Families and Communities

Obesity Roundtable

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Overweight Children in the Military Health System
Ages 6 – 17

13 percent of children are overweight, and another 17 percent are at risk for becoming overweight.

“Overweight Children in the Military Health System,” HCSDB Issue Brief 2012
Healthy Military Children Campaign

Health and Wellness Coaching
5210 Healthy Military Children

Background
The 5210 Healthy Military Children campaign encourages parents to help their children take simple steps toward lifetime wellness. Each of the 5210 principles can also be incorporated into adult lives, creating a family effort to reduce obesity and increase physical and nutritional health.

Highlights
Evidence shows that children can benefit from engaging in four research-based behaviors that encourage physical activity and nutritious food choices:

- 5 or more servings of fruits and vegetables: A single serving can include a medium piece of fruit; one-half cup of chopped, canned or cooked fruits; or one-half cup of raw or cooked vegetables.
- 2 years and older, closely monitor and limit screen time: The American Academy of Pediatrics recommends that parents manage technology in their lives. Parents should limit recreational screen time (TV, phones, tablets, computers and video games) and break up time spent sitting in front of screens.
- 1 or more hours of physical activity: Physical activity raises the heart rate above resting with activities such as aerobics, muscle- or bone-strengthening activities, or activities that improve movement and motor skills.
- 0 sweetened beverages a day: Research shows that limiting consumption of sweetened beverages such as fruit drinks, soda and sports drinks reduces the risk of obesity and dental-related health problems.
5210. Helping Families Lead Healthier Lives

5210 Healthy Children and 5210 Healthy Military Children are health promotion campaigns designed to improve families’ and children’s health. It spreads a simple message about behaviors that support health-promoting behaviors in children throughout communities, where families work, live, and play, and how parents can aid in supporting children’s health.

http://5210.healthymilitarychildren.psu.edu
Month of the Military Child Artist Spotlight

– DODEA and AF Health Promotion
– Students created original art that tells the 5210 message
– Art is promoted and winner announced May 2018 at www.facebook.com/dodea.edu
Military Community & Family Policy

ABOUT MFLN

The Military Families Learning Network (MFLN) engages military family service providers and Cooperative Extension educators in the exchange of experiences and research to enhance professional impact and encourage professional growth. We encourage the formation and expansion of a skilled and collaborative network of professionals who support significant positive outcomes for military service members and their families.

Our work combines innovative online professional development, opportunities for social learning and sharing, and the human and experiential resources of the Cooperative Extension system.

Our teams of faculty and staff from several universities work
NUTRITION AND WELLNESS

The Nutrition and Wellness concentration area provides education and resources for professionals working with military families by synthesizing, integrating, and applying research updates with innovative educational and counseling strategies. The unique needs of the military and their families in terms of preventative and medical nutrition are addressed.
Enhancing the U.S. Army Performance Through Key Nutrition Initiatives

A fit and healthy force are the foundations of a strong national defense. The United States Army is addressing threats of poor nutrition and obesity by engaging soldiers and their families with strategic initiatives at multiple levels of the social-ecological framework. This includes the Performance Triad (Sleep, Activity and Nutrition educations for Soldiers and Family members), Healthy Army Communities, and the DoD Go for Green nutrition program in military dining facilities. Tune into this webinar to learn about these initiatives. Many of these programs are utilized throughout all services.

https://militaryfamilies.extension.org/nutrition-and-wellness/webinars/
References:

“Overweight Children in the Military Health System,” HCSDB Issue Brief 2012


5210 Healthy Military Children Campaign
http://5210.healthymilitarychildren.psu.edu

DODEA Artist Spotlight
www.facebook.com/dodea.edu

MFLN
https://militaryfamilies.extension.org/nutrition-and-wellness

MOS
https://militaryonesource.mil