

What parents should know about overweight children

- In Missoula, 1 out of every 4 kids in 3rd grade is too heavy.
- Overweight kids get bullied more often.
- Overweight kids are more likely to end up with diabetes, heart disease, and some kinds of cancer.
- Children drink more sweetened drinks and eat more unhealthy foods than they used to.
- Kids get less exercise at home and at school than in the past.



Want to know more?

- Talk to your doctor.
- Call the Missoula Public Health Department at (406) 258-3895.
- Find 5210 resources at: www.5210missoula.com



www.5210missoula.com

Talk to your child's doctor.

My Child _____

Height _____ Age _____

Weight _____ BMI _____

Is my child's weight healthy?

How can we eat more nutritious foods?

What else can I do to help my family be healthy and stay well?

Helpful Resources

- Nutrition Services (406) 258-3827
- Breastfeeding Hotline (406) 207-4357
- 5210 Let's Move! (406) 258-4357



United Way of
Missoula County



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Help Your Child Grow Up Healthy



LET'S MOVE!
MISSOULA

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Eat

Eat 5 fruits & veggies every day

- Fruits and vegetables have lots of vitamins to keep your family full and healthy.
- Pack fruits and vegetables for lunch and give them as snacks.

Easy Ways to Get 5

Fruits: apples, bananas, berries, grapes, plums, oranges, pears, peaches

Vegetables: corn, celery, peas, carrots, tomatoes, broccoli, spinach, kale



Play

Play hard for 1 hour every day

Do it together!

- Take a walk
- Shoot baskets or kick a ball
- Ride bikes
- Throw a frisbee
- Jump rope
- Work in the yard



Reduce

Reduce screen time to 2 hours a day

- Screen time means TV, phones, computers, iPads and video games.
- Kids see too many junk food ads on the screen. And too much screen time means not enough exercise and play.



Limit

Limit sweet drinks as close to 0 as you can

- Sweet drinks are like candy. A bottle of pop has about a half cup of sugar. That's twice as much as you should have in one day.
- Eating too much sugar can cause obesity, liver disease, cavities and heart disease.
- Many sweet drinks also have caffeine, which is not good for kids.



Water and milk are best!

When your kids are thirsty, give them water, skim or low-fat milk.