

INTRODUCTION

Ultimately, it is the activities of individuals and families in New Hampshire that determine our success in achieving good health. Our schools, health care industry, communities and municipalities, businesses and worksites, and food and recreation industries can assist by providing the information and services needed to be successful; but in the end, we make the choice to eat healthy and be physically active. Individuals and families can set a good example for family members, friends and co-workers.

TOP PRIORITIES AND RECOMMENDED INTERVENTIONS

Individuals and families are the most important participants in an initiative to promote healthy eating and active living. A list of interventions that individuals and families can implement are listed on page 45. Highest priority is given to the following:

<p>Goal 1 Be informed</p>	<p>Objective 1 Ask your provider to calculate BMI for all family members at every visit and provide interpretation.</p> <p>Objective 2 Monitor BMI to maintain/achieve a healthy weight.</p>
<p>Goal 2 Be physically active and eat healthy</p>	<p>Objective 1 Learn about healthy eating and physical activity guidelines (e.g., 5-2-1-0!).</p> <p>Objective 2 Engage in moderate to vigorous physical activity at least 30 minutes per day for an adult and one hour per day for a child.</p> <p>Objective 3 Eat healthy foods in reasonable portions.</p>
<p>Goal 3 Advocate for an environment that supports individuals and families to eat healthy and be physically active where they live, learn, work and play</p>	<p>Objective 1 Encourage schools to provide healthy dietary options and opportunities for children to be active.</p> <p>Objective 2 Encourage policy makers to develop social and environmental policies and infrastructure that help individuals and families be more physically active (e.g., use of stairs, walking and bike paths, sidewalks, etc.) and consume a healthier diet.</p> <p>Objective 3 Ask food establishments to offer healthy food choices in reasonable portion sizes.</p> <p>Objective 4 Ask employers to support healthy eating and active living at the worksite and through health benefits.</p>

A complete list of recommended interventions and useful resources follows.

Goals	Recommended Interventions		
	Policy	Practice	Communication
Be informed.	Ask your doctor to calculate BMI for all family members at every visit and interpret results.	Monitor your BMI and work to maintain/achieve a healthy weight. Seek professional help from your doctor to prevent overweight and obesity.	Educate family and friends about the importance of healthy eating and active living (e.g., 5-2-1-0!).
Be physically active.	Encourage policy makers to develop social and environmental policies and infrastructure that help individuals and families be more physically active (e.g., use of stairs, walking and bike paths, sidewalks, etc). Encourage employers to offer health benefits which facilitate access to exercise programs. Encourage schools to provide children with opportunities to be active.	Children and adolescents should participate in at least 60 minutes of moderate intensity physical activity, preferably daily; adults should engage in moderate intensity physical activity at least 30 minutes on five or more days per week. Take advantage of New Hampshire's parks and recreational opportunities. Take advantage of health insurance programs that reimburse for physical activity. Reduce time spent watching television and in similar sedentary behaviors.	Promote programs that support physical activity choices.
Eat healthy.	Encourage policy makers to develop social and environmental policy that help individuals and families consume a healthier diet. Encourage schools to provide healthy food options. Promote farmer's markets. Ask food establishments to offer low-calorie, healthy foods in reasonable portion sizes.	Eat fruits and vegetables, drink water and skim milk, and limit the amount of fats and sugars in the diet. Eat reasonable portion sizes. Choose breastfeeding as the exclusive method for feeding infants during the first four–six months.	Promote programs that support healthy food choices. Raise awareness about reasonable food and beverage portion sizes. Educate yourself and others about healthy dietary patterns.