

Healthy Children, Healthy Adults



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Nutrition and Daily Active Physical Play

Early childhood centers can help promote healthy eating and physical activity. Regular physical activity and eating healthy foods play critical roles in the prevention of obesity and are essential to healthy development (1). Well-nourished and active children have better attendance, stay in school, and are ready to learn (2).

Free play is an important component of being physical active. Free play contributes to the cognitive, physical, social, and emotional well-being of young children. It is recommended that preschoolers accumulate at least 2 hours of physical activity every day, including time spent in unstructured, free play. Recent studies indicate that most preschoolers are not meeting these recommendations (1).

Most experts agree that early childhood is the best time to begin teaching a child the importance of eating well and being physically active. Preschool teachers can facilitate movement skills every day by including physical indoor and outdoor activities (3). Offering fun and stimulating experiences can

provide preschoolers with the time needed to explore, practice, and repeat movement experiences to help development. In addition to providing the benefits of maintaining caloric balance, children use many of their sensory systems, creating neural connections for future learning (4).

Among the suggestions to help preschoolers meet the daily accumulation of recommended physical activity are:

- Physical activities which include traveling actions (galloping, hopping, jumping, marching, running, skipping, sliding), stabilizing actions (bending, pulling, pushing, stretching, swinging, twisting), and manipulating actions (bouncing, catching, kicking, rolling, throwing, tossing) (3).
- Movement activities that include experiences with a variety of developmentally appropriate props (scarves, streamers, ribbons, stretchy bands, bean bags, food models, puppets, stuffed animals) (3, 4).
- Music enhances the activity and encourages rhythmic involvement (3).

References:

1. Preventing Obesity Among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity? Healthy Eating Research and Active Living Research, Robert Wood Johnson Foundation, Research Synthesis October 2011. <http://www.rwjf.org/files/research/73468.childcaresynthesis.pdf>

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2. California Department of Education. Health, Academic Achievement and Attendance, October 6, 2011. <http://www.cde.ca.gov/eo/in/documents/factsheetaa.pdf>; Alameda County Public Health Department. Training
3. Preschool Nutrition & Active Physical Play Course. <http://www.healthypreschoolers.com/>
4. Appropriate Practices in Movement Programs for Children Ages 3-5. The National Association for Sport and Physical Education. http://www.cahperd.org/cms-assets/documents/Toolkit/NASPE_ApproPrac/5286-668190.children3to5approprac.pdf



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Why Care About Sugar?

The average 4 to 5 year old child consumes 65 pounds of added sugar a year (1). Sweetened beverages are the largest single source of added sugar in the American diet (2). One 8 ounce serving of the typical full-calorie soda, energy drink, or fruit drink contains 110 calories and 27-30 grams (~7 teaspoons) of added sugar, 160%

or more of the recommended amount of sugar that most children should consume in an entire day (3). Sugary drinks often displace healthy foods and beverages like milk and water.

Young children are the targets of advertising and marketing because they influence their parents' spending (the nag factor), and because of the money

they will spend when they grow up. Marketing for sugary drinks disproportionately targets minority and low-income youth, who are at higher risk of obesity and other related diseases. African American children saw 80-90% more sugar drink ads in 2010 compared with white youth; Hispanic children saw 49% more ads for sugary and energy drinks on Spanish-language TV (3).



According to the Yale Rudd Center for Food Policy & Obesity, preschoolers saw 213 ads on TV for sugary drinks and energy drinks in 2010. Their total exposure increased by 4% for this age group from 2008 to 2010. Exposure to TV advertising increased for regular soda, energy drinks, and iced tea, including twice as many ads for regular soda viewed by children in 2010 compared with 2008 (3).

The American Academy of Pediatrics advises that children (2 years and older) drink only water, low- or non-fat plain milk, and small portions of 100% juice—no more than 4-6 ounces daily (for children 1 to 6 years)—as beverages (4).

NETA will be offering “ReThink Your Drink” activities for your classroom. Also see page 3 for water drink ideas.

