



FLORIDA

An Independent Licensee of the Blue Cross and Blue Shield Association



Assessment

Name: _____

Date of Birth: _____

Height: _____

Weight: _____

BMI: _____

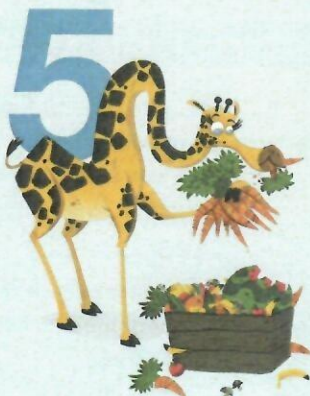
BMI %: _____

Risk Level: _____

Date of Assessment: _____

Get on a healthy track by adding these tips to your daily routine.

Eat 5 servings of fruits and veggies every single day.



Examples:

Fruits

- Apples, bananas, oranges
- Berries, grapes
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

Vegetables

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

Limit screen time to 2 hours or less.



Screen time includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting



Get at least 1 hour of physical activity.

Make sure an adult is there.

- Walk to and/or from school
- Jump rope
- Ride a bike
- Play catch
- Jump, skip or hop to music

Every meal should be balanced.

1/2 of plate =

Vegetables, salads and fruit

1 cup of raw leafy vegetables

1/2 cup of cooked vegetables

1 cup of fruit = 1 medium apple, orange or pear

1 cup =



1/2 cup =



1/4 of plate =

Grains, rice or bread

1 fist = 1 serving of cereal flakes



1/4 of plate =

Meat, poultry or fish

A deck of cards = a portion of meat, poultry or fish



Know your serving sizes.

Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

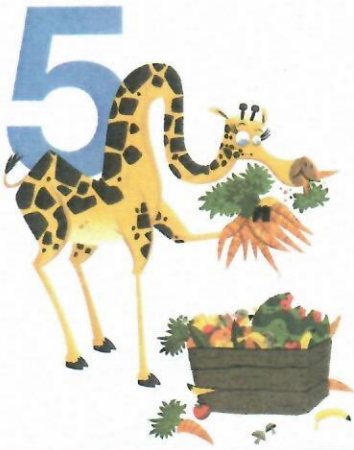
Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association

Eat 5 servings of fruits and veggies every single day.



- Read the labels on food, including labels on soda, juice and fruit-based products that have a lot of sugar.
- Involve your child in shopping and meal planning. Children may want to eat healthier meals if they help make them.
- Encourage your child to try new, healthy foods. Try one new healthy recipe or food each week.
- Avoid using food as a reward or punishment.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.
- Put food on small plates, like salad plates, instead of large dinner plates.
- Eat meals at home and try to eat meals with the whole family each day.
- Avoid eating at fast-food restaurants.

Limit screen time to 2 hours or less.



- Encourage your child to be active before letting him or her watch TV, play video games or use a computer.
- Limit the time your child sits at the computer, plays video games and watches movies.
- Limit the amount of time your child can watch TV (for example, if your child gets five hours of screen time a day, limit screen time to four hours initially and gradually decrease screen time to two or less hours per day).
- Avoid putting a TV in your child's bedroom.
- Have "family time" after dinner and play games, tell stories or do other fun things.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.



- Walk 10 minutes with your child every day to make sure your family is getting enough exercise.
- Have a family contest to see who is the most active every day.
- Tell your child to play basketball, soccer or their favorite outdoor game with other children.
- Do jumping jacks or other quick activities while watching commercials with your kid.
- Go fly a kite with your kids.
- Have your kids play active games like jumping rope to music or hula hooping.
- Take your kids for a bike ride around the neighborhood.
- Wash the car with your kids.
- When you are at the mall, have your kids walk with you.
- Play inside with your child by dancing around the living room to fun music.
- Play tag with your kids.
- Have your children walk or bike to school.
- Other activities: _____

Limit sweetened drinks to 0.



- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.



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Get your health on track by adding these tips to your daily routine.

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Vegetables

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- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

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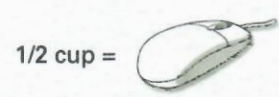
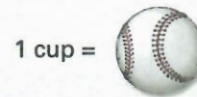
Make sure an adult is there if necessary.

