

## Additional Resources



walterreed.tricare.mil/  
healthyhabits



www.dietaryguidelines.gov



www.myplate.gov/life-stages/  
families



www.superhealthykids.com/  
meal-plans/how-to-meal-plan



https://www.commissaries.com



www.healthychildren.org/English/  
healthy-living/fitness/Pages/  
Energy-Out-Daily-Physical-  
Activity-Recommendations.aspx



www.healthychildren.org/  
English/healthy-living/emotional-  
wellness/Pages/Just-Breathe-The-  
Importance-of-Meditation-Breaks-  
for-Kids.aspx

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## Prescription for Healthy Living

The Prescription for Healthy Living is a set of habits that help with maintaining a healthy weight and healthy life. All children benefit from establishing healthy habits at a young age with the entire family. These habits will help the whole family live healthier!

**9** hours of sleep every night. Healthy sleep is important for a healthy metabolism. Healthier sleep leads to healthier food choices.

**5** servings of fruits and vegetables every day. Serving size varies by age. A serving is what would fit into an individual's hands cupped together.

**2** hours or less of screen time each day. Include time spent in front of any screen (e.g. TV, computer, tablet, phone).

**1** hour or more of physical activity every day. Add up activity time over the day for a total of at least 60 minutes. Get your body moving so that you are a little sweaty.

**0** sugar sweetened beverages. Drink mostly low-fat milk and water. Avoid soda, juice, sports drinks, sweet tea, and coffee drinks.



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# Healthy Habits

*Healthy life.*



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## How is your child growing?

Weight and height are some of the best measures of a child's overall health. Your child's weight, height, and body mass index (BMI) percentiles today are:

Weight: \_\_\_\_\_ lbs, \_\_\_\_\_ %

Height: \_\_\_\_\_ inches, \_\_\_\_\_ %

BMI: \_\_\_\_\_ %

Today's Date: \_\_\_\_\_

## Body Mass Index (BMI)

Body mass index (BMI) places a person's weight in the context of their height. It is their weight in kilograms divided by the square of height in meters. For children, normal BMI varies with age so BMI percentile for age is important. A child's BMI percentile places him/her in a weight category as follows:

< 5<sup>th</sup> percentile = Underweight

5<sup>th</sup> to < 85<sup>th</sup> percentile = Healthy weight

≥ 85<sup>th</sup> to < 95<sup>th</sup> percentile = Overweight

≥ 95<sup>th</sup> percentile = Obesity

Children with a BMI in the Overweight and Obesity range are at risk for health conditions associated with excess body weight. Some of these conditions include:

- Type 2 Diabetes
- High Cholesterol
- High Blood Pressure
- Heart Disease
- Liver Disease
- Depression

## Screening Labs

If your child is diagnosed with overweight or obesity, your provider may order some blood tests to screen for problems that can be associated with unhealthy weight. It is important to catch these problems as early as possible. These problems can improve or even reverse with healthy lifestyle changes.

These tests have been ordered for your child:

Cholesterol tests

Blood sugar tests

Liver function tests

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