

# Bulloch County C.H.I.L.D.



**"Promoting Healthy and Active Lifestyles in Bulloch County"**

## **We Can! County Designation Kick Off**

We Can! a national educational program was designed by the National Institutes of Health to help children stay at a healthy weight through improving food choices, increasing physical activity, and reducing screen time. We Can!, Ways to Enhance Children's Activity and Nutrition, is unique because it focuses on parents and families at home or in community settings. Research shows that parents and families have a big impact on shaping the behavior of children. Parents choose what is bought at the grocery stores. Parents choose whether or not dinner will be fast-food or home-cooked. Parents decide how much time children can spend watching television or playing video games each day. Therefore, educating parents and families on making smarter choices to eat well and move more can significantly improve the overweight epidemic that our

nation and community faces.

After attending a We Can! regional training in Brunswick, GA, Mrs. Donna Whitt, program director of Bulloch County C.H.I.L.D. Coalition, submitted the required documents to the National Institutes of Health to become a We Can! county. A few weeks passed and Bulloch County was named the first county in South Georgia to be a We Can! county!

To celebrate such an awesome achievement, Bulloch County C.H.I.L.D. scheduled a kick-off event to be held in conjunction with Statesboro-Bulloch County Parks and Recreation Department "Swing into Spring". On March 26, 2010, Donna Whitt highlighted the C.H.I.L.D. concept and introduced We Can! to a large crowd of children and parents participating in spring sports through the recreation department. Garrett Nevils,

county commissioner, presented Dr. Barry Joyner of Georgia Southern University with an official proclamation.

During Swing into Spring, Bulloch County CHILd provided trail mix, a free healthy snack, to all community citizens. Also, a travelling field day activities were played by kids of all ages. Hula-hooping, and soccer-ball relay games were enjoyed by all those who participated.



Pictured: Dr. Barry Joyner, Donna Whitt, & Ashlee Blount

**For More Information visit:** [www.bullochcountychild.com](http://www.bullochcountychild.com) or **e-mail** [bullochcountychild@gmail.com](mailto:bullochcountychild@gmail.com)

## Notes from C.H.I.L.D. Program Director



When I think back to the many opportunities to increase awareness C.H.I.L.D. has participated in during the last year, I am very proud of our accomplishments. Yet, I am keenly aware of how many more opportunities and interventions there need to be in order to make a difference in our county.

Childhood obesity is not an easy topic to initiate a conversation around especially if you are talking to the child or their parents. Yet it is a conversation that many of us need to have personally or professionally for the sake of the health of children we may know, teach, or care for in some way.

Resources such as C.H.I.L.D., the WeCan! Programming and Let's Move can provide us with the needed knowledge and curriculums. We just need to be proactive and involved. Change can begin with you and you can be a role model for friends, co-workers, church, civic or social acquaintances. As the old saying goes, "talk the talk and walk the walk." Don't be afraid to speak up and step up when you see nutrition issues that should be addressed or the need for increased and quality physical

activity.

Our local Farmers Market can provide access to improved nutrition with fresh fruits and veggies. We have wonderful recreation facilities thanks to our SBCPRD. Finally, our C.H.I.L.D. website has great links and tips that can help... [www.bullochcountychild.com](http://www.bullochcountychild.com)

I hope that you have seen Jamie Oliver's "Food Revolution" on ABC. Let's fast track our efforts and create a *revolution* to improve the health and enhance the lifestyles of everyone in Bulloch County.

With your health in mind,  
*Donna Whitt*

## C.H.I.L.D. Members Attend Regional We Can! Training

On January 29, 2010, five members of the C.H.I.L.D. Coalition traveled to Brunswick, GA to participate in a regional We Can! training. Hosted by the Coastal Health district, the training was a one day event focused on education and networking.

The morning session provided participants with "The Big Picture." Janet De Jesus, a nutrition education specialist of the National Heart, Lung, and Blood Institute, provided listeners with an overview of the We Can! program. She also detailed stories of success from around our nation.

