

HEALTHY GREENVILLE RANCHERIA

National Childhood Obesity Awareness Month September 2021

Changing your habits, no matter how well-intentioned, is hard. It can be difficult for children and parents to make healthy food choices and get enough physical activity when they are exposed to environments that do not support healthy habits.

Making attempts to change the environments where your children spend their time can help them achieve and maintain a healthy weight by making it easier to eat nutritious foods, get at least 60 minutes of physical activity daily, watch less television, and consume fewer foods and beverages high in added sugars or solid fats.

Childhood obesity is a serious problem in the United States, putting children and adolescents at risk for poor health. Obesity prevalence among children and adolescents is still too high. Read CDC National Center for Health Statistics (NCHS) data brief

Note: Obesity is defined as a body mass index (BMI) at or above the 95th percentile of the CDC sex-specific BMI-for-age growth charts.

For children and adolescents aged 2-19 years in 2017-20181:

- The prevalence of obesity was 19.3% and affected about 14.4 million children and adolescents.
- Obesity prevalence was 13.4% among 2- to 5-year-olds, 20.3% among 6- to 11-year-olds, and 21.2% among 12- to 19-year-olds. Childhood obesity

is also more common among certain populations.

- Obesity prevalence was 25.6% among Hispanic children, 24.2% among non-Hispanic Black children, 16.1% among non-Hispanic White children, and 8.7% among non-Hispanic Asian children.

ARE YOUR KIDS HUNGRY OR JUST BORED?

Children often use food for many reasons other than to satisfy hunger. Children often eat in response to their emotions and feelings. If your child is eating 3 well-balanced meals and at least 1 snack a day but still claims to be hungry, there may be other reasons beyond hunger that makes him or her want to eat.

HEALTHY ALTERNATIVES.

If you suspect your child is eating out of boredom, you may need to steer him or her toward other activities as a distraction.

*Help your child choose other things to do instead of eating, such as:

- Walking the dog or join you for a walk around the neighborhood.
- Running through the sprinklers
- Kicking a soccer ball
- Dancing



REMEMBER TO TALK TO YOUR CHILD ON WHY HEALTHY SNACKS ARE IMPORTANT!

Greenville Rancheria has a Pediatrician for chdp's, well child visits and sports physicals, and a Registered Dietician Nutritionist who is a food and nutrition expert that creates meal plans according to a patient's dietary restrictions and requirements. Their main duties include establishing short and long-term health goals with patients, teaching the public about health and nutrition and developing effective nutritional and exercise plans.

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 - DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

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COVERED CALIFORNIA
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AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am - 5pm.
Medical - Dental Monday - Saturday
8am-5pm

Call clinics first to confirm hours of
operation due to the COVID-19 pandemic.
Now our Red Bluff and Greenville Dental
is open