STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

why does this matter?

Parents and caregivers:
- Create an environment for kids that encourages either active or inactive lifestyles.
- Make the choices about what types of foods and meals the family eats.
- Model eating and physical activity behaviors.\(^1,2\)

Partnerships with families can ensure that kids receive consistent messages about healthy behaviors. Families can then engage, guide, and motivate kids to eat healthy foods and be active.\(^3\)

Kids pick up attitudes and behaviors about eating and physical activity from parents and caregivers.\(^1,2\)

Parents and caregivers must be involved in promoting healthy lifestyles in order to achieve long-lasting behavior change.\(^1\)

References