



# Florida HEALTH

## Healthiest Weight

A newsletter from the Florida Department of Health in Wakulla County  
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### Healthy Kids Florida

Did you know that one out of every three children in Florida are now considered overweight or obese?

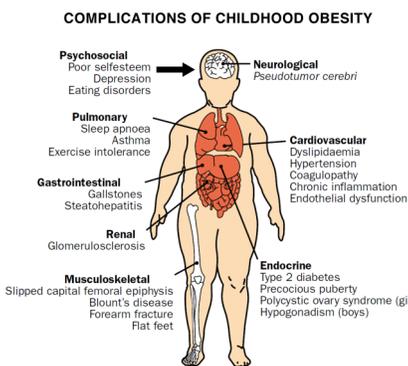
#### What exactly does that mean?

Body Mass Index (BMI) is a measure used to determine overweight and obesity. It uses a child's age, weight and height and while it does not measure body fat directly, it gives a reasonable indication of body "fatness." Using the CDC (Center for Disease Control) growth



chart for children ages two to 19 years of age and the corresponding BMI, overweight and obesity are easily defined. (The CDC BMI Percentile Calculator for Child and Teen is available at: [www.cdc.gov/dnpabmi/Calculator.aspx](http://www.cdc.gov/dnpabmi/Calculator.aspx))

Children also suffer harmful health risks when they are overweight or obese. Some of those risks include high blood pressure and high cholesterol. Studies have shown that at least 70 percent of obese children



have at least one of these risk factors for cardiovascular disease.

These children also have increased risk of developing Type 2 Diabetes, which has always been associated with adults until the last few years.

Sleep apnea and

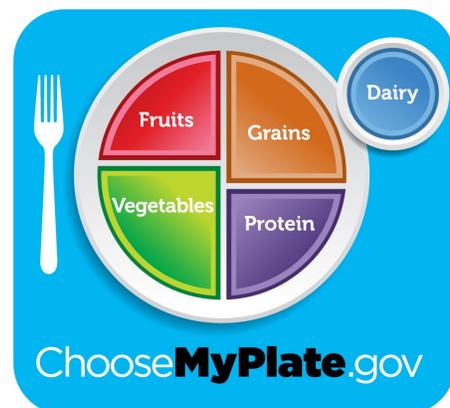
asthma, joint diseases and discomfort, gallstones, fatty liver disease and reflux are also common ailments. Psychologically, obese children have a great risk of social dysfunction, discrimination and

poor self esteem.

Overweight and obese children are more likely to become overweight and obese adults who are at risk for heart disease, diabetes and some cancers.

#### How do we help children avoid being overweight and obese?

- **Encourage healthy eating habits.**
  - Provide plenty of vegetables, fruits and whole grains.
  - Shop for what's in season to help save money and get the freshest produce possible.
  - Used chopped vegetables like celery, broccoli, cauliflower, carrots and cucumbers for snacks. They can be used as dippers for hummus.
  - Buy whole grain not multi-grain. Whole grain has more fiber and is healthier.
  - Include low fat dairy foods, i.e. milk, cheese, yogurt, etc. Avoid yogurt with fruit as it has almost as much sugar as a serving of ice cream.
  - Calcium is a major building block for healthy bodies! Low fat Greek yogurt is very tasty when chopped fruit and a bit of honey stirred in.
  - Cheese cubes or cottage cheese are great for a quick and healthy snack.
  - While our bodies require some fat, the less fat children consume, the less they need to take off later in life through weight loss.
  - Choose lean red meats, limit red meat and offer more chicken and fish.



• **Teach children appropriate portion sizes.**

The secret to serving size is in your hand.



**A fist or cupped hand = 1 cup**

1 cup = 1½-2 servings of fruit juice  
1 oz. of cold cereal  
2 oz. of cooked cereal, rice or pasta  
8 oz. of milk or yogurt



**Palm = 3 oz. of meat**

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

**A thumb = 1 oz. of cheese**

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.  
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



**Thumb tip = 1 teaspoon**

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



**Handful = 1-2 oz. of snack food**

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.



**1 tennis ball = ½ cup of fruit and vegetables**

Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.

Icons WIC Program - Iowa Department of Public Health - 2007  
Adapted from North Carolina Nutrition Network

• **Limit sugary beverages and sweets.**

- Sweet tea, sodas, candy and other sweets are very high in sugar. Not only are they bad for the teeth, they can cause children to want more and more sweet tasting foods which can result in weight gain.



- Reduce foods that are high in fats, sugars and preservatives.
- Eating "Clean" - eating foods as fresh as possible, close to the

source with little or no preservatives is best.

• **Teach children to drink water.**

- Water hydrates the body and keeps the systems balanced.

• **Encourage physical activity.**

Children and young teens should get at least one hour of physical activity every day. Regular exercise provides these benefits:

- Strong muscles and bones
- Weight control
- Less risk of developing type 2 diabetes
- Better sleep
- A better outlook on life
- Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

• **How to Get Your Child to Be Physically Active**

- Set a positive example by being active too.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity or go to places where they can

be active, such as public parks, community baseball fields or basketball courts.

- Be positive about the physical activities your child participates in and show your support.
- Make physical activity fun. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television or playing on the computer or game console after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.

**Include these kinds of activities for children:**

- **Aerobic Activity** should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.