References

1. Daniels S. Does increased added sugar lead to decreased diet quality? *Journal of Pediatrics*, Volume 146, January 2005.
2. Public Health Advocacy. Sugar-sweetened Beverages. http://www.publichealthadvocacy.org/PDFs/Soda_Fact_Sheet.pdf
3. Sugar Drink FACTS. Executive Summary Report. The Rudd Center for Food Policy & Obesity at Yale. http://www.sugarydrinkfacts.org/resources/SugaryDrinkFACTS_Report_ExecutiveSummary.pdf
4. American Academy of Pediatrics. The use and misuse of fruit juices in pediatrics. <http://aappolicy.aapublications.org/cgi/reprint/pediatrics;107/5/1210.pdf>

Grow It and Eat It Fresh Campaign!

Water is a great option to satisfy a child's thirst. Sugary drinks often displace healthful foods and beverages like water and milk. After being outdoors playing, children like something to drink and many children do not have access to free, fresh drinking water fountains. Oakland Unified School District (OUSD) provides water for children, by putting water pitchers and cups on lunch tables. OUSD is considering upgrading their water fountains to water stations as part of the school wellness policy. Be a part of the change and support OUSD in this effort.

Sugar Sweetened Beverages (SSB) are marketed to children using attractive labels. Younger children are pressured by their peers to consume beverages that are high in calories and sugar content. Since 2007, Alameda County Public Health Department - Nutrition Services has lead the “Soda Free Summer” campaign. The campaign's goal is to reduce SSB beginning with soda.

Sugar-sweetened beverages are those that contain caloric sweeteners and include:

Soft drinks: Non-alcoholic, flavored, carbonated or non-carbonated

beverages usually commercially prepared and sold in bottles or cans.

Soda, pop, soda pop: Same as soft drink.

Fruit drinks, punches, or -ades: Sweetened beverages of diluted fruit juice.

Sports drinks: Beverages designed to help athletes rehydrate, as well as replenish electrolytes, sugar, and other nutrients.

Energy drinks: Most energy drinks are carbonated and contain caffeine, sugar and other ingredients.

Sweetened milks or milk alternatives: Beverages prepared by blending sweetened powder or syrup and milk together.

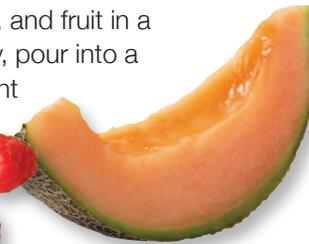
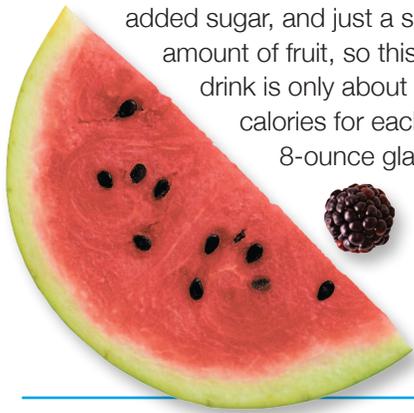
Sweetened bottle and canned teas: Beverages prepared by blending sweetened powder or syrup and tea.

References:

1. The CDC Guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages: http://www.cdph.ca.gov/SiteCollectionDocuments/StratstoReduce_Sugar_Sweetened_Bevs.pdf
2. Center for Disease Control and Prevention. Re-Think Your Drink: http://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Recipes: Water Drinks

Store-bought or cafe smoothies are often marketed as “health” foods, but they may contain added sugar and are high in calories—some have upwards of 200 calories in a 8-ounce serving. Try making a refreshing fresh fruit cooler instead. There’s no added sugar, and just a small amount of fruit, so this drink is only about 12 calories for each 8-ounce glass.



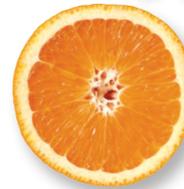
FRESH FRUIT COOLER

Makes 36 tastes at 2 oz. each

Ingredients:

- 3 cup of ice
- 4.5 cup of sugar-free sparkling water
- 2 cups of melon or fresh berries
- Chopped mint leaves or citrus slices (optional)

Place ice, sparkling water, and fruit in a blender. Blend until slushy, pour into a glass and garnish with mint or citrus slices.



