

Take Action for Fit Kids!

HEALTH CARE

Health care centers and providers have a unique role as trusted medical caregivers. As such, they can implement specific actions to support healthy eating and active living.



Promote and provide support for physical activity:

- Assess physical activity levels of children and adolescents at each health care visit.
- Educate parents, guardians and children about the importance of being physically active at least 60 minutes each day.
- Prescribe physical activity and ways to monitor activity time and intensity through logs, wearable devices or phone apps.
- Be role models for being physically active.

Provide support for eating healthy:

- Measure BMI and discuss with the parent or guardian and child what their BMI percentile means on the Centers for Disease Control and Prevention growth chart at each health care visit: (nccd.cdc.gov/dnpabmi/calculator.aspx).
- Refer families to programs that provide education and counseling to improve family physical activity and nutrition behaviors over time.

- Promote and support breastfeeding at each health care visit, as appropriate, and become designated as a Baby-Friendly Hospital, as appropriate.
- Be role models for healthy eating.

Provide leadership in schools and community:

- Serve as leaders in the community by promoting healthy eating and active living within the health care center and within the communities they serve.
- Serve on school or district wellness teams to provide expertise and advocacy for schools to provide healthy eating and physical activity opportunities before, during and after school.