

5210 Prevention Message

- Fight overweight and obesity by developing healthy habits as a family.
- Follow the **5210** Rule:
 - 5** or more fruits and vegetables per day: provide a colorful choice of fruits and vegetable.
 - Caregivers can set example by choosing healthy choices themselves
 - Eat meals together and discuss advantages about making healthy eating choices
 - Limit fast food, take out and eating out
 - 2** hours or less recreational screen time: watching TV is associated with more snacking and increased obesity.
 - Set time limits on TV watching and keep TV out of bedrooms.
 - Engage the children in puzzles or board games.
 - Encourage children to play outside.
 - 1** hour or more of physical activity everyday.
 - The family can go out on bike rides or walks.
 - Involve children in outdoor activities.
 - 0** sugary drinks: drink more water and low fat milk instead of soda and drinks with lots of sugar.
 - Choose fresh fruit instead of juice. If juice is served make a choice of 100% juice.
 - A healthy body needs water. Make sure water is readily available to children.
 - Avoid carbonated drinks or drinks with high sugar content.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Limit portion sizes and serve reasonably sized servings.
- Encourage more healthy habits by making children aware of what they eat, drink and watch.

Remember small changes every day can lead to great results!

This childhood obesity prevention message was adopted by the Healthy Kids, Healthy Michigan Coalition (HKHM) for clinical use as it offers clinical guidance. It compliments the 54321GO! childhood obesity prevention message adopted by HKHM to be used in the school and community setting. For more information contact healthykidshealthymi@gmail.com

References:

<http://www.aap.org/>
<http://www.cdc.gov/>
<http://www.letsgo.org/>

