

## STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

# why does this matter?

### Parents and caregivers:

- Create an environment for kids that encourages either active or inactive lifestyles.
- Make the choices about what types of foods and meals the family eats.
- Model eating and physical activity behaviors.<sup>1,2</sup>

**Partnerships with families** can ensure that kids receive consistent messages about healthy behaviors. Families can then engage, guide, and motivate kids to eat healthy foods and be active.<sup>3</sup>

**Kids pick up attitudes and behaviors** about eating and physical activity from parents and caregivers.<sup>1,2</sup>

**Parents and caregivers must be involved** in promoting healthy lifestyles in order to achieve long-lasting behavior change.<sup>1</sup>

#### References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Kraak VA, Liverman CT, Koplan JP. *Preventing Childhood Obesity: Health in the Balance*. National Academies Press; 2005.
3. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.