

Build Healthy Kids®

Changing Children's Diets and Exercise Patterns One Choice at a Time

Build Healthy Kids® program is a step-by-step guide for bringing up healthy and active eaters. It focuses on twelve national nutrition and exercise recommendations; one each month. **Each of the 12 building blocks is based on current recommendations of the American Academy of Pediatrics, the American Heart Association and the Dietary Guidelines for Americans 2010.** The goal of Build Healthy Kids® is to bring together the nutrition messages children hear and see in their classroom, cafeteria, supermarket, doctor's offices and home.

The newsletter* focuses on one monthly nutrition or exercise theme with instructions for:

- PARENTS: Guidance for parents to help make the change at home
- KIDS: One side of the newsletter will be devoted to speaking to and engaging the child
- TO LEARN MORE: Links to approved nutrition curricula that supports that month's theme
- KITCHEN TIP: A recipe or tip that highlights that month's theme

***The newsletter is available in English and Spanish (September 2012)**

The BHK program works on a yearly schedule allowing for drop-in at any point in time.

| <u>Month</u> | <u>BHK Monthly Topic</u> | <u>National Health Themes</u> |
|--------------|--------------------------|------------------------------------|
| September | Grains | Whole Grains Month |
| October | Fruit | National Farm to School Month |
| November | Treats | National Diabetes Month |
| December | Calcium/Vitamin D | Cold/Flu Season |
| January | Protein | |
| February | Fats | American Heart Month |
| March | Soda/Juice | National Nutrition Month |
| April | Sedentary | National Turn Off TV Month |
| May | Sodium | High BP Education Month |
| June | Vegetables | National Fruit and Vegetable Month |
| July | Exercise | |
| August | Involve Kids | Family Meals Month |

Physician involvement:

Print out monthly newsletter and distribute to patients or email newsletter (free newsletter)

Talk to patients about monthly theme (upon discretion of the practitioner)

Dr Deb's Tip of the week and *Ask Dr Deb* can be hosted on the clinic's website (optional, monthly fee)

Bringing together the community (optional):

- Get local schools (elementary school distribute newsletters as well)
- PTA/PTO run lecture series with local experts (practitioners or chefs) to talk about the monthly theme
- Local grocery stores can highlight the monthly theme (fruit in October for example)

Created by Dr. Debbie Kennedy (Dr Deb), pediatric nutritionist with over 20 years experience, having worked at Yale, Columbia, Tufts and Cornell. Author *Beat Sugar Addiction Now! for Kids* (Fair Winds Press) CEO of BuildHealthyKids.com; 203-430-4899, DrDeb@buildhealthykids.com