Adapted from:

Harvard School of Public Health The Nutrition Source *Six Ideas for Low-Sugar Drinks*: <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/low-sugar-drink-ideas/#fruit>

Nutrition information per serving:

Calories 5, Carbohydrate 1 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Indoor and Outdoor Physical Activity for Early Childhood

Summer is a great opportunity to take children outside the classroom. Plan some of your classroom educational activities for outdoors. Children now spend less time playing outdoors than any previous generation (1, 2). Free play and discretionary time has declined more than 9 hours a week over the last 25 years. Encourage children to go outside and connect to the natural environment, while learning about seasonal changes, weather, birds, and plants.

Some of the things you can do:

1. Build a theme garden with rocks of different colors. This is an appropriate physical activity for children.*
2. Rake the leaves*; plant vegetables. Help children develop gross and fine motor skills.
3. Host a picnic and invite the families to celebrate the season with fresh fruits and vegetables.*

4. Create animal movements linked to nutrition--hop like a bunny to eat a carrot; jump like a frog to reach a fruit branch; and dance like a butterfly to smell a fruit’s aroma.
5. Plant some cucumbers and strawberries and prepare water drinks.

A growing number of studies indicate that children who play outdoors regularly:

- Take less sick days and have improved classroom attendance.
- Play more creatively, have greater imagination.
- Are happier and have lower stress levels.

Do not forget to have water available for children to drink after being outside. Water drinks can be prepared with some vegetables or fruits from the school garden and/or the schools produce market.



*Activities are not funded by Network for Healthy California.

References:

1. Clements, 2004. Contemporary Issues in Early Childhood.
2. Hofferth and Curtin, 2006. Changes in Children’s Time, 1997-2002/3: An Update, 2006.
3. National Center for Physical Development and Outdoor Play: <http://www.aahperd.org/headstartbodystart/>

Professional Development Resources

Create A Play Space-Design Ideas and Drawings: **

<http://www.aahperd.org/headstartbodystart/playspace/design-ideas-and-drawings.cfm>

This website provides some samples of outdoor play space designs for 0-5 year olds to help stir your creativity and engage your inner designer.

Wise Up On Water, Water UK: **

<http://www.water.org.uk/home/water-for-health/resources/wise-up--children-web.pdf>

This document highlights the importance of adequate water intake for children.

Bottled Water, Learning the Facts and Taking Action, Sierra Club: **

http://www.sierraclub.org/committees/cac/water/bottled_water/bottled_water.pdf

This document provides facts about bottled water and advocates for a reduction of bottled water use and an increased use of tap water.

Re-Think Your Drink Campaign/ California WIC: **

<http://www.cdph.ca.gov/programs/wicworks/Pages/WICRethinkYourDrink.aspx>

"Rethink Your Drink" education training campaign focuses on the contribution



of sweetened beverages to increasing rates of overweight and obesity. The education campaign provides information and practice to help participants decrease consumption of sweetened drinks and increase water consumption.

Healthy Beverage Toolkit, The Food Trust: **

<http://www.thefoodtrust.org/php/programs/school.food.beverage.reform.php>

The toolkit provides school staff and administration, parents, and the community, with information about promoting healthy beverage consumption in schools to address childhood obesity. The toolkit highlights the importance of advocating for policies, engaging key partners, coalition building, and other relevant topics.

**Note: These resources have not been reviewed for allowability by the *Network for a Healthy California*.

Children Health and Wellness Books

DRINKING WATER

Mari C. Schluh

Capstone Press ,2006, 24 pp.

ISBN-13: 978-0736869263

Fosters body and health awareness.

Children will be able to get the messages about exercise, when to drink water, and nutrition snacks.

Photo: Will Suckow

RE-THINK YOUR DRINK POSTER, ENGLISH AND SPANISH

<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-Poster.pdf>

For More Information check the NETA Resource Guide.



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

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