

A kindergartner with type 2 diabetes recently visited the nurse's office.* She tended to his needs and as he walked out of her office she noticed that his shoes were untied. She said, "You better tie your shoes so you don't trip and hurt yourself." He responded that he couldn't tie his shoes. The nurse just thought he had never learned, so she began to show him how to make a knot. "I know how to tie my shoes!" he said indignantly. And then he lowered his voice and said,

"I just can't reach them."



5-2-1-0 Toolkit: Resources to Support Healthy Behaviors for Families

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Nutrition, Physical Activity and Obesity Prevention Program



Opening Activity

- Divide into small groups of 2-5
- Introduce yourself and meet all the people in the group
- Discuss the quote or fact provided to your group
- Select one person to share the quote or fact and your group reflections



Objectives

- Describe the 5-2-1-0 healthy behaviors
- Review the toolkit resources for family engagement and classroom use
- Design an action plan using at least one resource



HEALTHY NUMBERS FOR KENTUCKY FAMILIES

<http://chfs.ky.gov/5210>



Obesity in Kentucky



More Than Unhealthy Weight

Chronic diseases are now in children, not just adults.

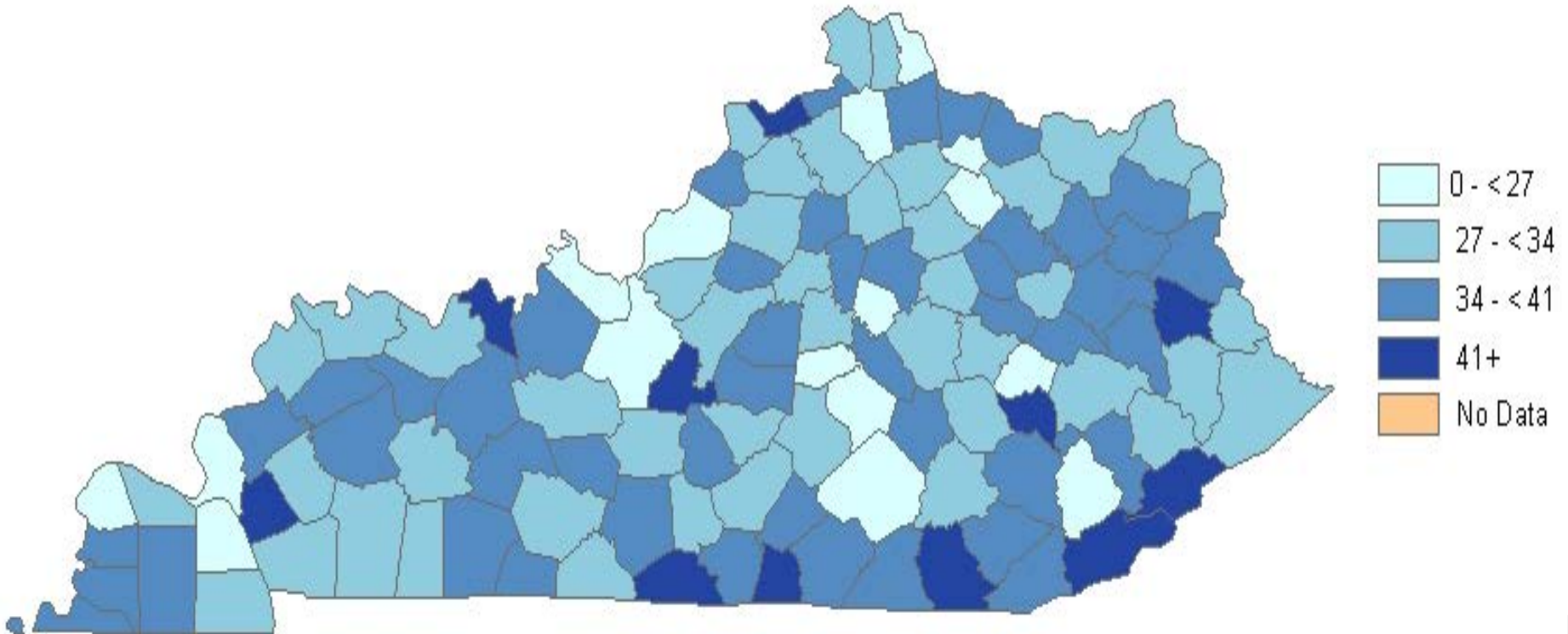
- Heart disease
- High blood pressure (hypertension)
- High cholesterol
- Type 2 diabetes
- Hip and joint problems

Serious long-term risks can impact their entire lifespan.

