

Community Resource Guide

Over the last several decades Americans have become more overweight, and this trend has been reflected in our children. The percentage of children who are overweight or obese in Utah is estimated to be 25.5% for children in grades K-8 and the rate has been increasing in adolescents (<http://health.utah.gov/obesity/docs/ObesityReportCh1.pdf>). The purpose of this booklet is to provide some general ideas to help you increase the health of your child and decrease their risk for becoming overweight. The ideas below can be found at <http://www.medhomeportal.org>. Incorporating changes such as these can significantly reduce many environmental factors that can increase your child's risk of becoming overweight.

Some Ideas for Parents and Children

Meals

- Start healthy habits early. Model healthy habits.
- Eat meals together (teaches and models smart eating habits).
- Eat at a table with TV off, and make it a pleasant time.
- Establish a structure for meal and snack times and only allow eating at those times.
- Limit eating to only certain areas of the home.
- Open and close kitchen. Open for meals only (green sign at the door) closed at other times (red sign at the door).
- Let kids help themselves to food. Adults tend to dish out bigger serving sizes and expect kids to clean their plates. Kids need to develop their own cues for hunger and feeling full. Disband the "Clean Plate club."
- When serving meals cover half the plate with fruits and vegetables, and contents of lunch sacks should be half fruits and vegetables.
- Involve the kids in planning meals and preparing them (e.g. school lunches).
- Don't overly restrict sweets.
- Offer water when thirsty, milk at meals, soda and juice as treats only.
- Increase access to fruits and veggies by preparing ahead of time.
- Make bottom shelf of refrigerator into anytime anywhere foods. Already prepared veggies and fruits.
- Set aside an accessible area of the kitchen for healthy snacks that are in pre-portion sizes so family members can help themselves.
- Place treats and special occasion foods in a hard to reach location.
- Introduce reasonable solid foods not french fries and soda.
- All family members participate in the "Five a Day Challenge," winner chooses the family activity for the week.
- Reward children with praise and time together not food.
- Watch portion sizes.

Activities

- Individualize activity to your child. Some kids enjoy team sports and some enjoy solitary activity.
- Be more active. Take 10 minutes to play Frisbee, walk to the park and/or shoot hoops.
- Limit TV and video time. Consider adding a dance video game to your system without restriction of time played.
- Buy birthday and holiday presents that promote movement, such as roller skates, Frisbees, etc.
- Find activities in your community, such as hiking trails, swimming pools, and skating rinks.
- Set family goals (walk three times a week), write them down, and track progress.
- Plan special weekend activities, such as flying kites, playing tennis.
- Have each family member wear a pedometer and strive for 10,000 steps per day.
- Plan parties and vacations around movement and play; hold a swimming party instead of a movie party.
- Start family home evening with a physical activity.
- Start a "Walking School bus" (<http://www.walkingbus.com/>).

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Useful Websites

- **My Pyramid Plan, U.S. Department of Agriculture.** My Pyramid.gov offers personalized eating plans, interactive tools to help plan and assess food choices, based on a child's height, weight, age and gender and a great deal of other information. <http://www.mypyramid.gov/>
- **Bright Futures Nutrition: Family Fact Sheets.** These fact sheets give nutrition information in English and Spanish about children from birth through age 5 months and ages 6-11 months, 1-2 years, 3-4 years, 5-10 years, and 11-21 years. <http://www.brightfutures.org/nutritionfamfact/index.html>
- **CDC's Nutrition for Everyone: Healthy Weight.** Presents information about achieving and maintaining a healthy weight. CDC also offers several Web sites about specific aspects of nutrition and physical activity. http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm & http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm
- **BAM! Body and Mind.** Gives food and nutrition and physical activity advice to children and teens. <http://www.bam.gov/index.html>
- **Rethink Your Drink.** Lists the calories in popular drinks and suggests drinks with fewer calories. http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/drinks.htm
- **Center for Weight and Health (CWH): Asian Language Materials.** Presents five pamphlets about nutrition and physical activity in Cambodian, Chinese, Hmong, Korean, Laotian, Vietnamese, and English. http://nature.berkeley.edu/cwh/activities/asian_lang_publications.shtml#download
- **Children's Nutrition Research Center (CNRC).** Presents [articles](#) about overweight and obesity in children and teens. The [Healthy Eating Calculator](#) gives customized information about what and how much to feed a child by entering the child's gender, age, weight, height, and physical activity level. The calculator suggests amounts of the basic food groups, including fruits, vegetables, grains, milk products, lean meats and beans, and oils to be consumed each day, and guidelines for eating discretionary calories. <http://www.kidsnutrition.org/>
- **Eat Smart. Play Hard.** Presents ideas to help families eat better and be more physically active. <http://www.fns.usda.gov/eatsmartplayhard/>
- **We Can! (Ways to Enhance Children's Activity and Nutrition).** Gives tips, activity ideas, and other information to assist parents and caregivers in helping the children and adolescents (ages 8-13) they care for achieve and maintain a healthy weight by focusing on improved food choices, increased physical activity, and reduced screen time. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
- **Public Health Agency of Canada.** Physical activity guides for adults, youth, and children. English, Spanish, and French versions available. <http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>
- **American College of Sports Medicine's "Exercise is Medicine™" Website.** The website offers education materials and brochures focused on a variety of exercise topics. <http://www.exerciseismedicine.org/public.htm>
- **American Dietetics Association.** This website contains science-based food and nutrition information useful to both physicians and patients, including a "good nutrition" reading list and reviews of diet and healthy lifestyle books. <http://www.eatright.org>
- **Nutrition Fact Sheet: 25 Healthy Snacks for Kids.** Patient education handout, downloadable at: http://www.eatright.org/ada/files/Snacks_for_Kids_English.pdf
- **Dole SuperKids** is a fun, interactive website for kids, has games for young children, and nutrition information and links for parents. http://www.dole5aday.com/Kids/K_Index.jsp
- **VERB.** At the VERB website, your kids can log and track their activity levels, search for events in your area, and even make a VIRT (an animated character who does the activities that your child does). As your child logs more activity time, the VIRT learns new tricks. <http://www.verbnow.com/>
- **Grow Up Healthy.** A website sponsored by Nemours Health and Prevention Services that provides information for doctors, parents, and teens on the **5-2-1-Almost None** program. <http://www.growuphealthy.org>
- **Healthy World Project.** A website that is geared toward helping children maintain a healthy diet. Recipes, diet charts, placemats, and other materials are available. <http://www.healthyworldproject.com/>