- **Muscle Strengthening** such as gymnastics or push-ups.
- **Bone Strengthening** activities,

such as jumping rope or running.



*\*Remember! With any activity such as biking, skating, skateboarding, etc. any child under the age of 16 years is required by Florida law to wear a properly fitted helmet! NEVER let your child wear a helmet on any kind of climbing equipment.*

• **Finally, some Do's and Don'ts when talking to your child about his/her weight.**

- **Don't** tell your child that they are 'greedy' or 'lazy'.
- **Do** tell them that you understand how hard it is to make healthy choices at times.
- **Don't** make your child feel guilty about their eating habits.

- **Do** praise them when you see them eating healthily.
- **Don't** tell your child that they are not helping themselves.
- **Do** ask your child how *you* can help them eat more healthily.
- **Don't** scare your child into trying to lose weight.
- **Do** ask them what might be good about weighing less.
- **Don't** moan about your own weight and how 'boring' being on a diet is.
- **Do** set a good example and do everything that you expect your child to do.
- **Don't** comment negatively about other people (friends, family, celebrities) who are overweight.
- **Do** point out those things that you consider nice about your child's appearance: their choice of clothes, their eyes, their hair, etc.
- **Don't** tell your child that they will only be happy at a normal weight.
- **Do** talk to your child about the positive effects of managing their weight.
- **Don't** tell your child that their weight is their fault.
- **Do** make sure that they understand that some people have a great deal more difficulty controlling their weight than others.



## New Community Champion!



Bay Leaf Market is the only full-service organic and natural grocery store and coffee café in Wakulla County, offering a variety of natural and organic groceries including fresh produce, frozen foods, canned and packaged groceries, bulk and dry foods, local honey, grass-fed hormone-free beef, free-range and hormone-free chicken, a wide variety of popular healthy snacks, candies, and beverages. Their market is the only location in Wakulla County catering to vegans, vegetarians, and folks with food sensitivities such as wheat and dairy.

They also carry a broad selection of personal care products in the market including locally produced specialty soaps, creams and lotions while also carrying a wide selection of vitamins, supplements and nutritional products that offer high quality ingredients to help the entire family take control of their health.

Bay Leaf Market offers a variety of organic, locally roasted coffees and espresso, organic teas, grab-n-go freshly prepared foods and organic baked goods in a full-service coffee café. They offer fresh juice shots and seasonal lattes and specialty coffee drinks.



The owners, Tammy Barfield and Mary Katherine Westmark believe in giving back to the community as well. They support fundraising efforts by participating in Empty Bowls and various Wine and Cheese Tasting parties.

Being healthy just got easier in Wakulla County thanks to Bay Leaf Market! The shop is located at 19 Shadeville Road in downtown Crawfordville.

**We are proud to recognize Bay Leaf Market's commitment to the overall health and wellness of Wakulla County residents!**



### Some important points to think about ...

- Most overweight children do not lose weight without adult support. You wouldn't expect your child to learn how to read

without being taught. Learning how to eat healthily is also a skill and needs teaching.

- Being overweight is something that children can't hide. Even young children are aware of teasing about weight. Not talking about it may give your child the message that being overweight is something that can't or shouldn't be talked about.
- Research shows that children *as young as 7, both girls and boys*, can be unhappy about being overweight and may try to lose weight without asking their parents for help. These children are more at risk of developing eating problems than children who can talk openly about their overweight and feel supported by their parents.





## Activities to Enjoy During Spring

### Taste Testing:

Try something new, or an old favorite while it's in season. When you shop for seasonal fruits and vegetables, you get better taste, more

nutrients and you save money! The following is a list of fruits and vegetables that are easily available in April and May.

- Bell Pepper
- Blueberry
- Cabbage
- Cantaloupe
- Carrot
- Carambola
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Grapefruit
- Guava
- Lettuce
- Mango
- Mushroom
- Okra
- Orange
- Peanut
- Potato
- Radish
- Snap Bean
- Spinach
- Squash
- Strawberry
- Sweet Corn
- Tangerine
- Tomato
- Watermelon



chopped

- 2 tablespoons lime juice
- 1 tablespoon lemon juice

In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.



### Plant a garden...

It doesn't have to be big, container gardening is very easy and doesn't cost much. You can grow some herbs too and make some fresh salsa! Start small with a few plants and plan carefully. You might try planting companion plants together, i.e. tomatoes with marigolds so that bugs will stay away from the container.

### Join an Exercise Class ...FIT Class for Families.

All ages welcome. FREE to Wakulla Residents.

This workout is a family-based educational and fitness program designed to build positive habits and healthier lives. It focuses on the importance of improving health and wellness by incorporating both fitness and nutrition education during free weekly classes.



By providing an opportunity for parents and children to exercise together, the model shows that exercise does not require equipment, a significant commitment of time, or a gym membership in order to adopt healthier habits and behaviors.

For more seasonal lists, go to:

<http://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Living-Healthy-in-Florida/Florida-Seasonal-Calendar>

### Mango Salsa

- 1 mango - peeled, seeded, and chopped
- 1/4 cup finely chopped red bell pepper
- 1 green onion, chopped
- 2 tablespoons chopped cilantro
- 1 fresh jalapeno chile pepper, finely



For more information, please contact the Wakulla One Stop Community center 850-745-6042.

