



HEALTHY CHILDCARE CENTERS

OPPORTUNITY

Children spend a great deal of time in childcare, making this environment crucial to the level of health they will achieve and maintain throughout their lives.

THE OBESITY EPIDEMIC

1 out of 5 children in Texas are obese. This has tripled since 1980, and is still on the rise. Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year in the US. *American Academy of Child & Adolescent Psychiatry (AACAP)*

Children who are overweight or obese have an increased risk of:

- Heart disease
- High blood pressure
- Diabetes
- Breathing problems
- Cancer
- Trouble sleeping
- Low self-esteem and body image
- Getting bullied
- Lower academic achievement

TIPS FOR A HEALTHY ENVIRONMENT

Nutrition

- Model healthy eating and participate in physical activity with children whenever possible.
- Serve water, low-fat milk or 4-6 oz max of 100% fruit juice per day. Never serve sugar sweetened beverages, such as soda.
- Serve fruits and vegetables at every meal. Never serve fried foods.

Physical Activity

- Draw hopscotch or four square outdoors to encourage activity where children play.
- Restrict screen time to no more than 2 hours per day, with no screen time for children under two years.
- Give preschool-aged children 120 or more minutes of active play time per day and give toddlers 60-90 minutes of active play time per day.

WE'RE HERE TO HELP

Austin Public Health can help you create a healthier childcare center through free technical assistance. Contact Cristina at cristina.garcia@austintexas.gov or (512) 972-6464 for more information.