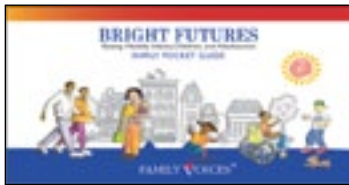




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## HEALTHY WEIGHT



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by Family Voices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

[www.familyvoices.org](http://www.familyvoices.org) and [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org).

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## Healthy Weight for Lifelong Health

Healthy foods, eating habits, and being active are important for maintaining healthy weight and lifelong health. Children learn from role models. When they see parents and others eating healthy food and being physically active, they are more likely to do the same. Weight is a challenge today for many but more resources and support are available.

### MIDDLE CHILDHOOD (5-10 years): Balance is the Key!



The key to good health is a balance between the calories from foods eaten and the calories spent in activity.

- Every day, encourage your child to eat fruits, vegetables, whole-grain breads and cereals, low fat or fat-free dairy products, and lean meats.
- Weight loss is almost never a good idea while your child's body is rapidly growing during puberty. If your child talks about going on a diet to lose weight, discuss this with your health care provider.

### ADOLESCENCE (11-21 years): Eating Healthy + Physical Activity!

- Support your teen's healthy weight. Help her balance eating healthy foods and being physically active. Help her understand that fad diets don't work long term.
- Help your teen limit screen time (TV, phone calls, texting, e-mail, chat, social networking, videos, video gaming, DVD, or computer), not counting homework. Work together to set guidelines and discuss a balance of active and inactive pastimes.
- Help your youth be physically active. Walk around the mall before shopping, go on a hike, ride bikes, garden or...vacuum!

### RESOURCES

- Nutrition in Children and Adolescents: [www.mchlibrary.info/KnowledgePaths/kp\\_childnutr.html](http://www.mchlibrary.info/KnowledgePaths/kp_childnutr.html)
- Overweight and Obesity in Children and Adolescents: [www.mchlibrary.info/KnowledgePaths/kp\\_overweight.html](http://www.mchlibrary.info/KnowledgePaths/kp_overweight.html)
- National Initiative for Children's Healthcare Quality (NICHQ) Prevention Center for Healthy Weight: [www.nichq.org/our\\_projects/prevention\\_center\\_healthy\\_weight.html](http://www.nichq.org/our_projects/prevention_center_healthy_weight.html)