- Increased risk of developing co-morbid conditions
- Negative impact on mental health
- Shortened life expectancy



Childhood Obesity Rates of WIC Participant Children Ages 2-4 in Kentucky, 2010



PedNSS – Pediatric Nutrition Surveillance System, 2010

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Childhood Obesity in Kentucky



1 in 3 Kentucky children is obese or overweight before they enter kindergarten.



Discussion

**What has contributed to
childhood obesity over
the past thirty years?**



Changes in Our Society and Environment

More Calories In

- **Higher caloric foods, lower nutrients**
- **Large portion sizes**
- **Consumption of soda & sweetened beverages**
- **More meals away from home**
- **Growth of food industry and advertising**

Less Calories Out

- **Less physical activity**
- **Lack of sidewalks**
- **Automobile travel**
- **Perception of safety**
- **Watching more TV**
- **More labor assisting devices**



Building a Healthy Foundation

- Children develop **eating and physical activity habits** in early childhood. Establishing healthy habits requires exposure and experience.
- Healthy habits build **the foundation for lifelong health.**
- Healthy children are better prepared to achieve **academic success.**



School Readiness

5 DOMAINS

1. Health & Physical Well Being
2. General Knowledge & Mathematics
3. Language & Communication Development
4. Social & Emotional Development
5. Approaches to Learning





Child Health and Academic Performance

Good nutrition is essential for brain development.

Being physically active builds brain connections in young children.

80% of brain connections are in place by age 3.*

This early brain development is the foundation for later learning.



The role of community partners

- Impact children and their families
- Serve as a role model for children
- Influence on knowledge, attitudes and healthy habits
- Create healthy environments



We know ECE professionals make a **BIG** difference!



The Message



Four Corners Activity



HEALTHY NUMBERS FOR KENTUCKY FAMILIES



Eat Fruits and Vegetables



- A child should have 5 palm sized servings of fruits & vegetables each day
- Put a rainbow of fruits and vegetables on your plate
- Children are more likely to eat fruits and vegetables when a parent or caregiver models this.

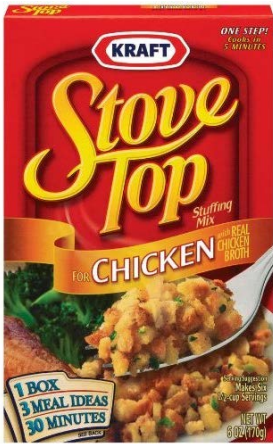


Saving Money and Saving Calories

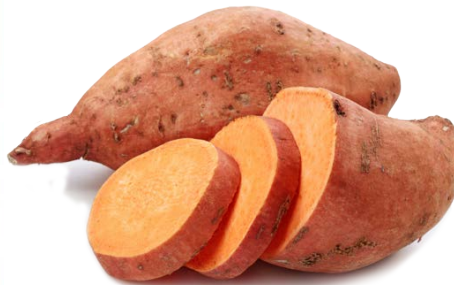


\$0.75 per serving

\$0.46 per serving



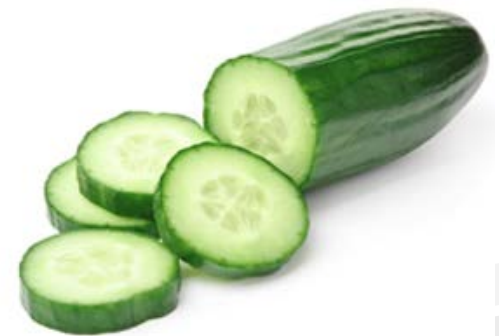
\$0.38 per serving



\$0.31 per serving



\$0.27 per serving



\$0.14 per serving



Trying New Foods



MIX IT!

