaker's Bureau

Contact:

Cheryl Graffagnino

Clgraffagnino@columbus.gov

614-645-0867

COLUMBUS EARLY CHILDHOOD OBESITY PREVENTION COALITION

If you would like to get involved in early childhood obesity prevention efforts in Columbus, please contact Cheryl Graffagnino at Columbus Public Health.