



Healthy Changes Getting Your Entire Family Involved

Family. It's a major part of every child's life, and often the most important factor in helping a child make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it is important to get every member of your family involved in healthy eating and physical activity.

When the whole family participates...

- Your child will not feel singled out or punished for being overweight
- Your child will learn from example
- Healthy eating and physical activity will be more fun
- Everyone benefits from healthier eating and more activity
- It will help to keep everyone motivated and on track

Take the Healthy Habits Quiz to help identify areas where your family may want to make changes.

Answer **Yes**, **No** or **Sometimes** to the following questions:

Do you and your family....

Have regularly scheduled mealtimes at home?

Eat meals together at least once a day?

Plan snacks?

Tailor portion sizes to each person's needs?

Eat three meals every day?

Try to make mealtimes enjoyable?

Keep the T.V. turned off during meal times?

Avoid making everyone eat everything on their plates?

Make mealtimes last more than fifteen minutes?

Eat only in designated areas of the house?

Avoid using food to punish or reward?

Enjoy physical activities together more than once a week?



For every question you answered "Yes"

Give yourself 2 points.

For every question you answered "Sometimes"

Give yourself 1 point.

For every question you answered "No"

No points given

Add up all of your points

If your total score is:

- 20-24 Your family is on the right track. Keep up the good work!
- 13-19- Your family is doing well, but could work on areas where you answered "no" or "sometimes"
- 12 or lower- Look at changing some of your families habits listed above. For more guidance go to www.eatright.org look for the Nutrition Fact sheet.



American Diabetic Association