- Add them to foods you already make, like pasta, soups, and pizza



SLICE IT!

- Wash and chop veggies and fruits so they are ready to eat



TRY IT!

- Be a role model and eat fruit and vegetables at every meal
- Children may need 10+ exposures to learn to like a new food



Eat Fruits and Vegetables





Fruit and Veggie Tracker

Fruit & Veggie Tracker

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES



Child's Name:

Challenge Dates:

Use this log to check off each serving of fruits and vegetables your child eats every day. If it's more than 5, keep up the good work! If it's less than 5, check out our tips for how to increase the fruits and vegetables your child eats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 serving							
2 serving							
3 serving							
4 serving							
5 serving							
BONUS!							

How many fruits & vegetables did your child have this week? _____

What made it hard to get all 5 servings each day? _____

Feed the Family Five or More

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES



Everyone, including adults, should eat at least 5 servings of fruits and vegetables a day.

However a serving size for a child is much smaller—it will fit into the palm of their hand!

Food for Thought

- Try the three-bite rule: Offer new fruits and veggies different ways and try at least 3 bites each time.
- Many fruits and veggies taste great with a low-fat dip or dressing.
- Make a fruit smoothie with low-fat yogurt.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods to mushy ones—try them fresh or slightly steamed.
- Take 10-15 minutes to sit down together for family meal time.
- Be a role model: Try to have fruits and veggies at every meal and eat them as snacks.
- Always try to choose whole fruits over juice.



Adapted from materials developed by Let's Go! www.lets-go.org



Repeater-Eater Log

Repeater-Eater Log



Child's Name: _____

It can take a minimum of 10-12 exposures before our taste buds accept a new food! So keep trying, get creative with recipes and have some fun exploring new foods. Use this log to check off each time your child tries a fruit or vegetable. Check out our tips for how to increase the fruits and vegetables your child eats, even if they are a pickier eater!



FOOD	1	2	3	4	5	6	7	8	9	10

Helping Kids Try New Foods



- **Let your child choose new foods.** Kids are more open to trying new foods when they feel they have a choice. When shopping, let your child select a new food from two or three choices.
- **Be a good role model by eating new foods with your child.** Your child learns how to eat new foods by watching you. Try to eat at least one bite of foods that are new to your child.
- **Help your child learn about new foods.** Talk about the color, shape, smell and texture of the new food. It's OK if your child plays with new foods because it is their way of learning!
- **Avoid forcing your child to eat.** Kids like new foods LESS if they are forced on them. They also like new foods LESS when they are given bribes or rewards for eating them, so avoid "clean plate" or "just one bite" rules.
- **Make food fun!** Create shapes in foods with cookie cutters, serve a snack with foods all of one color, or arrange foods on a plate in the shape of a face or animal.
- **Try not to hide veggies.** When children don't know they're eating vegetables, they're not learning healthy eating habits. Instead try talking to your children about the veggies in the recipe or have them help cook it!

New foods today for good health tomorrow!

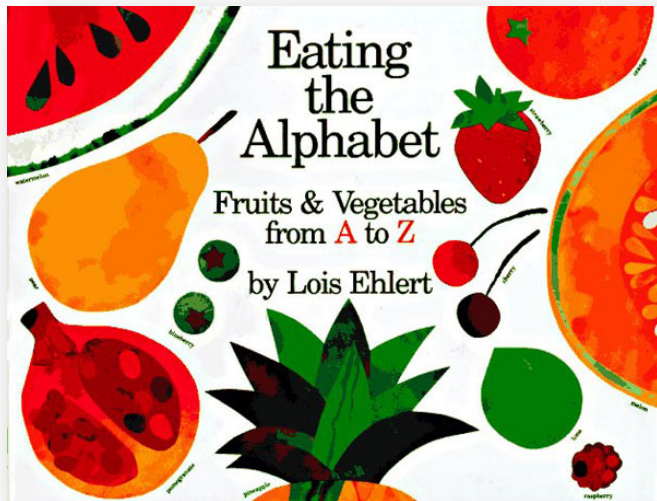


Activities that can support trying new foods





More Activities



Read books about healthy foods.



