

J19 Healthier Kids

May 2009

Intro: The statistics are alarming. Two-thirds of the adults in the U.S. are overweight and one-half of that group is considered obese. Every year those numbers get bigger. But it's not just adults who are tipping the scales, kids are gaining weight, too. One-third of all school-age children are overweight and when bad habits start early, they're hard to break. A nursing group from Mayo Clinic wants to change that. They're working with public schools, nursing students and parents to help kids get and stay healthier.

Video

Total running time 1:40

CG :16 to :28

Sharon Tucker, R.N., Ph.D.

Mayo Clinic

Audio

“APPLES. ARE A FRUIT YOU CAN
EAT...”

THESE 4TH GRADERS ARE GETTING
A FUN LESSON IN HEALTHY LIVING.

“HOPPING....”

THEIR SONG AND DANCE IS PART
OF A MAYO CLINIC COMMUNITY
PARTNERSHIP AND STUDY
DESIGNED TO HELP KIDS DEVELOP
HEALTHY HABITS EARLY.

“IT REALLY DOES TAKE A VILLAGE,
OR A WHOLE GROUP OF US IN A
COMMUNITY TO COME TOGETHER
TO LOOK AT; HOW CAN WE SHAPE
HEALTHIER HABITS FOR LIFE? AND

HOW CAN WE HELP SUPPORT
PARENTS ON THEIR JOURNEY OF
RAISING CHILDREN?"

" 5-2-1-0."

NURSE RESEARCHER DR. SHARON
TUCKER SAYS THE STUDY GETS
KIDS AND THEIR FAMILIES
FOCUSED ON FOUR GOALS
DEVELOPED BY CLINICIANS AND
RESEARCHERS IN MAINE. THE 5-2-
1-0 PLAN.

CG :42 to :50
Josie Brezee'
4th grade student

"THE FIVE IS FIVE SERVINGS OF
FRUITS AND VEGETABLES A DAY.
THE TWO IS NO MORE THAN TWO
HOURS OF TV OR COMPUTER A
DAY."

CG :50 to :58
Ben Anderson

"ONE HOUR OF EXERCISE OR
MORE. AND 0 STANDS FOR ZERO
SUGAR DRINKS."

THE PROGRAM INCLUDES TIPS ON
HOW TO FIT THESE GOALS, ONE AT
A TIME, INTO REAL LIFE.

Standup

CG 1:03 to 1:11

Vivien Williams

Reporting

“FOR EXAMPLE TO KEEP TRACK OF GETTING IN 5 FRUITS AND VEGGIES, THE KIDS WEAR BRACELETS. AND EVERY TIME THEY EAT A SERVING, THEY TAKE A BRACELET OFF AND PUT IT ON THE OTHER ARM.”

“I LOVE PEARS AND APPLES.”

STUDENT NURSES HELP KEEP THE KIDS MOTIVATED.

“HOW HAS YOUR GROUP BEEN DOING WITH YOUR CHOICES AT HOME?”

CG 1:23 to 1:29

Dana Brandt

4th grade student

“I’M LEARNING NOT TO WATCH SO MUCH TV AND EAT MORE FRUITS AND VEGETABLES.”

RESEARCH SHOWS THAT IF CHILDREN DEVELOP HEALTHY HABITS WHILE THEY’RE YOUNG, THEY’RE MORE LIKELY TO MAINTAIN THOSE HABITS AS HEALTHY ADULTS. FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

The program also includes time for parents to get involved and learn how to bring healthy habits into their homes.

Dr. Tucker says in addition to teaching kids about the 5-2-1-0- plan, the project also keeps track of the kids' heights and weights, healthy habit ratings and physical activity levels. She hopes the study will prove that the program does help kids develop and keep healthy habits for life.

Dr. Tucker's research is funded by the Robert Woods Johnson Executive Nursing Fellows program, and matched by funds from Mayo Clinic.

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