



5 or more servings of fruits and vegetables

Fruits and vegetables provide a lot of nutrients, water, fiber, and phytochemicals that help prevent diseases and keep bodies healthy. There are many programs for community settings that are designed to increase fruit and vegetable consumption – contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 to identify programs to meet your needs!

- Consider hosting a farmers' market at the community center! Arrange trips to local farms or farmers' markets.
- Sponsor a community garden and/or cooking club at the center so your community members may learn skills to help them include more fruits and vegetables in their diets.
- At gatherings involving food, encourage fruits and vegetables to be the main attraction!

2 or fewer hours of recreational screen time⁺

⁺review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

Recreational screen time is free time spent in front of screens – like televisions, video games, and the internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time.

- Ask community members to turn off cell phones during social events to enjoy spending time together.
- Host a variety of clubs and events to get community members out of the house and involved in non-screen activities, such as book clubs, scouting groups, fitness classes, nature walks, and knitting circles.
- Promote National Screen-Free Week, which is usually in early May. See www.screenfree.org for details.

1 or more hours of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it can be a lot of fun!

- Form a walking club at the community center to combine physical activity with occasions for socialization.
- Organize recreational sports opportunities that give everyone a chance to be active, no matter their athleticism.
- Host or sponsor active fundraisers, like walk-a-thons, to promote physical activity!

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Sponsor a community-wide "Rethink Your Drink" campaign to promote water as the norm for quenching thirst.
- Ensure that free drinking water is always available and easily accessible at the Center.
- Give your community healthy choices by not offering sweetened beverages at the Center, including in vending machines.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying community-based programs targeting nutrition, physical activity, and screen time!

References

- Barnidge, E. K., Hipp, P. R., Estlund, A., Duggan, K., Barnhart, K. J., & Brownson, R. C. (2013). Association between community garden participation and fruit and vegetable consumption in rural Missouri. *International Journal of Behavioral Nutrition and Physical Activity*, *10*(1), 128-136.
- Brown, A., Shifrin, D.L., & Hill, D.L. (2015). Beyond turn it off: How to advise families on media use. *American Academy of Pediatric News*, *36*(10), 1-1.
- Engell, D., Kramer, M., Malafi, T., Salomon, M., & Leshner, L. (1996). Effects of effort and social modeling on drinking in humans. *Appetite*, *26*(2), 129-138.
- Freedman, D. A., Whiteside, Y. O., Brandt, H. M., Young, V., Friedman, D. B., & Hebert, J. R. (2012). Assessing readiness for establishing a farmers' market at a community health center. *Journal of Community Health*, *37*(1), 80-88.
- Gortmaker, S., Long, M., & Wang, Y. C. (2009). *The negative impact of sugar-sweetened beverages on children's health*. Retrieved from <http://www.rwjf.org/en/research-publications/find-rwjf-research/2009/11/the-negative-impact-of-sugar-sweetened-beverages-on-children-s-h.html>
- McNeill, L. H., Kreuter, M. W., & Subramanian, S. V. (2006). Social environment and physical activity: A review of concepts and evidence. *Social Science & Medicine*, *63*(4), 1011-1022.
- Muckelbauer, R., Libuda, L., Clausen, K., Toschke, A. M., Reinehr, T., & Kersting, M. (2009). Promotion and provision of drinking water in schools for overweight prevention: Randomized, controlled cluster trial. *Pediatrics*, *123*(4), e661-e667.
- National Association for Sport and Physical Education. (2009). *Active start: A statement of physical activity guidelines for children from birth to age 5*. Retrieved from <http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>
- Office of Disease Prevention & Health Promotion, U.S. Department of Health and Human Services. (2008). *2008 Physical activity guidelines for Americans*. Retrieved from <http://www.health.gov/paguidelines/guidelines/default.aspx>
- Popkin, B. M., Armstrong, L. E., Bray, G. M., Caballero, B., Frei, B., & Willett, W. C. (2006). A new proposed guidance system for beverage consumption in the United States. *American Journal of Clinical Nutrition*, *83*(3), 529-542.
- Screen-Free Week (2014). *Screen-Free Week*. Retrieved from <http://www.screenfree.org/>
- U.S. Department of Agriculture. (n.d.). *ChooseMyPlate.gov*. Retrieved from <http://choosemyplate.gov>
- U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2010). *Dietary guidelines for Americans 2010*. Retrieved from <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>
- Winston, C., & Beck, L. (1999). Phytochemicals: Health protective effects. *Canadian Journal of Dietetic Practice and Research*, *60*(2), 78-84.