- Shoot baskets
- Play volleyball
- Dance
- Skateboard

Every meal should be balanced.

**1/2 of plate =
Vegetables, salads and fruit**

- 1 cup of raw leafy vegetables
- 1/2 cup of cooked vegetables
- 1 cup of fruit = 1 medium apple, orange or pear



**1/4 of plate =
Grains, rice or bread**

1 fist = 1 serving of cereal flakes



**1/4 of plate =
Meat, poultry or fish**

A deck of cards = a portion of meat, poultry or fish



Know your serving sizes.

Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association

Eat 5 servings of fruits and veggies every single day.



- Try to eat at least five or more fruits or vegetables a day. Use this as an opportunity to try new foods.
- Look at the labels of food that claim to be fruit-based, like gummy candy, because they may have a lot of sugar.
- Avoid eating at fast-food restaurants.
- Put food on small plates, like salad plates, instead of large dinner plates. Tell your family to do the same.
- Avoid eating fried foods, and look for healthier options like baked or grilled foods instead.
- Cook a meal with your parents for your family.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.

Limit screen time to 2 hours or less.



- Lower your screen time by at least 30 minutes a day, until you are getting less than two hours of screen time each day.
- Remove the TV from your bedroom.
- Suggest activities to do after dinner as a family, such as going for a walk or bike riding.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.



- Add 10 minutes of physical activity to your routine each day until you get at least an hour a day.
- Walk or ride your bike to and from school.
- Go for a bike ride.
- Swim at your local pool.
- Go for a hike.
- Dance to your favorite music in your room.
- Mow the lawn, wash the car or vacuum. You can be physically active when you are doing chores.
- Start a basketball or soccer team with your friends, and check out local pick-up games in your neighborhood park.
- Join a school sports team, outdoor club or dance class.
- Take a walk and bring your family along.
- Have a contest with a friend to see who is more active over a period of time (a few weeks, a month, two months, etc.).
- Make a list of all your reasons for being healthier. Read it often.
- Other activities: _____

Limit sweetened drinks to 0.



- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.



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You can choose to be healthy and add these tips to your daily routine. There is no right or wrong place to start, just jump in when and where you can!



Eat 5 servings of fruits and veggies every single day.

Ways to add fruits and vegetables to your meals:

- Include lettuce and slices of carrots, cucumber and tomato on your sandwich
- Add peppers, mushrooms, onions to a low-fat pasta sauce and pizza
- Choose fresh, frozen or canned fruit for dessert

You have options; fresh is best, but frozen and canned options are also good. Try to stay away from fried vegetables.



Limit screen time to 2 hours or less.

Screen time includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting
- Using a cell phone

Try to avoid eating in front of a screen



Get at least 1 hour of physical activity each day.

Split your 1 hour into three 20-minute sessions.

It might be fun to try a different activity each time.

Every meal should be balanced.

1/2 of plate =

Vegetables, salads and fruit

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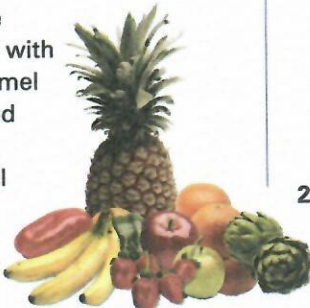


Stay away from sugar-sweetened drinks like:

- Soda or pop
- Chocolate milk
- Energy drinks
- Café mochas






Stick to water, sugar-free drinks or diet soda.

