

Pass the Peaches, Please
Iowa Team Nutrition Training for CACFP Providers
Des Moines, Iowa ~ May 2013



What about Childhood Obesity??




Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Building Healthy Children






Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

What works best for families?

PEDIATRIC OBESITY
 REVIEW ARTICLE

Family–health professional relations in pediatric weight management: an integrative review

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Summary
 In this integrative review, we examined contemporary literature in pediatric weight management to identify characteristics that contribute to the relationship between families and health professionals and describe how these qualities can inform healthcare practices for obese children and families needing weight management care. We searched literature published from 1980 to 2010 in three electronic databases (MEDLINE, PsycINFO and CINAHL). Twenty-four articles identified family–health professional relationships were influenced by the following: health professionals' weight-related discussions and approaches to care; and parents' preferences regarding weight-related terminology and expectations of healthcare delivery. There was considerable methodological heterogeneity in the types of reports (i.e. qualitative studies, review articles, commentaries) included in this review. Overall, the findings have implications for establishing a positive clinical relationship between families and health professionals, which include being sensitive when discussing weight-related issues, using exemplars when talking about obesity, demonstrating a non-judgmental and supportive attitude and including the family (children and parents) in healthcare interactions. Experimental research, clinical interventions and longitudinal studies are needed to build on the current evidence to determine how best to establish a collaborative partnership between families and health professionals and whether such a partnership improves treatment adherence, reduces intervention attrition and enhances pediatric weight management success.

REVIEW ARTICLE

... a positive relationship characterized by sensitivity, honesty, trust and respect.

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REVIEW ARTICLE

PLAN

1. Describe current trends in children's weight, nutrition and physical activity.
2. Discuss importance of Ellyn Satter's Division of Responsibility in Feeding.
3. List family strategies for raising children with a healthy weight.




Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

PLAN

1. Describe current trends in children's weight, nutrition and physical activity.



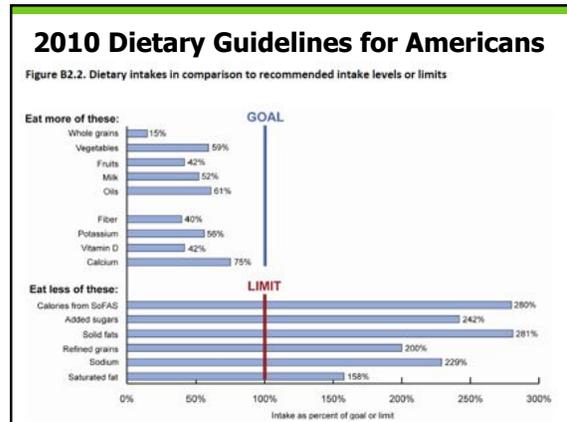
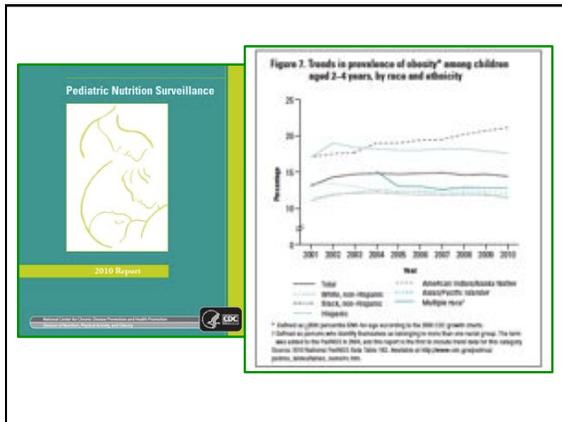
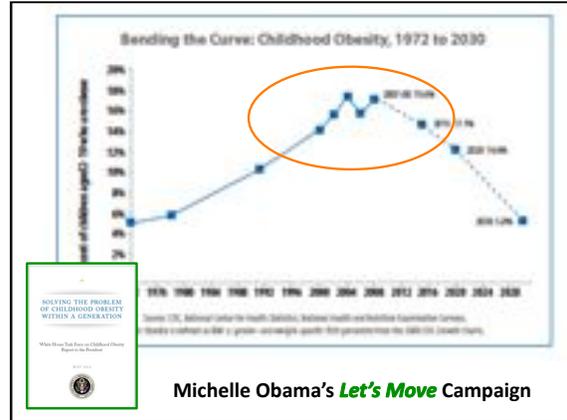
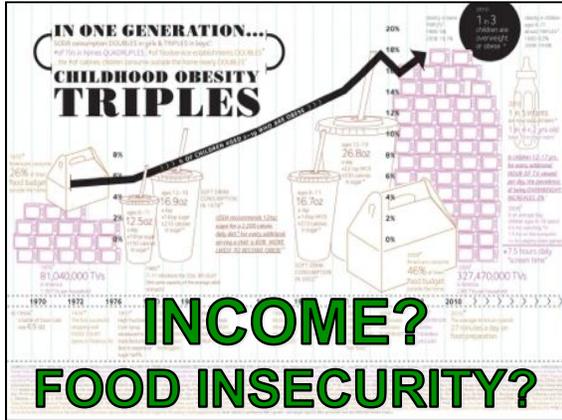

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Lack of Physical Activity & Play

Youth activity trends all heading in the wrong direction:

- More screen time entertainment, less active play at home
- Less physical education, more desk time at school
- Fewer walks to school, more rides in cars
- Girls less active than boys
- Weekend less active than weekdays

BULLYING and BMI

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May 08, 2013

U-M study: Being obese can attract bullies

Interventions needed to reduce bullying of obese children, U-M researchers say

ANN ARBOR, Mich. — Obese children are more likely to be bullied regardless of gender, race, socioeconomic status, social skills or academic achievement.

