

Evidence Based Messages---How

- *For each evidence -based message, the NCH handouts should be given
- *Visual examples when possible
- *Form a Concrete plan that will work in that individual child/family setting
- *Simplify and modify to family
- *Give the RX form for the fridge (5210)

Eat 5 servings of fruits and vegetables per day

-NCH handout---go over key items and goal sheet -Show visual of 1/2 your plate with fruits/vegetables -Don't focus on serving size right now-just on adding fruits/veggies - Modify to family-give suggestions for in season to save \$\$, frozen, fruit cups, canned -Rx: Add a fruit or vegetable to EACH meal and snack

Limit Total Screen Time to 2 hours or LESS per day

-NCH handout-go over key items and goal sheet -Visual: hand out of 14 hours to fill each week and record it -Visual: make a chart of what TV shows that week and window of time for computer and stationary video games and put that by computer or TV

PLAN screen time in Advance! -Remove TV and computers from bedrooms and make one media room -Allow 1 hour of ACTIVE video games a day that doesn't count as screen time -Be sure they understand what means falls under screen time -Rx: Set a two hour time frame that screen time can occur

Get 60 minutes/day of moderate physical activity

-NCH handout—key points and goal sheet—get up and get active! -Visual: make a chart and sign off each day (see goal sheet on NCH handout) -Form a concrete plan: discuss what exercise and what time of day they can do



(TV breaks, Active video games, dance to ipod, walk the dog, outside or in..) -PICK a Time for exercise and PICK a BUDDY (parent, sib, friend, pet...more likely to do with a buddy/family involved) -60 minutes might be a daunting goal to start off with for a busy or non-active family

MODIFY ...start 1st week with 30 minutes a day, then to 45, then to 60. -Rx: Get physical activity every day-pick a time of day and activity you will do

Limit Sugar Sweetened Beverages

-NCH handout- go over key items -VISUAL: show the visual of how much sugar is in a can of pop and other drinks -Modify: discuss what they drink and how they can change - Replace sugar drinks with WATER! (add a glass of water to each meal, order water when you are out to eat, get a fun water bottle and keep filling it up, use 0 calorie flavor packets for if needed) -Concrete: if you drink a sugar beverage at a meal...tell waitress after the first glass, only refill with water! Rx: Replace one glass at each meal and snack with WATER

Proper Portions

-NCH handout- go over key points -VISUAL: give visuals of portion sizes, show the bowl of cereal, size of bagel, etc. -Modify: discuss serving size, don't supersize fast food meals, take 1/2 plate home, eat off salad plates, don't eat in front of the TV. Don't eat out of the bag. -NO SECONDS

-SHOW THEM how to read a food label and to find and figure out serving size Rx: read and follow serving size/ don't take seconds

Eat More Family Meals

-NCH handout -Modify: what do they do now and how can they improve? -Concrete:



What time is dinner? Eat at the table. If everyone can't be there at the same time, make a Family Meal and save in fridge to eat when that person gets home. Crock pot, packed dinners for sports, take turns cooking -Create weekly menus---PLAN THE MEALS—and put it on the fridge Rx: We will eat as a family 4-5 times a week.

Eat a Healthy Breakfast Every Day

-NCH handout- key points and goal sheet -Visual: give some concrete examples of a healthy easy breakfast fruit/protein/whole grains/low fat dairy and the portion size - Modify: Do you normally eat breakfast? Where? At home/on the way to school/at school? What items will work for when they can eat (on the go vs at home) Rx: Eat a piece of fruit for breakfast every day

