

September 2017

Healthy Way to Grow: Reno, NV.



All Children Matter: Helping Children Grow Up at a Healthy Weight



Childhood Obesity Awareness Month:

The White House declared September to be **National Childhood Obesity Awareness Month** in order to educate on and promote healthier eating and increased physical activity by all the Nation's children. Childhood obesity rates have tripled since 1963. Parents, you can help your kids have a healthy childhood and teach them healthy habits to take into adulthood.



Healthy Actions for a Healthy Weight:



- Encourage healthy eating habits
- Make favorite dishes healthier—try some new dishes that might actually become a favorite.



- Remove calorie-rich temptations—limiting high-fat and high-sugar can also help your children develop healthy habits.
- Reduce sedentary time—keep quiet time for reading or doing homework. Try limiting TV, video games, and other electronics.



- Help your children understand the benefits of being physically active and stay active.

Remember, obesity is not permanent. It can be stopped by improving the daily decisions we make!

Try It! Recipe Corner: 15 Minute Enchiladas

Ingredients:

- 3 cups of chili without beans (1 24oz can)
- 1 1/2 cups of canned refried beans, low-sodium, non-fat
- 2 cups of low-fat Cheddar or Monterey Jack cheese (shredded)
- 8 flour tortillas

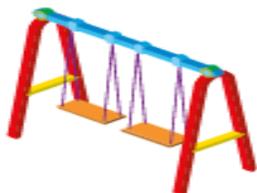


Directions:

- Preheat the oven to 350 F degrees
- Cover a cookie sheet with foil and spray cooking spray
- In a medium-sized saucepan, heat chili and refried beans until warm
- Spoon about half of the mixture evenly in the tortillas, sprinkle with cheese and roll up. Place side by side on the cookie sheet with the seams down.
- Top tortillas with remaining chili mixture and sprinkle with cheese
- Bake 10 minutes until cheese is melted.

Help Children Make Healthy Choices

- **Be a good role model**—you don't have to be perfect all the time, but when children see you trying to make healthy changes they will be encouraged to try also.
- **Keep things positive**—SMILE! Children don't like to hear what they can't do, so encourage them to try new things and show them they can.
- **Encourage children to be active**—children love to move, have fun with them by taking walks, riding bikes or even playing in the yard.
- **Introduce healthy foods**—encourage children to try new foods.



Family Wellness Corner:

It is important to know what health conditions and diseases are in your family history so you can reduce the risk of getting these conditions. Even though some diseases can be passed down, making healthier food and lifestyle choices can reduce your risk of different diseases.

My Family Health Tree Activity



Use the *My Family Health Tree* page to create a healthy tree with your children to find out about different health conditions in your family.



After you made your tree, use the *My Healthy Habits Checklist* to decide what healthy habits you will do to reduce your risk of getting those conditions.