There were additional specialists to provide trainings on youth curricula. Media Smart Youth: Eat, Think, and Be Active, as well as CATCH Kids Club were represented during youth curricula training breakout sessions. Half of our members attended the Media Smart Youth training, while the others attended the CATCH Kids Club training.

After lunch, all C.H.I.L.D. members were trained on how to implement the We Can! parent program. This portion of the training proved to be most useful, as the members were preparing to hold family intervention

sessions in the upcoming weeks, following this training,

The members won a Wii Fit and CATCH Kids Club curriculum kit by participating in various physical activities. Both the Wii Fit and the CATCH curriculum will be utilized during the family intervention sessions.



L-R: Mindy Czech, Trevor Egli, Jordan Blazo, Donna Whitt, and Ashlee Blount

In February, members of the CHILD coalition launched a five week educational program. Six families attended the program, which was held one time each week. The program utilized the educational material found in the We Can! Energize Our Families Parent Program.

These sessions separated parents and caregivers from the children. The parents received help in examining their current lifestyle patterns and how to reverse the unhealthy habits. The children received a larger physical activity component and a children's version that mirrored what their parents were learning.

In each of the sessions, families focused on making lifestyle changes. Parents and children talked about how to increase fruit and vegetable consumption, reduce screen time, and increase the amount of physical activity

each day.

One parent said "we're training ourselves...it's something we kind of knew we should do, but with positive reinforcement and communicating about it, it makes it easier to do."

Programming was made easier with the availability of facilities and support of the Statesboro Bulloch Co. Parks and Recreation Department. We can not thank enough for their partnership. Also we'd like to say thank you to Subway of Statesboro, a national We Can! sponsor, who provided nutritious subs and baked chips to each family during the five week duration of the program.

We would like to offer more sessions for the community. If you are interested in participating or hosting Family Intervention sessions please contact us at [bullochcountychild@gmail.com](mailto:bullochcountychild@gmail.com)



## Persuade The Potato To Get Off The Couch: Tips to Eat Well and Move More

Choosing to take small steps today to toward a healthier life can be!

- Drink water before each meal
- Take a family walk after dinner
- Avoid food portions larger than your fist
- Park farther from the store and walk
- Switch to low-fat or fat-free milk products
- Let your children choose a new fruit/vegetable to try
- Take the stairs and skip the elevator or escalator
- Reduce or eliminate sodas and other sugary drinks
- To fit your 30 minutes of physical activity into your busy schedule, engage in 10 minutes of physical activity at least 3x during the day
- Prepare menus for the week ahead to avoid drive-thru and fast food
- Play with your kids
- Snack on fruits or veggies
- Choose family activities that are fun, like tag
- Eat off of smaller plates
- Keep hand weights in living room to use while watching T.V.
- When eating out remember that food portions are larger, so share a meal
- Dance to music
- Avoid labor saving devices such as the remote control
- Remember to have FUN!

## Nutritious Nibbles: A Healthy Snack Recipe

### Fruity Yogurt Salad

1 cup of fat-free vanilla yogurt  
4 cups of your favorite fruit

Combine ingredients and refrigerate. Try exotic fruits, such as pineapple, kiwi, pomegranate.

### Apple Slices

1 apple  
2 TBSP low-fat peanut butter  
2 TBSP crushed whole grain cereal (Ex. Cheerios) or granola

Wash and core apple. Slice cross-wise into 1/4 inch rings. Spread a small amount of peanut butter. Top with a small amount of cereal or granola.

## Did You Know?

C.H.I.L.D., GSU CHHS and the Bulloch County Health Department held Health Fairs at Bulloch County middle and high schools this spring.

A C.H.I.L.D. Coalition member is available to speak to your civic group, church, or any other concerned citizens.

We'd love to have you join us and create even greater awareness! Contact us at [bullochcountychild@gmail.com](mailto:bullochcountychild@gmail.com)

**A special thank you to our GSU-CHHS intern Ashlee Blount; and grad students Mindy Czech, Jordan Blazo and Trevor Egli! We could not have done it without you and wish you the best of luck!**



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