Have a tasting party.



Add healthy play foods to dramatic play area

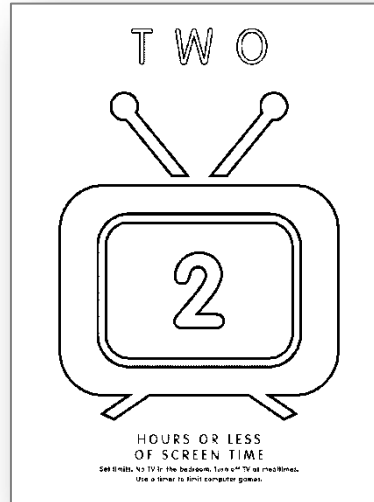


Kentucky Materials

Posters



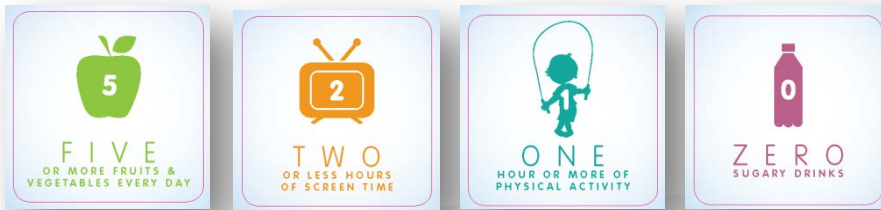
Coloring Pages



Brochures



Stickers



Activity Ring



Free for Download or order at
<http://chfs.ky.gov/5210>



Limit Screen Time



- Watching TV is associated with more snacking and increased obesity
- Too much TV has been linked to lower reading scores and attention problems
- **Healthy Screen Time**
 - *No TV/computer under the age of 2*
 - *No TV/computer in the room the child sleeps*
 - *One hour of educational TV/computer time between ages 2 and 5*
 - *After the age of 5, 2 hours or less*



What are children seeing?





Drive-Thru Makes it Easy





The Power of Advertising





Screen Time Log

Screen Time Log

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES



Child's Name:

Challenge Dates:

Use this log to fill in the number of hours your child spends in front of a screen each day. If it's less than 2 hours, keep up the good work! If it's 2 hours or more, check out our tips to reduce your family's screen time!

	TV or Movies	Video Games	Smartphones or Tablets	Computer	Total Hours Each Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

How much screen time did your child have this week? _____

What is the source of most of your child's screen time? _____

Tips for Limiting Screen Time

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Why is it so important to limit screen time?

Too much screen time promotes an inactive lifestyle and has been linked to overweight and obese children.

More than 2 hours of screen time has been linked to lower reading scores and attention problems.

Watching TV is associated with more snacking.

TV and other electronic media can get in the way of exploring, playing and interacting with others and does not provide the same type of brain stimulation children need.



How can you help limit your family's screen time?

- Keep TVs, computers, tablets and video games out of your child's room.
- Set limits and basic rules to know how much screen time your child is getting.
- Be a role model with your own TV viewing habits.
- Make a list of fun activities to do instead of being in front of a screen: play outside, listen and dance to music, write a letter or story, plant a flower or vegetable garden, read a book.



