

## SELECTING A PROBLEM FOR STUDY

### Family Level – Possible topics<sup>1</sup>

- Pack a fruit or vegetable in your child’s lunch - Children and teens ages 2-18 get 40% of their daily calories from added sugars and solid fats. Most fall significantly short of the daily recommendations for fruit and vegetables
- Be active as a family - One study showed that 8-18-year-old U.S. children spent 4.5 hours watching television on a typical day. Kids who are active have better blood pressure and better cholesterol levels on average than those who aren’t
- Ensure your child eats breakfast everyday - Eating breakfast daily before school can help to improve children's ability to concentrate. That can help improve their classroom performance and also decrease behavioral problems.
- Have lunch with your child at school or visit the cafeteria - When was the last time you ate in a school lunchroom? Get to know the school food environment by having a meal at school
- Talk to your child about what they are eating at school - The average child consumes about one-third of their daily calories at school; for some children it is 40-50%
- Identify healthy options to celebrate special occasions at school - Children consume nearly 3 snacks per day, adding up to over 27% of their daily calories. Most of these calories are from sugar-sweetened beverages and sugary, high fat desserts
- It’s okay to say “No” to unhealthy foods that are marketed to your child - \$1.6 billion per year is spent marketing to children. Advertisers rely on "pester power"- children's ability to nag their parents into purchasing things they may not otherwise buy
- Limit your child’s screen time - Children who watch more than two hours of TV a day are more likely to be overweight. Over the past 5 years, young people have increased the time they spend watching TV and playing video/computer games to 7.5 hours, almost the length of an adult work day
- Make sure your child is getting enough sleep - Several important studies provide strong evidence of the association between short sleep duration and childhood obesity
- Does your family eat dinner together a few times per week? Preschool-aged children are likely to have a lower risk for obesity if they regularly eat dinner as a family
- Use smaller dinner plates - eating from a 12-inch plate causes people to consume 22 percent more calories at a meal than eating from a 10-inch plate
- Pre-plate your food - one study shows that pre-plating food in the kitchen before placing it on the table leads people to eat 30 to 33 percent less than if they keep a serving plate in front of them.
- Turn off the TV during meals - Watching television during family meals is associated with poorer dietary quality among adolescents
- Walk or bike to school with your child - In 1969, 42% of students walked or biked to school. By 2001, only 16% of students walked or biked to school
- Make sure your child gets an hour of physical activity a day - Increasing children's physical activity may reduce their risk of developing diseases like type 2 diabetes and heart disease later in life and can improve their social and psychological well-being
- Be a healthy role model - Parental fruit and vegetable intake may be the strongest predictor of fruit and vegetable consumption among young children



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1 “The Weight of the Nation”. Home Box Office (HBO). 2012. Web. June 28, 2012. <<http://theweightofthenation.hbo.com/>>.

## Developing SMART goals as a Family

After you have thought of a goal, write it down in the Draft Goal box. Then test it to make sure it is a SMART goal. Write your final and revised goal in the last box.

**Specific** - The first term stresses the need for a specific goal over and against a more general one. This means the goal is clear and specific

**Measurable** - The second term stresses the need for measuring progress toward the attainment of the goal. The thought behind this is that if a goal is not measurable, it is not possible to know if one is making progress toward successful completion.

**Attainable** - The third term stresses the importance of goals that are realistic and attainable. The goal is not out of reach or below standard performance.

**Relevant** - The fourth term stresses the importance of choosing goals that matter.

**Time-bound** - The fifth term stresses the importance of grounding goals within a time frame, giving them a target date. A commitment to a deadline helps one focus his or her efforts on completion of the goal on or before the due date.



Draft Goal:	
Specific	
Measurable	
Attainable	
Relevant	
Time-Bound	
Obstacles	Solutions
FINAL GOAL:	

