



# How Youth Centers May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



**5 or more servings of fruits and vegetables**  
**2 or fewer hours of recreational screen time<sup>+</sup>**  
**1 or more hours of physical activity**  
**0 sweetened beverages**

<sup>+</sup> *review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)*

Youth centers exist on most Military installations. They provide after-school and summer childcare and year-round recreational opportunities for Military families and their youth. Youth centers are an ideal venue for the promotion of healthy behaviors among youth and their parents as many families frequent youth centers daily. The resources assembled in this toolkit are designed to help youth centers promote healthy behaviors among youth, including fruit and vegetable consumption, closely monitoring and limiting screen time, increasing physical activity, and decreasing sweetened beverage intake (the "5", "2", "1", and the "0" of "5210").

The following materials are available for youth centers:

1. **Tips For Youth Centers handout** – targets youth center staff and provides them with tips to help youth increase fruit and vegetable consumption, closely monitor and limit screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips For Youth Centers posters** – includes enlarged versions of the Tips For Youth Centers handout that are available in two sizes (27" x 40" and 38" x 56") to hang in highly visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Partner With And Educate Families handout** – provides tips to help youth center staff reach out to families to help them learn about and adopt the 5210 behaviors.
5. **Healthy Kids' Snacks handout** – lists examples of healthy snacks that can be provided for children.
6. **Provide Non-Food Rewards handout** – describes the benefits of providing non-food rewards and gives examples of non-food rewards children like.
7. **Make a 5210 Fortune Teller! handout** – gives instructions for a craft activity that encourages students to think about ways to live out the 5210 message.

8. **Teenage Girls & Physical Activity handout** – displays rewards and barriers around physical activity for teenage girls and discusses ways to build physical activity into programs for teenage girls.
9. **Fill Up Here! poster** – advertises locations where reusable water bottles may be filled with drinking water.
10. **Healthy Dates to Celebrate handout** – lists dates that provide opportunities throughout the year to promote healthy behaviors, for example, National Physical Fitness and Sports Month in May.
11. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
12. **It Takes Two To Tune In handout** – describes the American Academy of Pediatrics (2015) guidelines on parenting strategies to ensure quality screen time.
13. **Television Tunnel Vision handout** – lists alarming facts about children’s typical amount of screen time and offers suggestions for alternative ways of spending free time.

We recommend hanging the poster in highly visible locations in the youth center, for example close to the entrance where parents enter to drop off and pick up their youth, in restrooms, and on doors. In addition, we advise placing the handouts at the front desk and in the resource area of the youth center where the handouts are likely to be seen and used. Digital versions are available and may be inserted into any newsletters developed by the youth centers and uploaded to the Child and Youth Program website and via social media.

For more information, visit 5210 online at [www.5210.psu.edu](http://www.5210.psu.edu) or email us at [5210@psu.edu](mailto:5210@psu.edu). We will be happy to answer your questions!