

Head Start Health Services Newsletter

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What's New?

[Federal Government Releases New Food Icon](#)

First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled in June the new food icon *MyPlate* that replaces the *MyPyramid* image as the government's primary food group symbol. The new *MyPlate* icon reminds consumers to make healthier food choices and emphasizes the fruit, vegetable, grains, protein, and dairy food groups. To learn more about the *MyPlate* icon, visit www.Choosemyplate.gov.

Featured Resources

[Promoting Healthy Weight](#)

Regular physical activity and proper nutrition helps children maintain a healthy weight throughout their childhood. This resource provides recommendations for screening, assessing, and preventing obesity in children from infancy to adolescence. It explains how to calculate body mass index (BMI) to indicate excess body weight in children and includes tips for promoting healthy weight in children ages birth to five.

[Food Insecurity in Households with Children: Prevalence, Severity, and Household Characteristics](#)

Families facing food insecurity have limited or uncertain access to nutritionally adequate and safe foods. This report published by the United States Department of Agriculture (USDA) explored the extent and effects of food insecurity in households with children. Topics include the prevalence of food-insecure households in the United States, the characteristics associated with food insecurity, and the health, nutritional, and developmental risks that children face when nutritious foods are not readily available to their families.

National Health Observances

July

- [Juvenile Arthritis Awareness Month](#)

August

- [Children's Eye Health and Safety Month](#)
- [World Breastfeeding Week : August 1 – 7, 2011](#)

Did You Miss Anything?

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We Want to Hear from You

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