Adapted from materials developed by Let's Go! www.letsgo.org

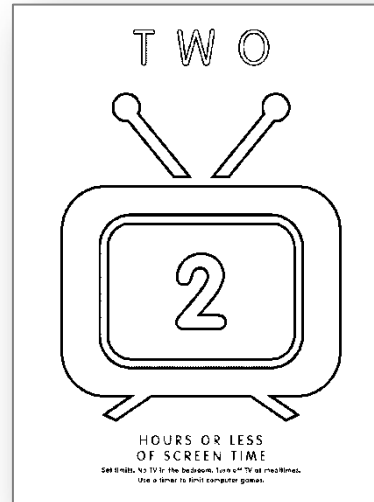


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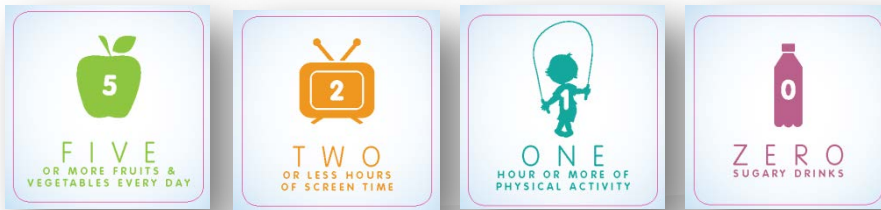
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When my body needs energy, I give it fuel!

Blueberries

Bananas

Nuts

Broccoli

Fish

**Olive
Oil**

Yogurt

**Brown
Bread**

Spinach

Grapes



Get Physically Active



- Supports exploration, development and learning
- Helps you keep a healthy weight
- Builds healthy bones and muscles
- Increases strength, coordination and fitness
- Lowers risk of chronic disease
- Improves self-esteem
- Lowers stress



How to Get Physically Active

DAILY, INDOORS AND OUTDOORS, FOR ALL CHILDREN

- Active play outdoors daily-if weather permits
- Opportunities to practice age-appropriate motor and movement skills
- Structured opportunities to engage in moderate to vigorous physical activity (MVPA)

INFANTS

- Tummy time, at least 4 times daily, longer periods as enjoyed

TODDLERS

- At least 60-90 minutes of active play per day

PRESCHOOLERS

- At least 120 minutes of active play per day
- Opportunities for “breathless” (MVPA) play



Resources

- Activity Ring
- Calendar

RING OF ACTIVITIES

0-18 MONTHS

18-36 MONTHS

3-5 YEARS

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

5 FIVE OR MORE FRUITS & VEGETABLES EVERY DAY

2 TWO OR LESS HOURS OF SCREEN TIME

1 ONE HOUR OR MORE OF PHYSICAL ACTIVITY

0 ZERO SUGARY DRINKS

RING OF ACTIVITIES

GROUPED BY AGE:
0-18 MONTHS
18-36 MONTHS
3-5 YEARS

Kentucky
UNBROKEN SPIRIT
www.chfs.ky.gov/5210

Adapted from materials developed by Let's Get Moving.org



Limit Sugary Drinks



DRINK (8 oz. serving)	CALORIES	SUGAR
Water	0	0g
Low-fat Milk	100	11g (3 tsp.)
100% Orange Juice	110	22g (5 tsp.)
Juice Drink (10% fruit juice)	150	38g (10 tsp.)
Powdered Drink Mix	90	24g (6 tsp.)
Soda	100	27g (6 tsp.)



8 oz. serving = 24g = 6 tsp.



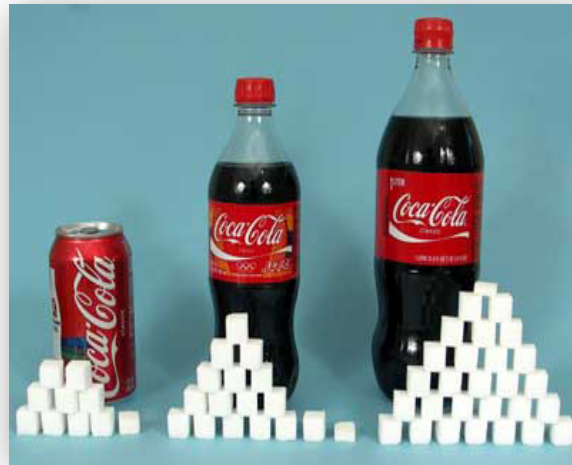
8 oz. serving = 27g = 7 tsp.



8 oz. serving = 29g = 7 ½ tsp.



8 oz. serving = 31g = 8 tsp.



12 oz. serving = 39g = 10 tsp.



