

## ***H46 Kids Eating Healthy***

To air week of November 12, 2007

Intro: The statistics are alarming. According to the National Health and Nutrition Examination Survey, 16-percent of school aged children are over weight. And that number is likely growing. Many of those overweight kids are at risk of health problems such as high blood pressure and high cholesterol. So how can we help our kids stay healthy? Part of the answer may be changing the way they eat. More on a new approach from Mayo Clinic.

### **Video**

**Total running time 1:33**

**Natasha Hensrud**

**Donald Hensrud, M.D.**

**Mayo Clinic**

### **Audio**

AT DON AND NATASHA HENSRUD'S HOME, PREPARING DINNER IS A FAMILY AFFAIR.

"ALEXANDRA, HOW DID YOUR ENGLISH TEST GO?"

DON IS A MAYO CLINIC DOCTOR WHO SPECIALIZES IN NUTRITION. HE SAYS GETTING KIDS TO EAT RIGHT IS KEY TO CURBING THE OBESITY EPIDEMIC.

"OBESITY HAS INCREASED TREMENDOUSLY IN THIS COUNTRY OVER THE PAST TWO TO THREE DECADES AND THE COMPLICATIONS OF OBESITY ARE

**VO: to graphics**

**Obesity Complications**

- **Diabetes**
- **Cardiovascular**
- **High blood pressure**
- **Cancer**

**Standup**

**Vivien Williams**

**Reporting**

ALSO INCREASING.”

THOSE COMPLICATIONS INCLUDE TYPE TWO DIABETES, CARDIOVASCULAR DISEASE, HIGH BLOOD PRESSURE, AND SOME CANCERS.

AND THE NATIONAL INSTITUTES OF HEALTH REPORTS THAT IF CHILDREN ARE OVERWEIGHT OR OBESE AS TODDLERS AND PRESCHOOLERS, THEY ARE AT RISK OF BEING OVERWEIGHT OR OBESE WHEN THEY GROW UP. SO TO HELP PROTECT YOUR CHILDREN FROM DEVELOPING THESE HEALTH RISKS, DR. HENSRUD RECOMMENDS RESTRUCTURING MEALTIMES TO MAKE THEM HEALTHIER AND FUN. GET THE KIDS INVOLVED. LET THEM HELP DECIDE AND PREPARE WHAT'S FOR DINNER. START WITH

**Donald Hensrud, M.D.**  
**Mayo Clinic**

FRUITS AND VEGETABLES. THE  
HENSRUD KIDS LIKE RED PEPPERS  
AND CUCUMBERS.

“LOOK OUT FOR THAT FINGER...”

“VEGETABLES AND FRUITS ARE  
BULKY. THEY OCCUPY A LOT OF  
VOLUME BUT THEY’RE VERY LOW  
IN CALORIES. AND AS A BONUS  
THEY IMPROVE PEOPLE’S  
HEALTH.”

“ALRIGHT, GIMME FIVE!”

AND THE TRICK TO GETTING YOUR  
KIDS TO EAT THOSE VEGGIES?  
THAT’S EASY.

**Natasha Hensrud**

“IT’S SERVING IT FIRST. THEY’RE  
HUNGRY SO THEY EAT IT FIRST.”  
THEN YOU CAN SERVE THE MAIN  
DISH. TONIGHT ITS WHOLE WHEAT  
PASTA WITH RED SAUCE. A SIMPLE  
MEAL TO FIGHT OBESITY AND  
IMPROVE YOUR FAMILY’S HEALTH.  
FOR MEDICAL EDGE, I’M VIVIEN  
WILLIAMS.

Anchor tag:

Dr. Hensrud says in addition to making healthy choices at mealtime, parents should also help their kids choose healthy snacks.

And of course, encouraging your kids to do some type of daily exercise, like walking the dog or playing catch, can help reduce their risk of becoming overweight. For more information on obesity and children, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**