

2ND ANNUAL

Texas



MAKING THE *healthy choice*
THE *easy choice*

September 14th-18th



How can I support *healthy living* in my community?

Select one, or more, of the suggestions in this flyer for increasing physical activity and healthy eating and make it happen.

Texas Obesity Awareness Week was established in 2007 through HB 2313 authored by State Representative Patrick Rose

Community

Physical Activity

- Organize a neighborhood walk or bike ride
- Schedule a clean up the park and trail day
- Plan a family play day at the neighborhood park
- Start a neighborhood walking or biking club
- Ask officials to build and/or upgrade tennis and basketball courts, playgrounds, soccer fields, and swimming pools
- Work with physical trainers from the local health center, or gym to start classes on physical activity and exercise
- Ask officials to build well-lit, safe trails and activity stations in parks
- Conduct exercise classes at local community or senior centers

Nutrition

- Set up a neighborhood garden
- Organize a healthy recipe exchange and/or contest
- Provide community-based nutrition and cooking classes
- Work with dietitians from the local health center, clinic, or hospital to start classes on healthy eating and cooking
- Plan a picnic or a block party with healthy foods from around the world
- Ask restaurants to offer and point out healthy food choices on their menus
- Ask grocery stores to give out information on healthy eating, cooking, and food safety and storage
- Plan tours of grocery stores that focus on healthy eating

School

Physical Activity

- Have students lead a brief physical activity as part of morning announcements
- Hold a student and teacher assembly or play related to physical activity
- Organize recess activities
- Develop a walking school bus group
- Encourage students and parents to walk or bicycle to school
- Offer physical activity equipment and facilities to the community
- Develop a school walking club for students and/or staff
- Provide opportunities for extracurricular physical activity after school

Nutrition

- Organize a cafeteria tour to highlight healthy foods
- Hold a student and teacher assembly or play related to healthy eating
- Start a school gardening project
- Ask your principal about setting up a farm-to-school salad bar program
- Organize a healthy recipe exchange and/or contest
- Hold a contest for kids to make cafeteria table tents or tray liners that explain healthy foods
- Ask the school principal to plan a "Taste of the World." Give out samples of healthy foods from around the world
- Suggest that students prepare and taste healthy snacks during school hours

Work-site/Organization

Physical Activity

- Circulate PR, OpEd, radio spots, and other media pieces related to physical activity
- Implement a take the stairs campaign
- Place articles, tips, and recipes about physical activity on bulletin boards and other public spaces in the work environment
- Start a group to do stretching exercises during breaks
- Start a walking club at lunchtime or after work
- Arrange a group physical activity class at or near the workplace

Nutrition

- Circulate PR, OpEd, radio spots, and other media pieces related to healthy eating
- Provide and offer fresh fruit and veggie snacks during the work week
- Organize a healthy recipe exchange and/or contest
- Promote local farmers' markets
- Place articles, tips, and recipes about healthy eating on bulletin boards and other public spaces in the work environment
- Schedule a healthy potluck

For more information and resources visit the Michael & Susan Dell Center for Healthy Living on the web at www.sph.uth.tmc.edu/dellhealthyliving/



MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING



TEXAS A&M
HEALTH SCIENCE CENTER
SCHOOL OF RURAL PUBLIC HEALTH



LIVE SMART TEXAS
www.LiveSmartTexas.org



THE UNIVERSITY of TEXAS
SCHOOL OF PUBLIC HEALTH
AUSTIN REGIONAL CAMPUS

MICHAEL & SUSAN DELL CENTER FOR ADVANCEMENT OF HEALTHY LIVING

The University of Texas Health Science Center at Houston School of Public Health
Austin Regional Campus



Online Resources

Research and Policy Information

Live Smart Texas

www.livesmarttexas.org

Partnership for a Healthy Texas

www.partnershipforahealthytexas.org

Texas DSHS Obesity prevention resources

www.dshs.state.tx.us/obesity/

Texas Health Institute obesity policy briefs and publications

www.texashealthinstitute.org/programs/obesity.php

African American Collaborative Obesity Network

www.aacorn.org

Salud America - research network to prevent obesity among Latino children

www.salud-america.org

Communities and Families

Guide to community preventive services

www.thecommunityguide.org/PA

Action for Healthy Kids

www.actionforhealthykids.org

American Medical Association – Healthier Life Steps

www.texmed.org/lifesteps

Families, Food and Fitness

www.extension.org/families_food_fitness

Building Healthy Families, Step by Step: 6 part video series to help families create healthy home environments

www.bcm.edu/cnrc/buildinghealthyfamilies/

CDC recommendations to promote healthy eating and active living

www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm

Schools

School Gardening Project

www.kidsgardening.org

National Center for Safe Routes to School

www.saferoutesinfo.org

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Nutrition

Square Meals

www.squaremeals.org

Healthy Foods Grocery List

nutrition.about.com/library/ngrocery_list.htm

Reading Nutrition Facts Labels

nutrition.about.com/od/recipesmenus/ss/learnlabels.htm

25 Healthy Snacks for Kids

www.eatright.org/ada/files/Snacks_for_Kids_English.pdf

Healthy low fat recipes, diet plans, holiday recipes, and free online diets

www.foodfit.com

Breast Milk Counts

www.breastmilkcounts.com

Locate a farmer's market in your area

www.localharvest.org

Texas 4H Food and Nutrition Project

texas4-h.tamu.edu/projects/food_nutrition.html

USDA Dietary Guidelines for Americans

www.health.gov/DietaryGuidelines/

Nutrition information from MyPyramid

www.MyPyramid.gov

Dinner Tonight

healthyliving.tamu.edu

Physical Activity

HHS Physical Activity Guidelines

www.health.gov/paguidelines

Walk Across Texas

walkacrosstexas.tamu.edu

Sample Walking Program

www.win.niddk.nih.gov/publications/PDFs/walking2004.pdf

Americans In Motion

www.aafp.org/online/en/home/clinical/publichealth/aim.html

CDC StairWELL to Better Health worksite campaign

www.cdc.gov/nccdphp/dnpa/hwi/toolkits/stairwell/index.htm



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