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A. American Fork Fitness Center

454 North Center Street
American Fork UT 84003
(801) 763-3084

<http://www.activityreg.com/clientpage.wcs?clientid=AMFORK&siteid=1>

Open Recreation	
4 years old+	\$3.50-4.00/day
Open swim	
4 years old+	\$3.50-4.00/day
Swim Lessons	
4 years old+	\$32/session
Water Aerobics	
All ages.....	\$3.50-4.00/day
Aerobics	
All ages.....	\$3.50-4.00/day
Karate	
3 years old+	\$20/month
Jujitsu	
4 years old+	\$20-40/month
Fencing	
10 years+	\$35/month
Gymnastics	
All ages.....	\$28-30/month
Dance	
All ages.....	\$25-45/month
Cheerleading	
Through 9 th grade	\$30-105/session

B. Covey Center for the Arts

425 West Center Street
Provo, UT 84601
(801) 852-7007

www.coveycenter.org

Dance	
7 years old+	\$40/month
Yoga	
All ages.....	\$35/month

C. Lehi Legacy Center

123 North Center Street
Lehi, Utah 84043

(801) 768-7124

<http://www.lehicity.com/legacycenter/>

Gymnastics	
3 years old+	\$27-105/month
Dance	
3 years old+	\$60/quarter
Tae Kwon Do	
5 years old+	\$25-35/month
Hapkido	
13 years old+	\$35/month
Cheer	
3 years old+	\$55-65/quarter
Aerobics	
3 years old+	\$2/day
Water Aerobics	
14 years old+	\$3/day
Open Swim	
All Ages.....	\$3-5/day
Swim Lessons	
All ages.....	\$30/session

D. Orem Fitness Center

580 West 165 South
Orem, UT 84058

(801) 229-7154 or (801) 229-7156

http://www.orem.org/index.php?option=com_content&task=view&id=292&Itemid=276

Open Recreation	
All ages.....	\$2.50-3.50/day
Open swim	
All ages.....	\$2.50-3.50/day
Swim Lessons	
All ages.....	\$31-35/session
Water Aerobics	
All ages.....	\$2.50-3.50/day
Open Track	
All Ages.....	\$1.25/day
Tennis Lessons	
4 years old +	\$24-32/session
Lacrosse Camp	
Grades 3-6	\$45/session

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Orem Fitness Center (Cont.)

