

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.

TASA Targets for Healthier Children









Be active, move more

Children: 1 hour everyday at moderate or vigorous levels Adults: Half an hour everyday at moderate levels



Sleep more

Children: 11-13 hours everyday Adults: 7-9 hours everyday



Eat more fruits and 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



Drink more water

Children: 4-5 cups or 32-40 ounces everyday Adult women: 9 cups or 72 ounces everyday Adult men: 13 cups or 104 ounces everyday



Limit/less sugar-sweetened beverages

Children: Almost none every week Adults: Almost none every week



Limit/less screen time

Children: Less than 2 hours everyday Adults: Less than 2 hours everyday

For more information about the CHL program, contact:

Northern Marianas College Cooperative Research, Extension and Education Service Dr. Jang Ho Kim | 670.237.6845 | jang.kim@marianas.edu









United States Department of Agriculture National Institute of Food and Agriculture

www.CHL-Pacific.org