

HEAD START BODY START
 NATIONAL CENTER FOR PHYSICAL
 DEVELOPMENT AND
 OUTDOOR PLAY



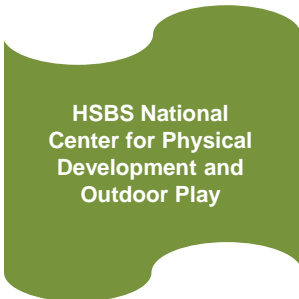
Portion Distortion:
 Implications for Today's Preschoolers
 and their Families

Presented by Valissa Sutton & Dawn Null





The Creation of HSBS



CREATED by
 National Association for Sport
 and Physical Education (**NASPE**)
 &
 American Association for
 Physical Activity and Recreation
 (**AAPAR**)

FUNDED by
 Office of Head Start (**OHS**)





HSBS in Action

Play Spaces • Administer and support grants for the construction or improvement of outdoor play spaces at Head Start Centers

Training and Technical Assistance • Provide training, resources, and technical assistance to Head Start and Early Head Start grantees

Policy • Inform and assist Office of Head Start (OHS) in setting national priorities and developing policies



Meet the Speakers



Valissa Sutton, RD
HSBS Physical Activity Consultant
Consultant Dietitian





Dawn Null, MS, RD
HSBS Physical Activity Consultant
Instructor, Southern Illinois University
Carbondale



Learning Objectives

At the end of the webinar, participants will:

- 1. Recognize how portion sizes and activity levels have changed over the past 20 years 
- 2. Become aware of current recommendations for portion sizes and healthy eating development
- 3. Understand the application for Head Start staff and families 



Portion Distortion

BAGEL

20 Years Ago



140 calories
3-inch diameter

Today



? How many calories are in this bagel?

Source: Department of Health and Human Services, NIH



Portion Distortion

How long would you have to rake leaves in order to burn those extra calories?

- A. 1 hour, 30 minutes
- B. 50 minutes
- C. 2 hours



Source: Department of Health and Human Services, NIH



Portion Distortion

FRENCH FRIES

20 Years Ago



210 Calories
2.4 ounces

Today



? How many calories are in today's portion of fries?

Source: Department of Health and Human Services, NIH





Portion Distortion

How long will you have to walk leisurely in order to burn those extra 400 calories?*

- A. 45 minutes
- B. 50 minutes
- C. 1 hour, 10 minutes



*Based on 160-pound person

Source: Department of Health and Human Services, NIH



Portion Distortion

SODA

20 Years Ago



85 Calories
6.5 ounces

Today



? How many calories are in today's portion?



Portion Distortion

How long will you have to work in the garden to burn those extra calories?*

- A. 35 minutes
- B. 45 minutes
- C. 1 hour



*Based on 160-pound person

Source: Department of Health and Human Services, NIH



Portion Distortion

MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



? How many calories are in today's muffin?



Portion Distortion

How long will you have to vacuum in order to burn those extra 290 calories?*

- A. 30 minutes
- B. 1 hour
- C. 1 hour, 30 minutes



*Based on 160-pound person

Source: Department of Health and Human Services, NIH



Portion Distortion

PEPPERONI PIZZA

20 Years Ago



500 calories

Today



? How many calories are in two large slices of today's pizza?

*Based on 160-pound person

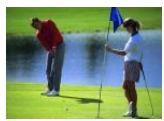
Source: Department of Health and Human Services, NIH



Portion Distortion

How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?*

- A. 30 minutes
- B. 1 hour
- C. 1 hour, 30 minutes



*Based on 160-pound person

Source: Department of Health and Human Services, NIH



Portion Distortion

CHOCOLATE CHIP COOKIE

20 Years Ago

Today



55 calories
1.5 inch diameter



? How many calories are
in today's large cookie?



Portion Distortion

How long will you have to wash the car to burn those extra 220 calories?*

- A. 1 hour
- B. 1 hour, 15 minutes
- C. 1 hour, 30 minutes



*Based on 160-pound person



Contributing Factors

- "At the individual level, childhood obesity is the result of an imbalance between the calories a child consumes as food and beverages and the calories a child uses to support normal growth and development, metabolism, and physical activity."
- "In other words, obesity results when a child consumes more calories than the child uses. The imbalance between calories consumed and calories used can result from the influences and interactions of a number of factors, including genetic, behavioral, and environmental factors. "



It is the interactions among these factors – rather than any single factor – that is thought to cause obesity.

Source: <http://www.cdc.gov/obesity/childhood/causes.html>



Nutritional Needs



For a customizable *My Pyramid* for a Preschooler, visit: <http://www.mypyramid.gov/preschoolers/Plan/index.html>



Stop & Think...

Are you aware of what you are “eating?”





Child-Sized Servings

A good rule of thumb:

- Serve one-fourth to one-third of the adult portion size, or one measuring tablespoon of each food for each year of the child’s age.
- Give less than you think the child will eat. Let the child ask for more if he or she is still hungry.



Source: www.healthychildren.org





Implications

Healthy Eating Starts Early: FITS STUDY

Young children are lacking fruits and vegetables:

- About 25% of older infants, toddlers and preschoolers don't eat a single serving of fruit on a given day
- 30% don't eat a single serving of vegetables.
- **French Fries** are the most common vegetable consumed among toddlers & preschoolers!



Sweets or sweetened beverages:

- 17% of infants age six-to-eight months consumed a dessert or sweetened beverage on a given day (versus 36% in 2002).
- For children age nine-to-11 months old this number was 43% (versus 59% in 2002).



Source: http://www.qerber.com/AllStages/Nutrition_And_Feeding/Child_Nutrition_News.aspx



Implications Continued

Toddlers/sweetened beverages:

- 14% of children age 12-to-14 months drank a sweetened beverage on a given day in 2008 (versus 29% in 2002)
- 29% of children age 18-to-20 months (versus 47% in 2002)



Fat 75% of preschoolers are consuming too much saturated fat.



Source: http://www.qerber.com/AllStages/Nutrition_And_Feeding/Child_Nutrition_News.aspx



Ellyn Satter's Division of Responsibility in Feeding

Division of Responsibility: Toddlers through Adolescents

- The parent is responsible for **what, when, where**
- The child is responsible for **how much** and **whether**



Source: www.ellynsatter.com



Food for Thought

Fundamental to parents' jobs:

- ✓ Trusting children to decide *how much* and *whether* to eat
- ✓ If parents do their jobs with *feeding*, children will do their jobs with *eating*

Children will:

- eat
- eat the amount they need
- learn to eat the food their parents eat
- grow predictably
- learn to behave well at the table



Source: <https://elivysatter.com/showArticle.jsp?id=398§ion=397>



Final Thoughts

Family meals encourage more than just healthy eating

% of Teens who have tried:

	0-2 Dinners/Week	5-7 Dinners/Week
Alcohol	44%	25%
Tobacco	20%	10%
Marijuana	25%	12%



Source: National Center on Addiction & Substance Abuse at Columbia University



Application for Head Start Centers

HEAD START PERFORMANCE STANDARDS

- Encourage healthy eating habits
- Promotes preventative health messages
- Requires parental involvement
- Promote nutritional screening that identifies concerns early
- Encourages family style meal service and casual meal times
- Encourages a variety of foods
- Provides nutrition education in areas such as food preparation, food selection & budgeting





Wrap-Up

Questions & Answers





Contact Information



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Join our online community today!
<http://hsbs-play.ning.com/>
