

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. Eccles Ice Center

2825 N 200 E
Logan, UT 84341
(435) 787-2288
<http://www.ecclesice.com/index.htm>

Open skate
All ages..... \$4.50-5.50/day
Hockey lessons
All ages..... \$45/6 week session
Skating lessons
All ages..... \$45/6 week session
Broomball
All ages..... \$4.50/day

B. Logan Aquatic Center

451 South 500 West
Logan, UT 84321
(435) 716-9266 or (435) 716-9280
<http://www.loganutah.org/site/id/aquaticcenter.htm>

Open swim
4 years old+ \$5/day (\$120/3 months)
Water aerobics
Teenagers+ \$3/class (\$28/month)
Swim Lessons
All ages..... \$40/session

C. Logan Community Recreation Center

195 South 100 West
Logan, UT 84321
(435) 716-9250
<http://www.loganutah.org/site/id/recreationdivision.htm>

Main gym
All ages..... \$2.75/day
Aerobics
Teenagers and older ... \$2/class (\$20/month)
Tennis
All ages..... \$35/session
Sports and Fitness Camp
6-12 years old \$33/session
Golf Camp
4-14 years old \$40/session
Girls slow pitch softball
9-15 years old \$25/season

Logan Community Rec. Center (Cont.)

Track
5-14 years old \$35/session
Logan Jr Tackle Football
7-14 years old \$105/session
Football Camp
8-14 years old \$25/session
Indoor soccer
3-6 years old \$25/session
Fishing
6-13 years old \$5/session

D. Smithfield Recreation Center

520 S 250 E
Smithfield, UT 84335
(435) 563-0048
<http://www.smithfieldrecreation.com/>

Membership fees \$15/month
Gymnastics
All ages \$32/month
Dance
3-13 years old \$20-30/month
Tae Kwon Do
4 years old + \$35/session
Aerobics
Teenagers free for members
Open swim
All ages \$2/day
Swim Lessons
All ages \$/session

E. Whittier Community Center

290 N 400 E
Logan, UT 84321
(435) 753-9008
<http://www.whittiercenter.org/>
Dance
3 years old+ \$99-222/semester
Aikido
7 years old+ \$10-25/month

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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.

F. Boys and Girls Club Cache Valley

345 South Main

Logan, UT 84321

(435) 752-5448

<http://www.boysandgirlsclubofcachevalley.com/Default.aspx>

Membership Fee..... \$10
6-18 years old \$1.50-3.00/day
(Additional fees may apply for fieldtrips)

Locations:

Canyon Elementary
Edith Bowen
Lewiston Elementary
Lincoln Elementary
Millville Elementary
Nibley Elementary
North Park Elementary
Park Elementary
Preston
Providence Elementary
Summit Elementary
Thomas Edison North
Thomas Edison South
Wellsville Elementary

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

179 North Main, Suite 111
Logan, UT 84321
(435) 752-6263
<http://extension.usu.edu/>

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.

Jenny Craig

4141 Riverdale Road
Ogden, UT 84405
(801) 394-5044
<http://www.jennycraig.com/>
(see Weber-Davis map for directions)

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.

H. Weight Watchers

1045 N. Main
Logan, UT 84341
(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

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:

I. Logan Regional Hospital

1400 North 500 East
Logan, UT 84341
(435) 716-5329

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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.

Bear River Mental Health

90 East 200 North

Logan, UT 84321

(435) 752-0750

<http://www.brmh.com/>

Child And Family Support Center

380 West 1400 North

Logan, UT 84341

(435) 752-8880

<http://www.cachecfsc.org/index.html>

CFSC children's classes are age-appropriate in content and are well-designed to meet the individual needs of children.

5-15 years old \$20-25/8 weeks

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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

Below is a map of selected resources in your community.