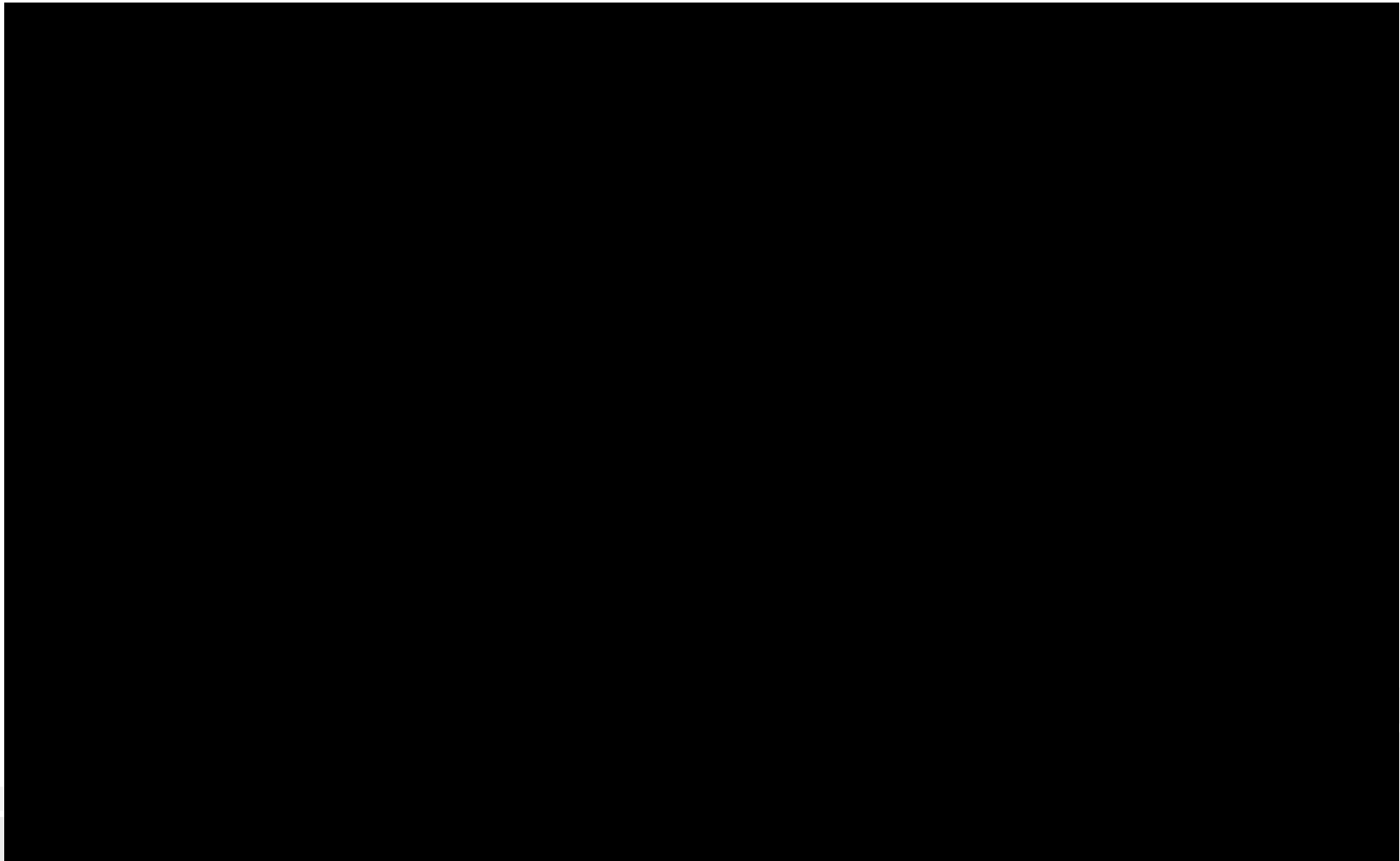
20 oz. serving = 77g = 19 ½ tsp.

Choose Your Drink Wisely





Sugar: Hiding in Plain Sight (VIDEO)





Where is the sugar?



