

MOVING OUR CHILDREN TOWARD A HEALTHY WEIGHT



Recommendations

- Ensure that all children and youth participate in at least 60 minutes of physical activity every day.
- Limit consumption of sugar-sweetened beverages.
- Limit TV/video time to no more than 1 - 2 hours a day.
- Provide appropriate portion sizes of foods and beverages.
- Prepare and eat more meals at home.
- Set state standards for all foods and beverages available in schools, after-school programs, and child care.
- Establish state policies to ensure adequate time for physical activity in schools, including quality daily physical education, recess, and after-school activities.
- Provide more community-based opportunities for leisure-time/recreational physical activity for all children and youth.
- Create an environment that makes healthy eating and active lifestyles the norm rather than the exception.
- Define obesity as a disease and ensure third-party coverage for prevention and treatment services for children who are overweight or at-risk for overweight.
- Ensure equitable access to childhood overweight prevention and treatment services to reduce health disparities.
- Ensure a comprehensive, continuous and reliable system for monitoring body mass index (BMI), weight-related chronic diseases, and nutrition and physical activity behaviors in children and youth.



*Recommendations taken from **Moving Our Children Toward a Healthy Weight**, the comprehensive state plan to reduce and prevent childhood overweight. September 25, 2002

