

NUTRITION GUIDANCE FOR HEALTHY CHILDREN



CHILDREN AGES 2 TO 11 YEARS OLD

achieve optimal physical and cognitive development, maintain a healthy weight, enjoy food and reduce the risk of chronic disease through appropriate eating habits and regular physical activity, according to the Academy of Nutrition and Dietetics.

CHILDHOOD OBESITY BY THE NUMBERS

1980s - 1990s

Prevalence of childhood obesity **increased rapidly**, doubling or tripling in some age groups.



Present

Recent data indicates childhood obesity is not rapidly increasing and **rates have stabilized**.

16.9%

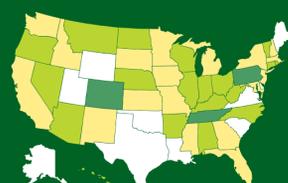
of U.S. children & adolescents were obese in 2009-10

More boys than girls
More teens than preschoolers



Obesity rates among low-income preschoolers from 2008-11

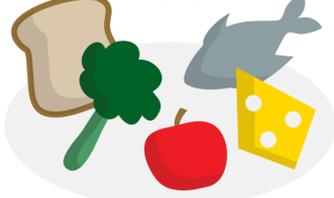
- Increased
- No change
- Decreased
- Not included



DIET QUALITY & NUTRIENT INTAKE

Childhood nutrition concerns in the U.S.

- **Energy balance**
- **Excessive intake** of dietary fats, saturated fats, sugar and sodium
- **Inadequate intake** of foods rich in calcium, potassium, vitamin D and dietary fiber



Factors affecting nutrient intake

- Home environment
- Meals away from home
- Portion sizes
- Beverage consumption
- Vegetarian/vegan diets
- Meal patterns and frequency

16,000,000 children estimated to be living in food insecure households.

What is food insecurity?

Reduced food intake and disrupted eating patterns at times due to lack of access to affordable, nutritious food.

IMPORTANCE OF PHYSICAL ACTIVITY

Encourage kids to participate in physical activities that are **enjoyable, age-appropriate** and **offer variety**.

Build their confidence to successfully improve their physical activity patterns.



60+ min.

of physical activity is recommended daily.

Most should be aerobic exercise. Add muscle and bone-strengthening activities **3 days per week**.

ORAL HEALTH & NUTRITION

Kids with dental cavities:

42% 2-11 years **10%** 6-8 years **31%** 9-11 years



Primary teeth Permanent teeth



Nutrition-related efforts to avoid potential tooth decay:

- Food selection guidelines
- Guidance for scheduling meals and snacks
- Appropriate fluoride intake

NUTRITION PROGRAMS

Nutrition Program:

of children served daily:

Women, Infant and Children (WIC)

8.9 million+

The Child and Adult Care Food Program

3.3 million+

The National School Lunch Program (NSLP)

31.6 million+

The School Breakfast Program (SBP)

12.8 million+



Federal food programs have a significant impact on the nutrition of young children.

In addition to these programs, **millions of children** also participate in other USDA programs depending on the district or community (e.g. After-School Snack and Farm-to-School initiatives).

Food and nutrition practitioners, such as registered dietitian nutritionists, should strengthen nutrition education and promotion of school nutrition programs to teach children how to make informed dietary choices based on balance, variety and moderation using a total diet approach.