

Know the BIG 5

Does your child...

- 1 Drink sweet drinks more than 1 serving a day?
- 2 Eat fast food more than 1 time a week?
- 3 Eat family meals less than 3 times a week?
- 4 Spend more than 2 hours a day in front of a screen (TV, video games, computer, etc)?
- 5 Do less than 60 minutes of physical activity every day?



*Talk to your doctor about these BIG 5 habits.
Your child may be at risk for childhood obesity*

The "Big Five" Worksheet

Use this worksheet to help your child either stay at a healthy weight or get to a healthy weight.

Many things play a part in obesity including genetics, the resources in our communities and unhealthy habits. Some habits are more important than others. These five habits are really important when it comes to children staying at or getting to a healthy weight.

Think about what your child does on an average day. Circle the letter that best describes your child's usual habit. Then add up the points for each answer.

All families can use this worksheet, whether or not they have children who are having a hard time getting to or staying at a healthy weight.

1 Sweet or Sweetened Drinks

Sweet or sweetened drinks include regular (full calorie) soda or pop, fruit juices (orange juice, apple juice), fruit drinks or punches, sports drinks, energy drinks, milk shakes and flavored milk (chocolate milk, hot chocolate), and regular sweetened iced tea. Some older children also drink high calorie coffee-based drinks. Since there are so many high calorie sweet or sweetened beverages out there, a good way to think about how to answer this question is to ask yourself, 'Does my child drink anything besides water or unflavored milk?' (Children over 1 year should drink only low-fat – 1% or skim – milk.)

One serving = 12 ounces

How many servings of sweet or sweetened beverages does your child consume in a normal day? (If your child drinks half servings, round up to the next number. For example, if you child drinks 2 and one-half servings, circle 3 servings).

- A. 0 – 1 servings (0 points)
- B. 2 servings (5 points)
- C. 3 servings (10 points)
- D. 4 servings (15 points)
- E. 5 or more servings (20 points)

2 Fast Food

Fast food is normally food prepared, served, and often eaten quickly, either at home or away from home. It includes hamburgers, fries, hot dogs, sub sandwiches, pizza, fried chicken, chicken nuggets, etc.

In a typical week, how often does your child eat fast food?

- A. Never or 1 time (0 points)
- B. 2 times (5 points)
- C. 3 times (10 points)
- D. 4 times (15 points)
- E. 5 or more times (20 points)

Family Meals

A family meal is an evening meal when your child sits down and eats with at least one adult (parent, legal guardian, grandparent, adult sister or brother, babysitter, etc.) with no other distractions. **Eating in front of the television with an adult doesn't count.**

In a typical week, how many times does your child have family meals?

- A. Never or 1 day (20 points)
- B. 2 days (15 points)
- C. 3 days (10 points)
- D. 4 days (5 points)
- E. 5 or more days (0 points)

Media or Screen Time

Media or screen time is the number of hours in an average day that your child spends watching television, playing video games, using a phone, using a computer (including a tablet computer) other than for schoolwork, or listening to music while sitting or lying still. In a typical day, how much time does your child spend doing these things?

- A. Less than 1 hour (0 points)
- B. 1 – 2 hours (5 points)
- C. 2 -3 hours (10 points)
- D. 3-4 hours (15 points)
- E. More than 4 hours (20 points)

Regular Physical Activity

There are lots of things your child can do to move – walking, running, riding a bike, playing a sport, skateboarding, etc. Your child needs to be moving continuously for a total of at least 30 minutes a day (and preferably 60, as recommended by experts), to be healthy and get to or stay at a healthy weight. Playing softball or going bowling doesn't usually count since your child is not moving continuously. Physical education and recess in school can be an important source of physical activity. Some children are very active in physical education and recess; others are not. If you're confident that your child is active through physical education and/or recess (to the point that he or she is out of breath at least part of the time), you should count these activities toward the physical activity total.

In a typical week, how many days is your child physically active for a total of at least 30-60 minutes (can be 15-30 minutes twice daily, 60 minutes at one time, etc.)?

- A. Never or one day (20 points)
- B. Two days (15 points)
- C. Three days (10 points)
- D. 4 days (5 points)
- E. 5 or more days (0 points)

Add up the points to get your child's Big Five score:

Question 1: _____

Question 2: _____

Question 3: _____

Question 4: _____

Question 5: _____

Total Points: _____

Between 0 – 20 points – Excellent Job!

Though there is always room for improvement, your child is practicing many healthy habits which will help him or her get to and stay a healthy weight.

Between 20 – 40 points – Good Job!

Your child has some good habits, but needs to work on some areas.

Between 40 and 60 points – Time to change habits!

You and your child have to change their habits a lot to get to or maintain a healthy weight.

More than 60 points – Lots of Work to Do!

With this score, your child is at high risk of becoming or remaining overweight or obese, but there are many changes that you and your child can make to get to a healthier weight.

Know the Big Five

1. Sweet and sweetened drinks are a major cause of overweight and obesity. Everyone in your family should drink as few as possible. Drink at least four servings of water every day.
2. Eating fast food more than once a week is a risk for overweight and obesity. Even though fast food restaurants offer healthy choices many families still eat the food that is not as good for them.
3. Families that eat together have healthier weights. Eating together can be hard because of busy schedules. Do the best you can. Eat five servings of fruits and vegetables and three servings of low fat dairy every day.
4. Spending too much time in front of a screen is a major risk factor for overweight and obesity. Kids have more choices for screen time than ever before. Children under 2 years old should not spend time in front of screens. Children older than two should spend no more than 2 hours a day in front of screens.
5. Physical activity is important for a healthy lifestyle, not only for achieving or maintaining a healthy weight, but for a child's overall well being. Your child should move at least 60 minutes a day. The time can be broken up by doing 30 minutes two times a day. There are many types of physical activity; help your child find things that they enjoy.

Many parents think their children are physically active because they are playing a sport, when they may not be moving as much as they need to move. Encourage physical activity every day throughout the year. Try things you and your child can do together.

The Big Five is only a starting point in helping your child stay at or get to a healthy weight. Speak to a health care professional for more information.



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