Nutrition Facts	
Serving Size 1 Bar (22g)	
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein less than 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 2%
Vitamin D 2%	Thiamin 10%
Riboflavin 10%	Niacin 10%
Vitamin B6 10%	Folic Acid 6%
* Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: RICE CEREAL (RICE, SUGAR, SALT, MALT FLAVOR, NIACINAMIDE, IRON, VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), CORN SYRUP, FRUCTOSE, MARGARINE (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, WATER, NATURAL AND ARTIFICIAL FLAVOR, DATEM, ACETYLATED MONOGLYCERIDES, BHT (PRESERVATIVE), VITAMIN A PALMITATE, VITAMIN D3), CHOCOLATEY FLAVORED CHIPS (SUGAR, PALM AND PALM KERNEL OIL, COCOA PROCESSED WITH ALKALI), SOY LECITHIN, NATURAL FLAVOR, WHOLE MILK SOLIDS, SALT), SUGAR, CORN SYRUP SOLIDS, CONTAINS 2% OR LESS OF MARSHMALLOW BITS (SUGAR, CORN SYRUP, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, GELATIN, BLUE 1), DEXTROSE, GLYCERIN, GELATIN, SALT, NATURAL AND ARTIFICIAL FLAVOR, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).	
CONTAINS SOY AND MILK INGREDIENTS.	

Sugars 8g

Rice, **SUGAR**, salt, malt flavor, niacinamide, iron, vitamin b2 (riboflavin), folic acid, **CORN SYRUP**, **FRUCTOSE**, margarine (soybean and palm oil with tbhq for freshness, water, natural and artificial flavor, datem, acetylated monoglycerides, bht (preservative), vitamin a palmitate, vitamin d3), chocolatey flavored chips (**SUGAR**, palm and palm kernel oil, cocoa processed with alkali, soy lecithin, natural flavor, whole milk solids, salt), **SUGAR**, **CORN SYRUP SOLIDS**, contains 2% or less of marshmallow bits (**SUGAR**, **CORN SYRUP**, modified corn starch, natural and artificial flavor, gelatin, blue 1), **DEXTROSE**, glycerin, gelatin, salt, natural and artificial flavor, niacinamide, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin).

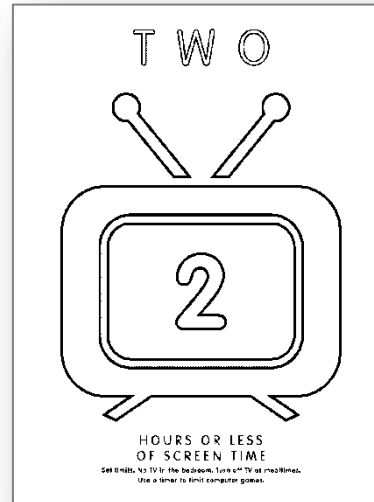


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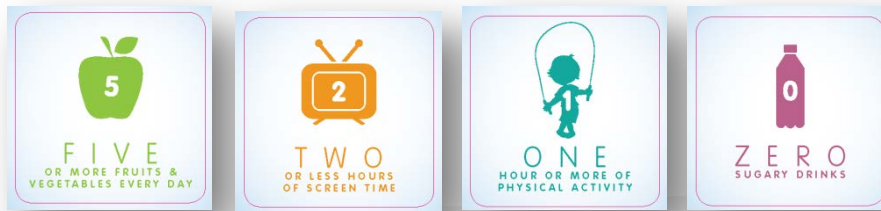
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Activity Ring



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Materials to Use in Your Community

Lapel Pins with Talking Points

2 hour presentation for professionals

Logs, Story Time Materials, Book Lists

Suggestions for How to Communicate about 5-2-1-0

- Includes newsletter briefs, suggested social media posts & key messaging



Why 5-2-1-0?

- Children develop **eating and physical activity habits** in early childhood. Establishing healthy habits requires exposure and experience.
- Healthy habits build **the foundation for lifelong health.**
- Healthy children are better prepared to achieve **academic success.**





Questions? Comments?

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