



# How Healthcare Professionals May Support 5210 Healthy Children

5210 Healthy Children is a community-wide plan to improve child health. It spreads a common message throughout children's communities, where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



**5 or more servings of fruits and vegetables**

**2 or fewer hours of recreational screen time<sup>+</sup>**

**1 or more hours of physical activity**

**0 sweetened beverages**

*<sup>+</sup> review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)*

Healthcare professionals are natural allies for the 5210 Healthy Children campaign. They may help reinforce the 5210 message from a clinical perspective, lend their expertise to the campaign, and show their support for 5210 activities throughout their communities. The resources assembled in this toolkit are designed to help healthcare professionals promote and support the 5210 message.

The following materials are available for healthcare professionals:

1. **Tips for Healthcare Professionals handout** – targets leaders, and provides them with tips to help children in their community increase fruit and vegetable consumption, reduce screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips for Healthcare Professionals posters** - enlarged versions of the Tips for Healthcare Professionals handout are available in two sizes (27" x 40" and 38" x 56") to hang in highly-visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Creating a Healthy Office Environment handout** – lists simple ideas to promote healthy eating and active living by thinking about the office environment of your clinic.
5. **Healthy Eating and Healthy Activity Booklists** – provide examples of books for children with content that reinforces the importance of a healthy lifestyle.
6. **Thirst Quencher! Poster** – advertises drinking fountain locations.
7. **How a Clinical Practice May Begin Using 5210 Healthy Children** – describes how to make easy modifications to standard medical visits to address 5210 in the context of child health.
8. **Measuring Weight & Length: 0-2 Year Olds**– describe best-practice techniques to standardize the collection of height/length and weight measurements for BMI assessment.
9. **Measuring Height and Weight: 2-18 Year Olds** – describe best-practice techniques to standardize the collection of height/length and weight measurements for BMI assessment.

10. **5210 Healthy Habits Questionnaire (Ages 2-9)** – contains a brief form for parents or patients (depending on their age) to fill out so their practitioner has an at-a-glance look at the patient’s health behaviors and the practitioner can initiate motivational interviews to elicit behavior change.
11. **5210 Healthy Habits Questionnaire (Ages 10-18)** – contains a brief form for parents or patients (depending on their age) to fill out so their practitioner has an at-a-glance look at the patient’s health behaviors and the practitioner can initiate motivational interviews to elicit behavior change.
12. **Information about motivational interviewing** – an introduction to the concept of motivational interviewing, why it is good to use in clinical practices, how to conduct motivational interviews to elicit behavior change, and a readiness ruler to ask patients how ready they feel to make changes to their health behaviors.

We recommend hanging the poster in highly-visible locations in the medical office, such as in the waiting area, in the restrooms, and in the clinical exam rooms. In addition, we advise reviewing all of the documents with healthcare staff to provide standardized care to children and adolescents that supports the 5210 Healthy Children campaign. Parent handouts are available in the 5210 Healthy Children toolkit that may be distributed to children and their families in the context of medical appointments or made available in the waiting area. Digital versions of all materials are available and may be inserted into newsletters or emails, and uploaded to websites and via social media.

For more information, visit the Clearinghouse for Military Family Readiness at Penn State online at [www.militaryfamilies.psu.edu](http://www.militaryfamilies.psu.edu) or call 1-877-382-9185. We will be happy to answer your questions!



*This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let’s Go! [www.letsqo.org](http://www.letsqo.org).*