



How Community Centers May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-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⁺**
- 1 or more hours of physical activity**
- 0 sweetened beverages**

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

Community centers may include municipal buildings, parks and recreation locations, places of worship, and other such sites where community members may gather. They are well-situated to promote 5210 behaviors because they serve as resources for a variety of community members, including children and their families. With that in mind, the resources assembled in this toolkit are designed to help community centers promote and support the 5210 message.

The following materials are available for leaders:

1. **Tips for Community Centers handout** – targets community center staff and provides them with tips to help their community increase fruit and vegetable consumption, closely monitor and limit screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips for Community Centers posters** – includes enlarged versions of the Tips for Community Centers handout that 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. **Healthy Messaging** – lists quick, short, and long health messages that may be embedded into various communications.
5. **Fill Up Here! poster** –advertises locations where reusable water bottles may be filled with drinking water.
6. **Refresh! poster** –promote the use of water fountains and list locations where reusable water bottles may be filled.
7. **Thirst Quencher posters**–advertises drinking fountain locations.
8. **Television Tunnel Vision handout** – lists alarming facts about children's typical amount of screen time and offers suggestions for alternative ways of spending free time.

We recommend hanging the poster in highly visible locations in the community center. In addition, we advise placing the handouts at the front desk and in the resource area of the community center where they are likely to be seen and used. Digital versions of all materials are available and may be inserted into newsletters or emails and uploaded to the community centers websites and via social media.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. 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 Military Children is adapted from Let's Go! www.letsqo.org.