



Pediatric Pearl

Date: 8/10/22

5210

This is an easy to remember plan that spells out exactly what you need to review with your Pediatric patients and their family members to keep them healthy and fit. It was developed by the American Academy of Pediatrics.

What does it stand for?

FIVE- stands for five or more fruits and vegetables a day.

TWO- two hours or less of screen time a day.

ONE - one hour or more of exercise. Outdoor or indoor.

ZERO - no sugary drinks.

If we work on promoting these goals, we can help them strive for a healthier lifestyle.

5 fruits and vegetables

I like to ask my pediatric patients which fruits and vegetables they like to eat. It opens up a conversation about nutrition. There are some families where the parents don't like vegetables, this is an excellent opportunity to explain to the parents how important it is to offer these choices to their children at every meal. Trying new foods is encouraged. Ideally, half the plate should be fruits and vegetables

A note about juice: Many parents believe that juice is a good substitute for fruits or vegetables. It is actually just another high sugar drink. Recommending limiting juice to 4 ounces or less a day is another good talking point.

2 hours of screen time or less

Kids ages 8–18 now spend on average, 7.5 hours in front of a screen for entertainment each day, 4.5 of which are spent watching television. Many kids have gotten used to communicating with their friends on social media and may be doing this multiple hours a day. This can also include playing video games while talking to their friends. A lot of teenagers will spend several hours before bedtime on their phone and parents need to be aware of this as well.

The idea of limit setting is key, and talking about it together with the child and the parent can open a discussion. Many parents are reluctant to do limit setting when it comes to screen time, especially with teenage children. They often appreciate the provider bringing this up, and talking about how it affects their health. Kids could be doing many healthy things with their time instead of sitting and watching screens. Children under two should have zero screen time.

One hour of physical activity

Getting kids moving can be a challenge for families. Finding activities that everyone can do together is ideal. Some kids like to do this with their peers. Hiking, biking, swimming or just going for a walk in the neighborhood or in a park nearby. Basketball, running and dancing are all ways of getting the heart rate up, which is the goal.

If this is a new idea for them, starting slowly and making sure it is fun is the way to go. If parents don't do any movement it is difficult to get kids on board. It can be a family project for everyone to increase their amount of exercise. Joining a sports team or trying a new sport may spur on a reluctant child. Once kids get in some healthy exercise habits it can keep going on its own.

Zero sugary drinks

Working toward eliminating sugary drinks with families is the goal. Soda, lemonade, ice tea, sports drinks all have a lot of added sugar. These have no nutritional value, 110-150 empty calories, and many have caffeine, which kids don't need. Remember that juice is also high in sugar and can suppress a child's appetite for more healthy options. No juice for kids under two.

IN SUMMARY

It is important to not make kids who are overweight feel bad about their body size. Meet them where they are. Sometimes they like to talk about their feelings about their weight. It is also important to help parents understand that acceptance is the key. Offering healthy choices in the home and setting a good example is the way to go. Keeping the focus on health and not weight.

Reviewing **5210** with all well child checks is a good goal. And making it engaging and educational.

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