Cross Country	
9-14 years old	\$50/session
Cheerleading	
Grades 3-6	\$30/session
Racquetball Lessons	
All ages	\$24/session
Dance	
3 years old+	\$29-60/session
Aerobics (Yoga, Spin, Cardio...)	
12 years old+	\$3-4/session
Martial Arts	
5 years old+	\$15-30/session

E. Pleasant Grove Community Center

65 East 200 South
Pleasant Grove, UT 84062
(801) 785-6172
http://www.plgrove.org/recreation/index.php?option=com_content&task=view&id=20&Itemid=14

General Admission	
All ages	\$1-2/day
Gymnastics	
3 years old+	\$20-90/month
Dance	
3-12 years old	\$25/month
Wrestling	
Kindergarten-9 th	\$35-90/session
Aerobics	
16 years old+	\$1.50/day
Cross Country	
Grade 3-8	\$30/session

F. Provo Recreation Center and Pool

1155 North University Avenue
Provo, UT 84604
(801) 852-6610
www.provo.org/parks.recpool_main.html

Open Recreation	
All ages	\$2.50-3.00/day
Open swim	
All ages	\$2.50-3.00/day
Swim Lessons	
All ages	\$30/session
Water Aerobics	
All ages	\$2.50-3.00/day
Aerobics	
All ages	\$2.50-3.00/day

G. Scera Park Pool

701 South State
Orem, Utah 84097
(801) 724-3751
http://www.orem.org/index.php?option=com_content&task=view&id=31&Itemid=68

Open swim	
All ages	\$1-5/day
Swim Lessons	
All ages	\$31-35/session
Water Aerobics	
All ages	\$2.50-4/day

H. Spanish Fork Water Park

200 North 500 West
Spanish Fork, UT 84660
(801) 798-5091
<http://www.spanishfork.org/dept/parkrec/waterpark/>

Open Swim	
All ages	\$4/day
Swim Lessons	
All ages	\$35/session
Water Aerobics	
All ages	\$4/day

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I. Springville Swimming Pool

1015 East 900 South
Springville, UT 84663
(801) 489-2731

http://www.springville.org/departments/parksrec/swimming_pool.php

Open Swim
All ages..... \$2.50-3.00/day

Swim Lessons
All ages..... \$30/session

Water Aerobics
All Ages \$4/day

J. The Center

222 West 500 North
Provo, UT 84601
(801) 852-7635

http://www.provo.org/parks.Teen_Scene_main.html

Membership
All ages..... \$10-15/year

Aikido
9 year old+ \$40-65/month

Dance
4-13 years old \$30/session

Cardio Kickboxing
All ages..... \$12/month

Cheerleading
8-17 years old \$25

K. Veterans Memorial Pool

450 West 500 North
Provo, UT 84601
(801) 852-6614

http://www.provo.org/parks.Vet_Pool_main.html

Open Swim
All Ages \$3/day

Swim Lessons
All ages..... \$30/session

Boys and Girls Club

Boys & Girls Club offers several programs that focus on increasing physical activity, improving nutrition, and developing good habits. Programs run after school and during the summer. Please contact individual clubs for exact hours of operation.



The Triple Play program is a dynamic wellness program currently offered in Boys & Girls Clubs that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The goal of the Triple Play program is to improve Club members' knowledge of healthy habits; increase the number of hours per day they participate in physical activities; and strengthen their ability to interact positively with others and engage in positive relationships.

Boys and Girls Club Utah County

www.bgcutah.org/

6-18 years old \$20/year
(Additional fees may apply for fieldtrips)

Locations:

L. Mt Nebo Unit

Mt. Nebo Jr. High
851 West 450 South
Payson, UT 84651
(801) 465-6040

http://www.bgcutah.org/main_sublinks.asp?sid=94&id=80

M. Provo Unit

1060 East 150 North
Provo, UT 84606
(801) 371-6242

http://www.bgcutah.org/main_sublinks.asp?sid=86&id=80

N. Scera Unit

450 South 400 East
Orem, UT 84097
(801) 361-8218

<http://www.bgcutah.org/images/images/scera.htm>

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O. The Expanded Food and Nutrition Education Program (EFNEP)

100 E. Center St. Suite L400
Provo, UT 84606
(801) 851-8470
<http://utahcounty4-h.org/>

This program is **free** and is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

P. Jenny Craig

Provo Center

2250 North University Parkway, #C-40
Provo, UT 84604
(801) 373-1447
<http://www.jennycraig.com/>

Children between the ages of 13-17 must have parent's written permission, no health conditions and/or taking medications to be eligible to join

Several program options are available. Please contact the facility closest to you for a complete list and cost of options.

Weight Watchers

(800) 729-8746
<http://weightwatchersofsaltlakecityinc.com/index.html>

Children between the ages of 10-16 must have a doctor's note to join, 17 and older are free to join without a note.

Registration Fee \$35
Weekly fee \$9-12/week

Locations:

Q. American Fork Center

684 East State Road
American Fork, UT 84003

R. Payson Center

1050 South Main Street
Payson, UT 84651

S. Provo Center

1700 North State Street
Provo, UT 84604

T. Spanish Fork Center

1172 S. Del Monte
Spanish Fork, UT 84660

U. Springville Center

245 South 200 East
Springville, UT 84663

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LiVe

<http://intermountainlive.org/>

Intermountain Healthcare offers classes and nutrition counseling for healthier living and weight management. Courses are available for children, teens, and adults.