These are the findings of the study "Weight status as a predictor of being bullied in third through sixth grades," which is available online now and will be published in the June issue of the journal *Psychology of Women Quarterly*, assistant professor in the Department of Psychology and Center for the Study of Women at the University of Michigan.

Authors conclude that being obese, by itself, increases the likelihood of being a victim of bullying. Interventions to address bullying in schools are badly needed, Lumeng adds.

"Physicians who care for obese children should consider the role that being bullied is playing in the child's well-being," Lumeng says. "Because perceptions of children are connected to broader societal perceptions about body type, it is important to fashion messages aimed at reducing the premium placed on thinness and the negative stereotypes that are associated with being obese or overweight."

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Fat is the new ugly on the playground
By Erika Brown, Special to CNN
Updated 11:25 PM EDT, Fri, March 26, 2012



Editor's note: This is the third part of a six-week Friday series on the perceptions of beauty. Last week we looked at the counter-campaign against society's beauty ideal. Next week we take a look at men who are struggling with body issues.

(CNN) — Sarah Rhoades remembers when her daughter, Emilia Cooper, started to worry about weight. She was 5. That's when boys at her Brooklyn school started calling her fat. Emilia, now 9, has always been taller and more broadly built than most of the other kids in her class, and she quickly learned her body type made her a target for teasing.

"At that point she became very aware of weight," says Rhoades. "She started coming home and telling her 3-year-old brother, 'If you eat that you're going to get fat.'"

"We all exercise a lot, and it's definitely just her body type," says Rhoades. "We started having a dialogue about it, but it's hard for her to understand that there are different bodies."

Fat is the new ugly on the school playground. Children as young as 3 worry about being fat. Four- and 5-year-olds know "skinny" is good and "fat" is bad. Children in elementary school are calling each other fat as a put-down.

PLAN

2. Discuss importance of Ellyn Satter's Division of Responsibility in Feeding.




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The Division of Responsibility for Toddlers through Adolescents

- The parent is responsible for **what, when, where**
- The child is responsible for **how much and whether**

Parents' Feeding Jobs:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

Fundamental to parents' jobs is trusting children to decide **how much and whether** to eat. If parents do their jobs with **feeding**, children will do their jobs with **eating**.

Children's Eating Jobs:

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table

PLAN

3. List family strategies for raising children with a healthy weight.




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KEY MESSAGES

Focus on nutrition and physical activity for **ALL CHILDREN.**

Focus on **FAMILY** lifestyle changes.




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Fit Kids = Happy Kids

Six Simple Steps to a Healthy Weight for Kids

- 1. Be active by playing together inside and outside.**
 - Use a healthy weight, kids need active time to be fit and healthy.
 - Play with your kids every day. Use the stairs, have fun too!
 - Play outside, even if it's raining or too hot/cold to go outside.
 - Check a space for playing, making sure it's safe and fun for you.
 - Play with your kids every day. Use the stairs, have fun too!
 - Play with your kids every day. Use the stairs, have fun too!
- 2. Make family meals a special time to eat together.**
 - Eating meals together can make a big difference in your family's health, happiness, and happiness. Sit down to eat together every day.
 - Plan a family meal, take a couple of minutes to plan it.
 - Check out the menu, look at the menu, look at the menu.
 - Make the mealtime special, fun, and enjoyable.
 - Enjoy the mealtime, look at the menu, look at the menu.
- 3. Save fast food for a once or twice a week treat.**
 - Fast food is not a healthy choice. It's not good for you. It's not good for you.
 - Save fast food for a once or twice a week treat.
 - Save fast food for a once or twice a week treat.
- 4. Enjoy tasty fruit and veggie snacks together.**
 - Enjoy a variety of fruits and vegetables every day. At least 5.
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- 5. Drink milk with meals and drink water with snacks.**
 - Drink milk with meals and drink water with snacks.
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- 6. Take the TV out of the bedroom and read together.**
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Eating Smarter ...



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... & Moving More



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POSITIVE SIMPLE PRACTICAL 1 AT A TIME

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Eyes on the Prize



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RESOURCES

- Ellyn Satter Institute
www.ellynsatter.com
- OPI School Nutrition Programs
http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/
- Montana Team Nutrition
http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html

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Thank you for Passing the Peaches



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