

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 ([UU<http://health.utah.gov/obesity/docs/ObesityReportCh1.pdf>](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. City Pool and Hydrotube

250 East 700 South
St. George, UT 84770
(435) 627-4584
www.sgcity.org/recreation/swimming/sgcitypool.php

Open Swim
All Ages \$1.25/day

Swim Lessons
All ages..... \$25/session

B. Saint George Recreation/Fitness Center

285 South 400 East
St. George, UT 84770
(435) 627-4560
www.sgcity.org/recreation/sgreccenter.php

Open Recreation
All ages..... \$1.50-3.00/day

Aerobics
All ages..... \$2/day

Hawaiian Dance
5 years old+ \$25/month

Gymnastics
3 years old+ \$20-36/session

C. Sand Hollow Aquatic Center

1144 N. Lava Flow Dr.
St. George, UT 84770
(435) 634-5938
www.sgcity.org/recreation/swimming/sgshac.php

Open Swim
All Ages \$3.50/day

Swim Lessons
All ages..... \$25/session

Water Aerobics
All ages..... \$3.50/day

D. Unity Park Recreation

300 West 400 South
Ivins, UT 84738
(435) 634-0689
<http://www.ivins.com/L2.php?M2=Government%2FOrganization%2FParks%20and%20Recreation%2FRecreation%20Activities%2FYouth%20Activities>

Yoga
5-13 years old \$25-30/session

Gymnastics
All ages \$50/session

Dance
All ages \$25-50/session

E. Washington City Community Center

350 North Community Center Drive
Washington, Utah 84780
(435) 656-6360
<http://washingtontcity.org/recreation/index.php?sub=communitycenter>

Open Recreation
12-17 years old \$4/day

Open swim
4-17 years old \$3/day

Swim Lessons
All ages \$28/session

Water Aerobics
14 years old+ \$3-4/session

Cheerleading
4 years old+ \$85/month

Dance
3 years old+ \$35-40/month

Aerobics (Yoga, Spin, Cardio...)
14 years old+ \$3-4/session

Martial Arts
9 years old+ \$65/month

Rock Climbing
8 years old+ \$55-66/month

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

44 North 100 East
St. George, UT 84770
(435) 634-5706

<http://extension.usu.edu/washington/>

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.

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:

G. Enterprise Valley Center

223 South 200 East
Enterprise, UT 84725

H. Hurricane American Legion Center

730 North 200 West
Hurricane, UT 84737

I. St. George Center

1067 E Tabernacle St
St. George, UT 84770

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:

J. Dixie Regional Medical Center

544 South 400 East
St George, UT 84770
(435) 688-4184

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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.

Elizabeth Johnson, PhD

3090 Windmill Circle
Santa Clara, Utah
(435) 673-5191

Southwest Center (Youth Services Program) In Hurricane

Satellite at Hurricane Branch of Health Dept:
25 South Main
Hurricane, UT 84737
(435) 635-4458

Southwest Center (Youth Services Program) Of St George

354 E 600 S STE 301
St George, UT 84770
(435) 634-5600

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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.

