

Nutrition Partners

The Partnership has organized the **L.E.A.N. Carroll** campaign to address childhood obesity concerns in the Carroll County community. This information is provided to help children and families increase activity levels, improve healthy eating habits, and reach and maintain healthy weights.

Whether your child is currently at a healthy weight, at risk of becoming overweight or is overweight, you can take steps to get or keep things on the right track. Eating right and being physically active aren't just a "diet" or "program." They are the keys to a healthy life. It takes time and effort to make them a part of your family's daily routine.

Lifestyle: Make family-centered changes. * Eat breakfast every day. * Have family meals together as often as you can. * Make healthy choices when eating out. * It is best not to use food to comfort, reward or punish your child.

Education: Teach your children healthy habits. * Set an example by eating nutritious foods and being physically active. * Involve your child in planning meals and snacks,

grocery shopping, and cooking. * Make your child aware that peer and media pressure can influence food choices. * Use the Nutrition Facts on the food label to make good choices.

Activity: Support an active lifestyle. * Plan family activities that are fun and provide exercise for everyone. * Aim for 60 minutes of active play time for your child on most days of the week. * Limit "screen time" (television, computers, video games) to 2 hours or less a day for all family members.

Nutrition: Eat for better health. * Choose more fruits, vegetables and whole grains. * Encourage your child to drink water instead of sweetened beverages like sodas, and fruit and sports drinks. * Find substitutes to replace foods higher in fat and sugar.

The resources below are good places to start for information and ideas to help improve your child's and family's eating habits.



Licensed Nutrition Providers**

Carroll Hospital Center
Outpatient Nutrition Services
200 Memorial Ave
Westminster, MD 21157
For information 410-871-7390
410-871-7678, option 4 to schedule.
Physician referral required (obtain hospital referral form from your doctor). Pediatric services birth-age 10, and ages 11-18

Carroll Hospital Center
The Diabetes Center
200 Memorial Ave
Westminster, MD 21157
For information 410-871-6957
410-871-7678, option 4 to schedule.
Physician referral required (obtain hospital referral form from your doctor). Pediatric services for children with diabetes, ages birth through age 10, and ages 11-18

Carroll County Health Department
Nutrition Services
290 South Center Street
Westminster, MD 21158
410-876-4981
Physician referral required.
Nutrition counseling is only available to uninsured patients.

Patients participating in the program are eligible to receive high-risk nutrition counseling from a Registered Dietitian.

Martin's Food Market Nutritionist
Lisa Coleman, MS, RD, LDN
1320 Londontown Boulevard
Eldersburg, MD 21784
410-552-5107

The in-store nutritionist provides assistance with healthy meal planning and shopping. Attend a free nutrition class or schedule a consultation to discuss your family's specific health needs. Physician referral is not required.

Mt. Washington Pediatric Hospital
The Weigh Smart™ Program
1708 West Rodger Avenue
Baltimore, MD 21209
410-578-5342
Fax 410-578-2654
www.mwph.org

A multi-disciplinary, comprehensive approach to weight management involving medical, nutritional, educational and behavioral components to help children acquire healthy eating and exercise habits that will last a lifetime. The program is open to children ages 8 to 17 years old. Admission criteria must be met.

Other Help!

Maryland Cooperative Extension, Carroll County
Family and Consumer Services
700 Agriculture Center
Westminster, MD 21157
410-386-2760

Educational programs, newsletters and web pages are available by contacting an Extension educator. Sessions can be scheduled for individuals and for groups of 10 or more.

Mary Fox, LMHC, RD
P.O. Box 111
Hampstead, MD 21074
443-791-7745
www.therealskinny.net

** Maryland law dictates that only licensed individuals can provide "medical nutrition therapy," which is nutritional counseling designed for an individual to improve a specific physiological complaint, condition or symptom.

Unlicensed individuals may offer information about basic nutrition and food selection to maintain health.

Information Sources

The internet sites listed below have been determined as professionally sound, accurate additional resources to help children and families reach and maintain healthy weights and increase their activity levels.



Internet sites for Parents:

Alliance for a Healthier Generation
www.healthiergeneration.org

American Dietetic Association
www.eatright.org

Calorie King
www.calorieking.com

Eat Smart, Be Fit Maryland
www.eatsmart.umd.edu

Kids Health
www.kidshealth.org

Maryland's Best
www.marylandsbest.net

More Matters
www.fruitsandveggiesmorematters.org

US Department of Agriculture
www.mypyramid.gov

Web MD
www.webmd.com

Weight Control Information Network:
www.niddk.nih.gov

We Can - Ways to Enhance Children's
Activity and Nutrition
www.wecan.nhlbi.nih.gov

Internet sites for Kids:

BAM - Body and Mind
www.bam.gov

Eat Smart Be Fit Maryland
www.eatsmart.umd.edu

Girl Power
www.girlpower.gov

Kidnetic
www.kidnetic.com

Kids Health
www.kidshealth.org

Kids & Nutrition
www.ext.nodak.edu/food/kidsnutrition

US Department of Agriculture
www.mypyramid.gov

Verb - it's what you do
www.verbnow.com



L.E.A.N. Carroll

A family approach to healthy weight

For more information about the **L.E.A.N. Carroll** campaign, about these Nutrition Partners, or about the Prevention and Wellness Workgroup of The Partnership, call 410-876-4965 or visit www.healthycarroll.org.