In Just Five...Children and Heart Healthy Ideas

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If you guessed that childhood obesity ranks as the Number 1 health concern among parents in the United States (over drug abuse and smoking), you are correct. This ranking is provided by the American Heart Association - AHA. The Association reminds parents and others they are a powerful influence in helping to reverse this trend.

We hope parents and families; educators and child care professionals find encouragement in knowing that they are important partners in helping children develop heart-healthy habits to last a lifetime. Together, caring adults make a difference in children’s lives by offering empowering guidance and role modeling.

Here are a few AHA ideas that can be used at home or at child care, on-the-go and that are economically-friendly:

- Help Children Develop Healthy Habits
- Make Fast Food Friendlier
- Healthy Post Play Snacks
- Physical Activity Around the House
- Healthy Foods Under $1

Find more AHA ideas here.
Remember, our very own UA Life & Work Connections' colleagues in Employee Wellness and Health Promotion are here to support you. Registered Dieticians, Nancy Rogers and Jodi Charvoz offer personalized fitness and nutritional coaching, a Healthy Recipe of the Month and more.

"In Just Five" was developed especially for UA faculty, staff, and students with busy work, school, home and family lives. Designed to be quickly read in about 5 minutes, rotating topics and strategies highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

Click to read previous "In Just Five" features.