



# CHL

## Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region



Partnering with community members and organizations to make deliberate choices that lead to healthier children.

### The Challenge

**4/10**

Three-year-old children in Alaska are overweight or obese.

**1/3**

Kindergartners in Anchorage were overweight or obese in the 2010-2011 school year.

**40%**

Of overweight or obese children in Alaska have at least 2 cardiovascular risk factors.

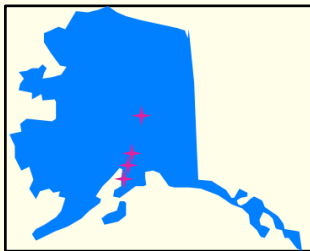
**\$459 million** is spent annually in Alaska for health care costs directly related to obesity.

### The Children's Healthy Living Program (CHL)

CHL's goal is to partner with parents, teachers, health care providers, and communities to make healthy choices easy choices.

#### Our Program Objectives

##### Our work sites:



1. Understand more about the health and lifestyle of Alaskan kids (2-8 years old).
2. Prepare students at UAF for careers in health promotion and obesity prevention.
3. Develop and evaluate programs in the community that promote healthy eating and an active lifestyle.
4. Introduce, enhance, and support policies for healthy eating and physical activity for young children.

### Healthy Eating and Active Living are Important for Children and Adults (their role models). Here are some targets:

- **Be active** – Children: 1 hour everyday at moderate or vigorous levels | Adults: Half hour everyday at moderate levels
- **Eat more fruits & veggies** – Children: 1 cup fruit and 1 heaping cup veggies everyday  
Adult women: 2 cups fruit and 2 ½ cups veggies everyday  
Adult men: 2 cups fruit and 3 cups veggies everyday
- **Sleep more** – Children: 11-13 hours everyday | Adults: 7-9 hours everyday
- **Drink more water** – Children: 4-5 cups or 32-40 ounces everyday  
Adult women: 9 cups or 72 ounces every day | Adult men: 13 cups or 104 ounces everyday
- **Limit sugar-sweetened beverages** – Children: Almost none every week | Adults: Almost none every week
- **Limit screen time** – Children: Less than 2 hours everyday | Adults: Less than 2 hours everyday



For more information about the CHL program, contact:

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