

Buckley Air Force Base Health Promotion Monthly

Military Health System celebrates Children's Health in April

April is Military Children's Health month and we would like to share some information on a health campaign called 5210



Healthy Military Children. 5210 is a Military-wide campaign to improve children's health. There are four key messages to consider about this campaign:

5 or more servings of fruits and vegetables

2 or fewer hours of screen time

1 or more hours of physical activity

0 sweetened beverages

Let's quickly look at some of ideas and recommendations:

5 or more servings of fruits and vegetables

2 or fewer hours of screen time

An example of 1 serving of fruits and vegetables is:

- Prepare meals and snacks at home using fruits and vegetables, and let children help in the kitchen so they learn how to make healthy foods
- Eat together as a family - model healthy eating to your children

1 or more hours of physical activity

- Physical Activity burns calories, improves mood, boost energy, prevent heart diseases, and help you sleep better at night – plus, it can be a lot of fun!
- **Recommendations for children 5 and younger and children and adolescents 6 years and older can be found in the link below**

Just remember, **ALL children** can benefit from eating enough fruits and vegetables, reducing their screen time, being physically active, and avoiding sweetened beverages. Check out the web learn more about 5210 Healthy Military Children.

Source: [Healthy Military Children 5210 Tips Sheets](#)

- **No screen time** for kids under 2 years of age
- **Less than 2 hours per day** of screen time for children and adolescents 2 years of age and older

0 sweetened beverages

- **Sweetened beverages** are fruit drinks, sodas, sports drinks, and other beverages with caloric sweeteners like sugars and syrups (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose)
- Make water the norm for quenching thirst



FAMILY FITNESS
TIPS WITH YOUNG
CHILDREN
Via Military One Source

As a parent, your schedule is always busy and sometimes exercise doesn't always make it on your to-do list. Below are some suggested ideas to stay fit and spend quality time with your kids.

Fitness with a Baby

- ✓ Invest in a jogging stroller and go for a run/walk
- ✓ Check out upcoming walks, fun runs or races – make it a family affair
- ✓ Look for parent and baby fitness classes

Fitness with a Toddler or Young Child

- ✓ Check out your base MWR and rent some sports equipment; you can expose your child to a new sport and get a workout
- ✓ Turn up the tunes and have a dance party
- ✓ Go for a bike ride – consider visiting a park you haven't been to yet.

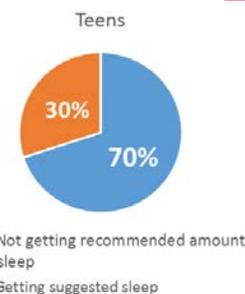
Quick Facts:

Teen Sleep Habits

The CDC states **almost 70% of teens aren't getting the recommended amount of sleep** (i.e. 8.5 hours to 9 hours each night).

Lack of sleep in teens is associated with unhealthy activities:

- ✚ Drinking soda 1 or more times a day
- ✚ Cigarette use
- ✚ No physical activity 60 mins on 5 or more of the last 7 days



Here are some recommended sleep health tips from the National Sleep Foundation:

- ✚ Go to bed and get up the same time each day
- ✚ Use the bed only for sleeping – not reading, watching TV, or listening to music
- ✚ Remove all TVs, computers, and "gadgets" from the bedroom
- ✚ Avoid large meals a few hours before bedtime

Source: <https://sleepfoundation.org/sleep-topics/teens-and-sleep>
http://www.cdc.gov/media/subtopic/matte/pdf/2011/teen_sleep.pdf (copy and paste link to web address bar/area)

Monthly Events at the HAWC

- **OB Orientation** 14 April 0900-1100
- **Healthy Cooking Demo** 21 April 1200-1300
 - Please call 847-6865 to reserve your spot!
- **Commissary Tours** shopping for healthy food on a budget
 - please call 847-6865 for appointments



Alan Muriera, Health Promotion Manager
720-847-6864

Claire Chiu, Health Promotion Dietitian
720-847-6865

Find additional health tips on
[Buckley Health & Wellness Center Facebook](#)