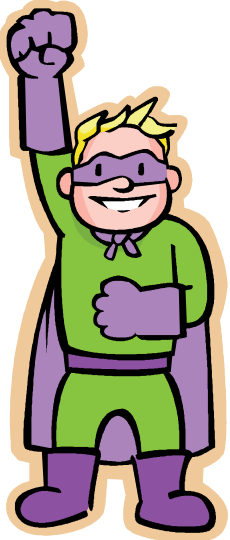


Lead By Example



Your child looks up to you! You are their **biggest** role model. Be a good example.: eat healthy, get moving **with** your child. They do what you do.

- Remove the calorie rich temptations. You are in control of their diets.
- Minimize screen time, TV's and Computers don't belong in the bedroom.
- Have fun and get moving, together!

Find Out More

Whole Food Snacks: a great resource for recipes and child nutrition tips:

<http://www.nourishinteractive.com/>

Healthy Kids Tool Kit:

http://www.nichq.org/childhood_obesity/childhood_obesity_toolkit.html

A great one-stop-shop for all things childhood nutrition and getting kids active:

letsmove.gov/

letsgo.org/



How to get active as a family:

<http://www.idealife.com/fitness-library/kids-move-0>



Older Belle: Aimee Oulette

Pocahontas: Bethany Bankston

Young Belle: Cescana Marzouk

Aurora: Kristin Arkin

EVERY GIRL'S A PRINCESS

UC Davis Health System
Stop Childhood Obesity Initiative
Special interventions
Sacramento, CA

Diabetes Prevention And Your Princess

Shield your child from a lifetime of health problems



Every Girl's a Princess

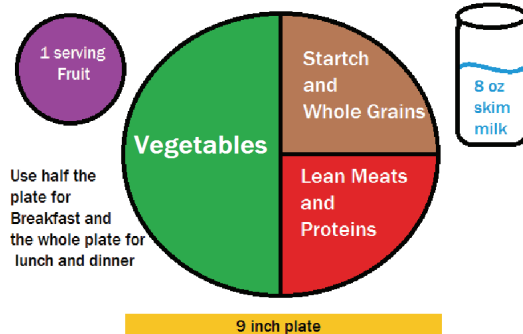
Dangers of Childhood Obesity

Once diabetes develops, it's difficult to control, costly, requires life long medical treatment, and causes avoidable health problems. And it never goes away.

Side effects of childhood obesity:

- #1 risk factor for Type 2 Diabetes
- Asthma
- Sleep apnea
- Low self esteem
- Heart disease
- Fatty Liver disease

Call a doctor if food cannot be kept down, a fever lasts more than 24 hours, loss of consciousness.



Symptoms of Diabetes:

It is likely your child is already experiencing these.

Early symptoms: Frequent urination, increased thirst, drowsiness, tingling in hands and feet, decreased blurred vision, fatigue, and headaches

Late symptoms: performance in school, Fruity breath, nausea, vomiting, shortness of breath, dry mouth, weakness, confusion, coma, irreparable kidney and eye damage, abdominal pain, peripheral nerve damage.

Improve Eating Habits

Eat Whole Foods!

- ◇ Fresh Fruits
- ◇ Fresh Vegetables
- ◇ Whole Grains

Limit foods from boxes and bags:

Chips, Cookies, Pastries, Candy, Sugary cereals

Avoid Sugar Sweetened Beverages (Flavored milk, Soda, Fruit Drinks)

Get Moving

Exercise doesn't mean you have to go to the gym and run a treadmill. Exercise can be fun. You can exercise at the park by playing on a playground, dancing around the house, playing tag.



Limit the amount of time spent watching TV and playing videos games. Recommend taking a break every half hour to take a walk.