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THE UNIVERSITY of
TENNESSEE

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C4P News

Focus on Childhood Obesity

Center for Parenting Update	Featured Family Program
<p>Center for Parenting Website: The Center for Parenting is working diligently to provide Tennessee parent educators with a searchable tip sheet database. The database will be available later this year on our website at http://www.center4parenting.org</p>	<p>The Healthy Eating & Activity Laboratory (HEAL) is a human research laboratory under the direction of Dr. Hollie Raynor at the University of Tennessee at Knoxville (UTK). HEAL conducts research on factors, predominantly dietary, that impact eating regulation and energy balance. The research can be used to improve behavioral obesity prevention and treatment programs for children and adults. In addition to the studies conducted there, an important objective of HEAL is to help UTK students, both undergraduate and graduate, understand behavioral medicine and research.</p>
<p>Featured Books</p> <p>Books for Parents and Educators:</p> <ul style="list-style-type: none"> • Child of Mine: Feed with Love and Good Sense by Ellyn Satter, MS, RD, CICSW, BCD Provides feeding information from pregnancy through toddlerhood. • Meals Without Squeals: Child Care Feeding Guide & Cookbook by Christine Berman MPH RD and Jacki Fromer Child-tested, age-specific answers about making tasty and nutritional food for children. <p>Books for Children:</p> <ul style="list-style-type: none"> • Will Never Not Ever Eat a Tomato by Lauren Child A witty book about an older sibling helping his younger sister eat and like her vegetables, even tomatoes. • Cool as a Cucumber by Sally Smallwood Going beyond naming foods, this is an interactive book that shows texture, taste and appearance of fruits and vegetables. 	<p>HEAL supports the following recommendations from the AAFP for parents preventing childhood obesity:</p> <ul style="list-style-type: none"> • Respect your child's appetite: children do not need to finish every bottle or meal. • Limit the amount of high-calorie foods kept in the home. • Do not provide food for comfort or as a reward. • Limit the amount of television viewing. • Establish regular family activities such as walks, ball games and other outdoor activities. <p>For more information, contact the Healthy Eating & Activity Laboratory (HEAL) at (865) 974-0754 or visit their website at http://heal.utk.edu/index.html</p>
<p>Tool for Parent Educators</p>	<p>Keeping You Current</p>
<p>The USDA has a great resource for children ages 6-11. Children can get to <i>Planet Power</i> by tracking their daily food and exercise activity. This resource can be found at http://mypyramid.gov/kids/</p>	<p>Data from the National Center for Health Statistics (NCHS) indicate that more than 1 in 5 children and adolescents in the United States are overweight.</p>
<p>C4P Trivia Question</p> <p>According to the Center for Disease Control's Division of Nutrition, Physical Activity and Obesity. How much exercise is recommended for children and adolescents?</p> <ol style="list-style-type: none"> 30 minutes daily 15 minutes daily 60 minutes daily 45 minutes daily <p>The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift card!</p> <p>The answer to last edition's trivia question: (B) According to The Guinness Book of World Records the youngest naturally conceiving mother is Lina Medina of Paurange, Peru who gave birth at the age of 5 years, 7 months and 21 days in 1939. The oldest naturally conceiving mother is Dawn Brooke of Guernsey who gave birth at the age of 59 in 1997.</p>	<p>During the past three decades, the rate of overweight children has increased with each age classification.</p> <ul style="list-style-type: none"> • The greatest increase has been among children ages 6-11, which nearly quintupled (from 4% to 19%). • Among youths ages 12-19, the overweight rate tripled (from 5% to 17%). • The rate for children ages 2-5 increased from 5% to 14%. • In Tennessee, 41% of all students are either overweight or "at risk" for becoming overweight (Source: 2006 Tennessee Coordinated School Health Annual Report). • Tennessee has the 5th highest rate of adult obesity at 27.8 percent and the 4th highest rate of overweight youths (ages 10-17) at 20 percent in the nation, according to a report by Trust for America's Health (TFAH). <p>National Health and Nutrition Examination Survey (NHANES) 2003–2006 reported that from, 1980 to 2000, the prevalence of obesity for children has increased for :</p> <ul style="list-style-type: none"> • 2 – 5 years old from 5.0% to 12.4% • 6 – 11 years old from 6.5% to 17.0% • 12– 19 years old from 5.0% to 17.6%
<p>If you have a personal success story, organization, program, or book that you would like to have featured in an upcoming Center for Parenting newsletter please e-mail us at center4parenting@utk.edu.</p>	
<p>Meetings and Trainings</p>	
<p>Prevent Child Abuse Tennessee will be holding several one-day workshops on Shaken Baby Syndrome from May 13th, 2009 through May 22nd, 2009 in Central Tennessee. See http://www.pcat.org/Trainings.html or contact Tracey Hawk at tracey.hawk@pcat.org for more information.</p>	
<p>New York State Child Abuse Prevention Conference: Transformation 2009 will be held May 27th, 2009 in Albany, NY. Please see http://www.preventchildabuseny.org/conf09/index.shtml for more information.</p>	
<p>Positive Parenting is Key to Preventing Child Maltreatment, a webinar, will be held Wednesday, April 29, 2009 at 3:00 pm - 4:30pm. For more information or to register for the webinar, go to https://www2.gotomeeting.com/register/387470810.</p>	