

Simple Steps for a Healthy Ohana



Healthy kids and healthy families make everything possible. Eating and physical activity patterns start in early childhood. 5-2-1-0 is our way of promoting healthy lifestyles for children and families. We realize healthy living can be challenging so we encourage everyone to start small, think big and take one step at a time.

EAT HEALTHY

5 FRUITS, ROOTS & VEGETABLES

Fruits, roots and vegetables, including root vegetables such as taro (poi) and sweet potato, are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits, roots and veggies we currently eat.

WATCH LESS

2 HOURS OF SCREEN TIME

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

PLAY MORE

1 HOUR OF PHYSICAL ACTIVITY

Activity that makes your heart pump faster and your body breathe harder make you strong, helps you feel good and think clearly. Kids in active families are more likely to be active adults.

CUT DOWN

0 SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks have little health benefit. Sweetened beverages add empty calories, about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

HEALTHY TIPS

- A Be a role model - Include at least one fruit, root or vegetable at every meal and snack
- B When possible, avoid frying - try steaming, baking, stir-frying
- C Try-A-Bite rule - Offer new fruits, roots and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

HEALTHY TIPS

- A Encourage your whole family to decrease screen time to 2 hours or less each day
- B Keep the TV and computers in a central location and out of your child's bedroom
- C Enjoy your family - turn off the TV when eating and talk about the day

HEALTHY TIPS

- A Take gradual steps to increase your physical activity level
- B Do short amounts of activity several times a day until they add up to 60 or more minutes each day.
- C Physical activity should be fun - swimming, surfing, paddling, walking, running, dancing, gardening and yes, even vacuuming!

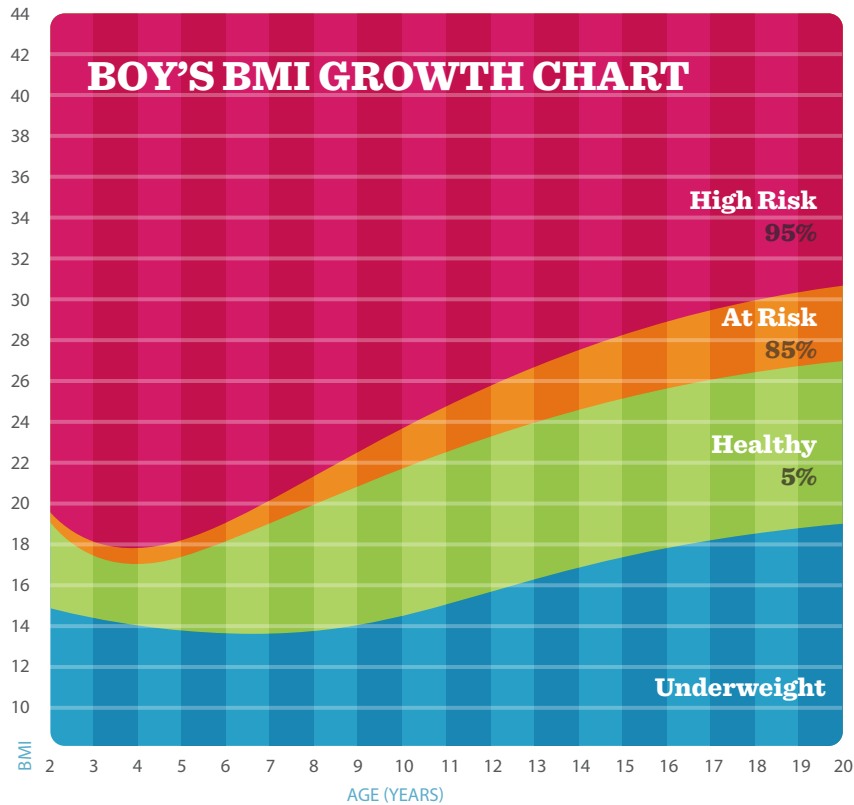
HEALTHY TIPS

- A Encourage your family to love water. Serve it. Choose it. If it's there, people will drink it. And remember water has zero calories.
- B Be wary of commercials. Juice products labeled "-ade", "drink" or "punch" often contain mostly corn syrup sweetener and less than 5% real juice.
- C For kids 2 years and older, encourage fat free or low fat milk rather than whole milk

Your Child's Growth

HELPING CHILDREN DEVELOP HEALTHY LIFESTYLES

Doctors screen children for growth problems using a number called body mass index or BMI. BMI is calculated from weight and height and, for children, plotted on the BMI growth chart. The percentile rank on the chart helps doctors to estimate body fat and determine if the child's weight is about right for his height.



HIGH RISK

Children in this zone are at high risk for developing chronic diseases such as diabetes, high cholesterol, high blood pressure and heart disease. This risk goes up if the child's family has a history of these diseases. Your doctor may decide to do some extra tests on your child. Your doctor may also see your child more often to monitor BMI and blood pressure.

AT RISK

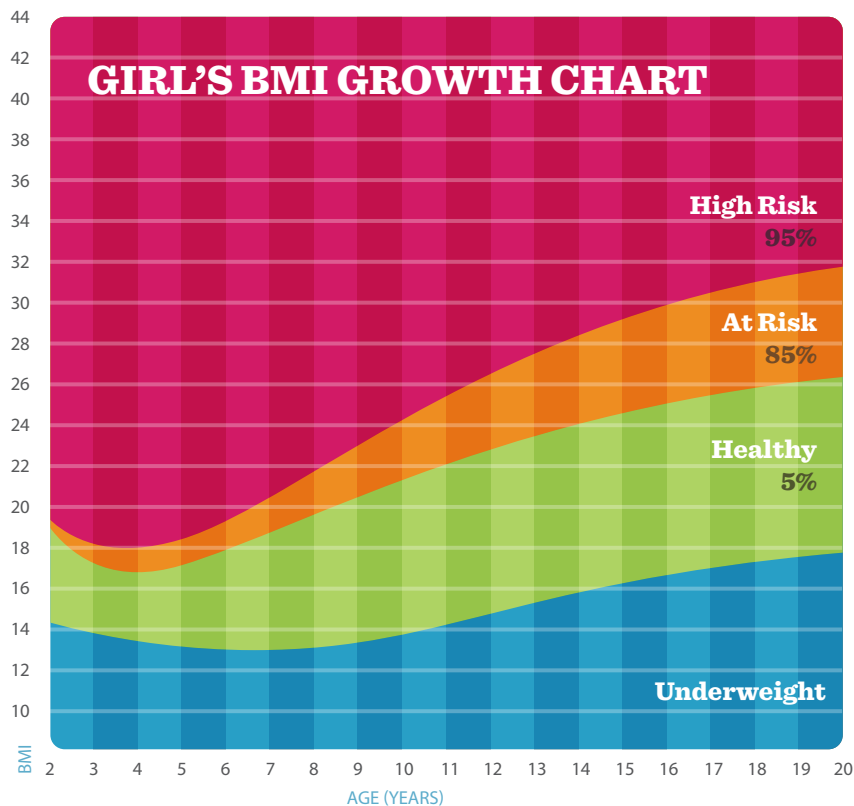
Children in this BMI zone are at risk for developing chronic diseases such as diabetes. Discuss these risks with your child's doctor.

HEALTHY

Great job! Continue to offer your child healthy foods and time to play and move so she or he will stay in this zone.

UNDERWEIGHT

Children in this BMI zone may be underweight. Discuss this with your child's doctor.



BMI REPORT CARD

DATE

CHILD'S NAME

WEIGHT

HEIGHT

BMI

BMI %