

Bulletin Boards in a SNAP

Title: ABC ACTIVITIES

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Audience: Adults who live and/or work with preschool age children

Objective: **Learning Objective #1:**
Develop a working relationship with various programs, agencies, organizations, and institutions to help prevent obesity in Wyoming.
Learning Objective #2:
Develop a tool that promotes physical activity in the preschool age children that can be utilized by people who live and work with preschool age children.

Handout: ABC ACTIVITIES bookmark

Interactive Component: Offer each adult a bookmark which will lead into a discussion about increasing physical activity. Asking children if they like to go for walks or if they like to jump can provide an opportunity for the “presenter” to praise the adult with the child by saying, “It is obvious that you and your child like to have fun together and increasing physical activity is fun for everyone, plus it helps develop healthy habits for life. The presenter can end with a second compliment and offer a bookmark if it has not already been provided.

Background: “Overweight (for children) is defined as a Body Mass Index (BMI) at or above the 85th percentile and lower than the 95th percentile. Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex. These definitions are based on the 2000 CDC (Centers for Disease Control and Prevention) Growth Charts for the United States and expert committee”.¹ For two to five years olds, “data from NHANES surveys (1976–1980 and 2003–2006) show that the prevalence of obesity has increased...from 5.0% to 12.4%”.² This CDC web page goes on to report that “obese children and adolescents are more likely to become obese as adults.” Further, it states, “Some consequences of childhood and adolescent obesity are psychosocial. Obese children and adolescents are targets of early and systematic social discrimination. The psychological stress of social stigmatization can cause low self-esteem which, in turn, can hinder academic and social functioning, and persist into adulthood. Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance....Less common health conditions associated with increased weight include asthma, hepatic steatosis, sleep apnea, and Type 2 diabetes.”³

Through the development of a working relationship with various programs, agencies, organizations, and institutions focused on the prevention of obesity in Wyoming, a larger number of children and the adults who care for them will be reached with greater success than if one

agency or organization was working by itself. The ABC ACTIVITY is an eye-catching educational tool for organizations to display to promote physical activity and to praise adults for assisting in preventing obesity. It provides a take home bookmark which will serve as a reminder of ways to increase physical activity in children throughout each day.

Resources: 1. <http://www.cdc.gov/obesity/childhood/defining.html>
 2. <http://www.cdc.gov/obesity/childhood/index>.
 3. <http://www.cdc.gov/obesity/childhood/consequences.html>.

Credit: Wyoming WIC Program and SNAP

Instructions: ABC ACTIVITIES is print ready. Print on 8.5 x 11 (letter) paper, cut, and tape or pin the papers to a bulletin board or wall. Any background (color or logo) can be used.

Evaluation Request: Wyoming SNAP hopes you find this information useful in your educational setting. We appreciate any and all comments or feedback on this display. Please connect and complete a quick survey at
<https://survey.uwyo.edu/TakeSurvey.aspx?SurveyID=p21L8o6K>.