

# CHILD OBESITY PREVENTION



TIPS TO PREVENT  
CHILDHOOD OBESITY:

## RESOURCES For Fort Riley Community:

### NUTRITION CARE DIVISION

Irwin Army Community Hospital 650  
Huebner Rd. Fort Riley, KS 66442

Phone: 785-239-7644  
Hours: Monday-Friday  
7:30 AM- 4:00 PM

### Women, Infants, & Children (WIC)

<https://irwin.tricare.mil/Health-Services/WIC>

Commissaries website offers Healthy Living tips and  
budget friendly healthy recipes:

<https://corp.commissaries.com/healthy-living>  
<https://shop.commissaries.com/recipes>

Academy Nutrition and Dietetics (EatRight.org):

<https://www.eatright.org/for-kids>

1. **Model a healthy eating pattern**
  - Adopting healthy eating patterns as a family can help children grow healthfully and maintain a healthy weight as they age.
2. **Move more as a family**
  - Children aged 3–5 years should be physically active throughout the day. Guidelines recommend that children aged 6–17 years get at least 60 minutes of physical activity every day.
3. **Set simple routines for better sleep**
  - Preschoolers need 10–13 hours of sleep per day, including naps. Children 6–12 years old need 9–12 hours of uninterrupted sleep a night, and youth 13–17 need 8–10 hours. Keeping a consistent sleep schedule, including on weekends, can help children sleep better.
4. **Replace screen time with family time**
  - During childhood, too much screen time can lead to poor sleep, weight gain, lower grades in school, and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.
5. **Look for childcare that supports healthy habits**
  - When looking for Early Care and Education setting programs for your child, ask about policies and practices related to nutrition and physical activity, like breastfeeding and feeding breast milk to infants, nutrition standards for the food served, access to outdoor physical activity , and daily screen time.
6. **Find a family healthy weight program**
  - If you are concerned about your child's weight, talk with their health care provider. They can assess the health risks related to excess weight. If your child has overweight or obesity, your health care provider may refer you to a family healthy weight program.