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