

Healthy Active Living Resources

Growing Healthy Flipchart and Worksheet

Welcome to a virtual tour of the National Center on Health's Healthy Active Living Resources--the Growing Healthy Flipchart and 5,2,1,0 Worksheet. These educational tools were designed to support and engage head start staff as they partner with families in healthy eating and active living. They were built with strength based, plain language messages, informed with evidence and parent feedback, and designed to be age and developmentally appropriate.

The messages found within these resources were developed based on the 5,2,1,0 framework. 5,2,1,0 provides simple healthy habits to follow that make the biggest health impact. These simple messages can be a great start in helping families --and head start staff--to build a healthy lifestyle. You can find these messages within the flipchart and on the tearpad. Let's first explore how you can use the flipchart within a head start setting.

The front of the chart is intended to engage and support family directed healthy active living discussion. The back side of the chart is for you to use as reference points during your conversation. Let's begin with the Why Is It Important section.

Parents told us they value the why behind healthy active living information. So it is important that you use this section and take time to explain the importance of healthy habits and how these habits can directly affect their child.

The following section on the flip chart focuses on potential talking points to use with families. You can see these messages are often categorized by age or healthy active living target such as toddler and infants or physical activity and screen time. Take time to examine these strength based, plain language messages and consider how you might use these in your interactions with families.

Now let's examine the Healthy Active Living worksheet. This tool is a great resource to help families create healthy active lifestyle goals. As you can see the 5,2,1,0 messages are placed on the front as well as space to create parent derived goals. Remember these goals should be actionable, reachable, and time sensitive. The back of the worksheet provides healthy active living strategies for families.