Challenge yourself, friends and family to eat better and live healthier.

| Eat Something Fresh | It's Your Choice, Make it Healthy | Little tricks that have big effects |
|--|--|---|
| <p>1) Try adding fresh fruit or veggies to your meals.</p> <ul style="list-style-type: none"> • Eat a side salad, fruit slices or carrot sticks instead of fries, potato salad or onion rings • Eat fruit, like apple slices, with fat-free caramel sauce instead of a sundae, pastry, bagel or donut  <p>2) A snack can be healthy and tasty if you choose a fresh option.</p> <ul style="list-style-type: none"> • Eat a serving of fruit instead of a candy bar • Eat vegetable sticks instead of potato or tortilla chips <p>3) Be adventurous, try a new fruit or veggie from time to time.</p> | <p>1) Baked, grilled, steamed or roasted food options are better than fried options.</p> <ul style="list-style-type: none"> • Choose grilled or roasted chicken or fish instead of fried or crispy • Remove skin from chicken • Choose a favorite steamed or roasted vegetable instead of fried. For example, black beans instead of re-fried beans <p>2) Avoid creamy dressings and skip the croutons when you order salads.</p> <ul style="list-style-type: none"> • Ask for dressing on the side • Skip the croutons, crunchy strips or crunchy salad bowls <p>3) Choose fat-free or sugar-free food options when available.</p>  | <p>1) If you decide to treat yourself, just have half.</p> <ul style="list-style-type: none"> • Eat only half of a donut or pastry • Eat only half of a candy bar or the miniature version  <p>2) Watch your portion sizes; bigger is not necessarily better.</p> <ul style="list-style-type: none"> • Avoid piling food on your plate; maybe use a small dinner plate • Stop eating when you feel full • Restaurant portions can be larger than you need; order a small instead of a large size, share with a friend or save some to eat later <p>3) Don't treat yourself everyday; if you limit your treats, you'll enjoy them more.</p> |

Increase your intensity!

Any activity is better than no activity. Set your goal to be active for one hour.

| Low Intensity | Medium Intensity | High Intensity |
|--|---|---|
| <ul style="list-style-type: none"> • Wash the car • Do light weight training • Stretch or do yoga • Prepare a meal for your family and friends • Put on your headphones and clean your room • Carry your books between class  | <ul style="list-style-type: none"> • Walk your dog • Play sports such as softball and baseball • Ride a bike or jump rope • Do jumping jacks • Skateboard or inline skate • Ice skate, toboggan, sled • Use the stairs instead of the elevator or escalator  | <ul style="list-style-type: none"> • Run or jog • Do heavy weight training • Play soccer or basketball • Swim • Dance • Shovel the snow  |

Use your screen time wisely.

Check out these websites for more information:

www.myfoodapedia.gov Tells you how many calories and servings are in the food you eat

www.mypyramidtracker.gov Lets you track your daily calorie intake and calorie burn

www.fruitsandveggiesmatter.gov Helps you eat the right amount of fruits and vegetables daily

www.presidentschallenge.org Lets you track your activity to see the difference that staying active can make in your life

Sources: Adapted from the U.S. Department of Agriculture and Blue Cross and Blue Shield companies by the Blue Cross and Blue Shield Association.

If your child has a weight problem, they need your support.

If your doctor tells you that your kids are overweight or obese, let them know they're loved, regardless of their weight. Now, more than ever, they need help from their parents.

Start by letting kids know they're not alone, and tell them to set a goal to eat healthier and be more active. Make it fun for the family. Here's an easy way to remember healthy habits: 5-2-1-0. That's five fruits and veggies a day, two hours or less of screen time, one hour of active play and zero sweetened drinks.

Tips from the Good Health Club:

Stretch

This tall, cool gal is here to say, "Eat five fruits and veggies every day!"

- Give kids 5 servings of fruits and vegetables every day.

- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.



Hoot

Hoor's wise advice is to get out and play, "Turn off the TV and computer—get moving today!"

- Limit screen time (TV, video games, computers) to 2 hours or less per day.

- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.



Spark

Spark has just one rhyme she likes to say, "Take an hour each day to go out and play!"

- Get at least 1 hour of physical activity each day.

- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.