Group Course

You and your family attend nine group classes with 15 to 20 other people, including kids and their families. A registered dietitian trained in weight management leads the class, which includes presentations, games, and cooking demos. You will participate in different physical activities during some classes.

All Ages\$225 per family
(\$200 reimbursed upon completion with select health insurance)

Individual Counseling

You and your family attend nine one-on-one sessions with a registered dietitian. A registered dietitian trained in weight management evaluates your diet, physical activity, eating environment, and nutrition status. You schedule appointments at your pace. To complete the program, schedule nine sessions in a 12-month period. Topics are personalized to your needs and lifestyle.

All Ages\$425 per family
(\$200 reimbursed upon completion with select health insurance)

Locations:

V. Riverton City Hall (group only)

12830 South Redwood Road
Riverton, UT 84065
(801) 662-5316

W. Utah Valley Regional Medical Center

1034 North 500 West
Provo, UT 84604
(801) 357-8143

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Mental health services have been taken from the Utah Medhome Portal (<http://www.medhomeportal.org/>) website. Listing of a Service does **not** represent a recommendation or endorsement by the MedHome Portal staff or its sponsoring organizations, nor does it reflect any assessment of the quality or value of a listed service. The Medhome newsletter summarizing additional valuable information can be downloaded at: http://www.medhomeportal.org/file.cfm?file_id=675.

BYU Counseling, Psychology And Special Education

328 MCKB P.O. Box 25093 Brigham Young University
Provo, UT 84602
(801) 422-3857

Cheryl McBride, MSW, LCSW

1790 N. State Street
Orem, Utah 84057
(801) 224-8255

Crystal A. Heer, MMH Preferred Family Clinic

1355 N. University Ave. Ste. 200
Provo, Utah 84604
(801) 221-0223

Dan Daley, PhD

1055 north 300 West, Suite 104
Provo, Utah 84604
(801) 357-7525

David T. Ballard, BA, MSW

3549 North University Avenue, Suite 300
Provo, UT 84604
(801) 763-0662

Hal McDanel, MSW

78 South Main Street
Pleasant Grove, Utah 84062
(801) 735-6593

Institute For Cognitive Therapy, Inc.

560 South State Street
Suite G1
Orem, UT 84058
(801) 802-8608
<http://www.icctutah.com>

Jay P. Jensen PhD

811 N. University Ave.
Provo, Ut 84604
(801) 377-5050

John Paul Lilly, LCSW

286 S. 600 E. Sutie C
Provo, Utah 84606
(801) 377-8232

John Skidmore, LCSW

479 West 1400 North
Orem, UT 84058
(801) 426-2685

Lois Dettenmaier, PhD

226 West 2230 North #222
Provo, UT 84604
Phone: 801-224-0664

Lynn Jarreau-Wihongi, LCSW, LEAP

814 Bamberger Dr., Suite B
American Fork, Utah 84003
(801) 772-0227

Melissa Thayne, LCSW

475 W. 50 N.
American Fork, Utah 84003
(801) 756-3664

Nancy Stoddard, LCSW, RPT

286 S. 600 E. suite C.
Provo, Utah 84606
(801) 377-8232

Newton Bryson, PhD

1055 N. 300 W. suite 104
Provo, Ut 84604
(801) 357-7527

Nicole Hawkins PhD Center for Change

1790 N. State Street
Orem, UT 84057
(801) 224-8255

Page Speiser, LCSW Aspen Therapy

3707 North Canyon Rd. 2C
Provo, Utah 84604
(801) 225-3111

Patricia Taylor, PhD

814 E. Bamberger Drive Suite B.
American Fork, Utah 84003
(801) 772-0202

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Slate Canyon Youth Center

1991 South State Street
Provo, UT 84606
(801) 342-7851
<http://www.dhs.state.ut.us>

Steven M. Gentry, PhD

814 East Bamberger Drive, Suite B
American Fork, UT 84003
(801) 772-0202

Susan Christensen, LCSW, RPT-S

448 West 300 South
Orem, UT
(801) 426-8862

Royce Allan Hull, LCSW

1034 N. 500 W.
Provo, Utah 84604
(801) 357-8723

Wm. Jason Conover Intermountain Healthcare

1055 N. 300 W. suite 104
Provo, UT 84604
(801) 357-7525

Community Resource Guide

The resources listed offer structured services to help you and your child improve physical activity, diet and nutrition, and mental health. Please contact the facility for current prices and hours of operation. This list cannot be comprehensive, if there is an activity that your child is interested in and it is not listed here, please call your local facility or search your local phone book for contact information. **You can register for sports leagues (such as, basketball, baseball, softball, soccer, or football) at the majority of the county or city recreation centers previously listed.** For an electronic copy and an interactive map please go to, www.upiqhome.org.

Map of Selected Resources

