

## Randolph Hospital

### Childhood Obesity Rates Climb

#### Special points of interest:

- Kids Fast Food Meals
- Easy Healthy Dinner Recipe
- Family Fun Physical Activity

#### Children's Health Resources:

- [www.healthychildrensoar.org](http://www.healthychildrensoar.org)
- [www.mypyramid.gov](http://www.mypyramid.gov)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.americanheart.org](http://www.americanheart.org)
- [www.healthycarolinians.org](http://www.healthycarolinians.org)

Did you know that over the last 30 years the rate of childhood obesity has tripled in our country? Or that NC ranks as the fifth highest state in our nation for the number of overweight children. Obesity can lead to serious health conditions such as heart disease, hypertension, stroke, diabetes, and certain cancers. One out of three children between the ages of two and nineteen is overweight or obese in our country.

Randolph Hospital along with its community partners has created the **SOAR** campaign to address the issue of childhood obesity in Randolph County. **SOAR** stands for 4 simple strategies that promote healthy eating and family physical activities. When put into place, these strategies can have a significant impact on the health and well-being of a child.

**S**- Slow Down on Fast Food

**O**- Opt for Water

**A**- Add Activity

**R**- Reduce TV Time



### Choose Healthier Kids Meals

A recent study found that up to 93% of "kid's meals at major restaurant chains contain 1/3 of the calories a child should eat in a whole day.

Preschool children should consume between 1000-1600 calories daily depending on gender and activity level. These calories should include 2-3 cups of fruits and vegetables.

#### Tip-

Typical kid's meals at fast food restaurants are loaded with calories, sodium and saturated fat. When eating out with your child choose fruit, vegetables, salads, low fat milk or water for your child instead of French fries and soda.



## Pesto Ravioli



### Ingredients

- 1 package frozen cheese ravioli\* (25 ounce)
- 2 tablespoons olive oil\*
- 1 large zucchini, thinly sliced
- 1 cup shredded carrots
- 1/2 cup pesto sauce
- 2 tablespoons grated parmesan cheese\*

### Directions

Cook ravioli according to package directions. While ravioli is cooking, heat olive oil in a skillet over medium heat. Add carrots and zucchini. Cook vegetables for 5 minutes or until tender. Drain ravioli and place in large bowl. Add cooked carrots, zucchini, pesto sauce, and cheese to bowl and mix well.

Yields 8 cups

**Makes 4 Adult servings**

Adult serving size 2 cups ravioli

**Child serving size (for children 3-5 years of age)**

1 cup ravioli

Children can help with this recipe by mixing the carrots, zucchini, pesto sauce, cheese and ravioli together. Children are more likely to try something they have helped prepare

## Family Fun Physical Activity

### Musical Squares

Materials needed- washcloths, carpet squares, or other square rags

Place 5-6 washcloths in a large circle on the floor. Begin to play music and have your child walk around the circle. When the music stops your child must jump on the nearest square. Vary the movement each time the music starts, for example have your child skip, hop, crawl, walk on tip toes, etc. around the squares.

Children who are active when they are young are more likely to be active as they grow older.

Randolph County is committed to helping children rise above the growing risk of childhood obesity and **SOAR** to healthier, happier lives. By following **SOARs** four simple strategies, parents and caretakers can help their child **SOAR** with confidence to a lifestyle that is active, nutritionally balanced and beneficial to mind and body. To learn more about the **SOAR** campaign and its initiatives, please visit our website [www.healthychildrensoar.org](http://www.healthychildrensoar.org) or call Laura Weil, **SOAR** Project Specialist at (336) 328-3320, ext. 7696.

Let YOUR Child's HEALTH



RANDOLPH HEALTHY CHILDREN

[www.healthychildrensoar.org](http://www.healthychildrensoar.org)