Flip

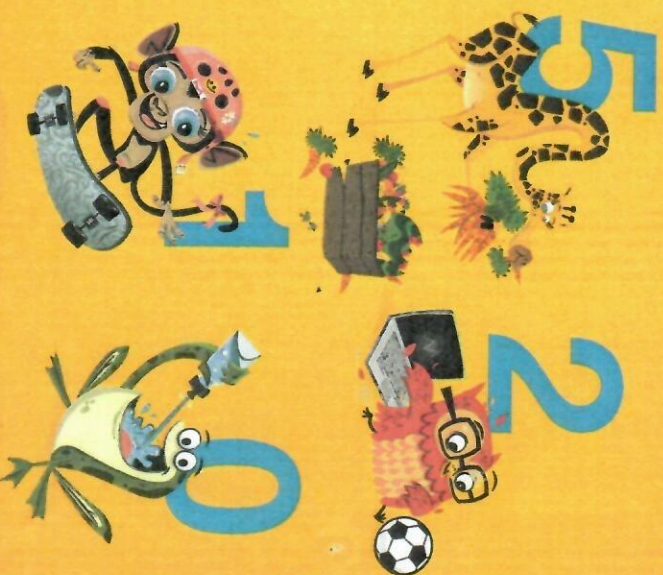
This thirsty frog says what he thinks, "Stick with water and skip the sweet drinks!"

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



Outrun Obesity

Help Kids Get on a Healthy Track with the Good Health Club



Your child could be at risk. Find out why, and learn what you can do about it.



Sources: Adapted from the Centers for Disease Control and Prevention and Blue Cross and Blue Shield companies by the Blue Cross and Blue Shield Association.

Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association



A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association

Childhood obesity is a serious problem for kids like yours.

Obesity is on the rise for American kids. In fact, there are almost three times as many obese kids ages 6 to 19 as there were 30 years ago, according to the U.S. Centers for Disease Control and Prevention (CDC). Some experts believe if obesity among children continues to increase, your children's generation will become the first in American history to have a shorter life than their parents.

Obesity leads to major illness.

Your obese child or teen is at risk for health problems during their youth and as adults. They're more likely to develop heart disease and diabetes — two leading causes of death in the United States. They're also more likely to get asthma, liver degeneration and sleep apnea. Obesity is a leading cause of preventable death in America, second only to smoking, according to the CDC.

Obesity can also cause your kids to face psychological and social problems. They can be teased and face discrimination. That, in turn, can cause low self-esteem and hurt their schoolwork and social skills, even as an adult.

Chances are your overweight kid will stay that way as an adult.

One U.S. Surgeon General study shows that if your child was overweight between ages 10 and 15, he or she would have a 70 percent chance of still being obese at 25. Another study found that if your child was overweight before the age of 8, obesity as an adult is likely to be worse.

Know for sure if your child is at risk.

Weight problems in children and adolescents are generally caused by not being active, not eating well, or a combination of the two, according to the U.S. Surgeon General. Genetics and lifestyle affect your child's weight, too.

Take a closer look at your child. Watch his or her habits at home. Talk to your doctor to determine if your child is overweight.

Understanding BMI

"Obesity" and "overweight" rankings for your child can be found by using weight and height to calculate the Body Mass Index (BMI). The CDC and the American Academy of Pediatrics (AAP) recommend using it to screen for obesity, overweight, healthy weight or underweight children. BMI is a reliable way to measure body fat for most children and teens even though it does not measure body fat directly. For children and teens, BMI is age and gender specific. Find out more at: www.cdc.gov/healthyweight/children.

Get a quick sense of where your child stands.

While waiting to see the doctor, take a moment to answer questions 1–10 with your child. These answers will help you determine if your child may be at risk.

1. Does your child eat five or more fruits and vegetables per day? Yes No
2. Does your child have a favorite fruit or vegetable that they eat every day? Yes No
3. Does your child eat breakfast five times a week or more? Yes No
4. Does your child watch TV, videos or play computer games for two hours or less per day? Yes No
5. Does your child take gym class or participate in sports or dance in or outside of school three or more times a week? Yes No
6. Does your child have a favorite sport or physical activity that they love to do? Yes No
7. Does your child eat dinner at the table with the family at least once a week? Yes No
8. Is your child's room a "TV-free zone"? Yes No
9. Does your child eat meals at the table with the TV turned off? Yes No
10. Does your child drink water instead of soda, juice or other sweetened drinks? Yes No

How do they score?

Add up the number of times you answered "No" to see where your child's risk level is.

1 – 5 "No's" 

Low to Medium Risk

6 – 8 "No's" 

High Risk

9 – 10 "No's" 

Very High Risk