

North Dakota Department of Health Reaches OUT to Reach YOU!

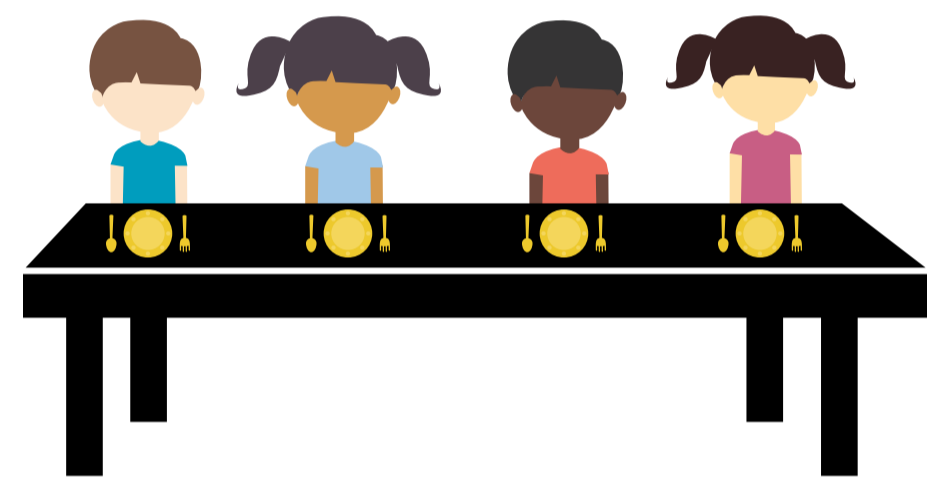
Whether you are....

- Dropping your kids off at child care or school
- Going into the office to work
- Talking to your doctor about blood pressure or diabetes
- Figuring out what to cook for dinner
- Searching the internet to learn about health programs in your community

We want to help you make good decisions and create healthier places around you so the healthy choice is the easy choice. We partner with various organizations to make this happen!

Here is a peek into the places we've been with some of our partners.

Pitter patter. Little feet arrive, coats are hung up, belongings are placed in cubbies, and the day begins. In child care facilities across North Dakota, children play and learn habits at an early age that can last a lifetime. Partnering with Child Care Aware of North Dakota has helped child care facilities assess how they're helping children build healthy nutrition and physical activity habits.



In Child Care Facilities

Take It Home!

Family meals furnish a meaningful opportunity to provide a role model for healthy eating and research suggests family meals are associated with reducing the risk of childhood obesity in children and adolescents.* So, turn off the TV and set the table. Ask each other about a "high" and "low" you had that day. Clean up together, then go for a 10 minute walk!

One healthy habit facilities are embracing is family style dining. Instead of pre-made food trays and drinks, children participate in a dining experience where they're encouraged to serve themselves with limited help. This boosts their confidence and independence, fostering social skills and conversation.

Is it messy? Yes.
Does it take longer? Yes.
But the life skills and healthy habits built are worth it.

One facility began family style dining in their 3-year-old classroom. The children became excited about being able to serve their own food, making them feel more involved and in control. One parent who wanted to get her child more involved at home with mealtime was happy they began this practice. It helped her succeed with this at home too.

* For more information see: (<https://www.ag.ndsu.edu/familytable/documents/big-benefits-of-family-meals>).



The school bell rings and another day of learning begins.

What can we tell you about schools you don't already know?

You know students learn many subjects. You might even know all of the teachers and what is on the lunch menu. But did you know your school has a local School Wellness Policy?



A local School Wellness Policy guides a school district's efforts to promote students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Several people work together to guide the writing of these policies for the best interest and outcomes of students, school staff, parents, families and the community.



The North Dakota School Board Association (NDSBA) assists ND schools by providing example wellness policies. The North Dakota Department of Health has worked with NDSBA in the last few years, providing suggestions on the content of their nutrition and physical activity policies. This work is helping schools to create stronger local wellness policies.

Take It Home!

Don't know where to find your local School Wellness Policy? Check out your school district website. If it's not there, contact your school Administrator for more information.



While we continue to reach out to reach you, you can always reach us at:



For more information, please contact:
Education Program Administrator: Safe and Healthy Schools Unit
North Dakota Department of Public Instruction
Phone: 701-328-2098
<https://www.nd.gov/dpi>



For more information, please contact:
School Health Specialist; Division of Family Health and Nutrition
North Dakota Department of Health
Phone: 701-328-2722
<http://www.ndhealth.gov/chronicdisease/>