



Child Care & School-Age Settings

Childcare sites, PreK-12 schools, and out-of-school programs play an important role in children’s health and development.

5-2-1-0 is an approach to promote healthy habits so children’s well-being improves.

- 5 or more servings of fruits and vegetables**
- 2 hours or less of recreational screen time**
- 1 hour or more of physical activity**
- 0 sugary drinks, more water**

Fruits and vegetables provide vitamins and minerals important for healthy growth and development.

Limiting screen time can help children get better sleep, perform better in school, and decrease the risk of obesity.

Physically activity improves physical and mental health and increases children’s readiness to learn.

Water is the #1 thirst quencher! Encourage water or low-fat milk instead of sugar-sweetened beverages.

What can 5-2-1-0 do?

- Assess current environment and policies
- Provide technical assistance
- Offer resources
- Lead Professional Development
- Facilitate meetings and planning
- Gather staff & community input
- Increase awareness
- Connect community partners
- And much more!

50%
Of central Iowans

- consume fruits & vegetables at recommended levels
- exercise at recommended levels
-United Way

10.7%
of children 6-17 years consume 4 hours or more of screen time daily.

How to get started?

- ❑ Sign up to be a United Way 5210 Champion: <https://www.unitedwaydm.org/5210advocates>
- ❑ Download the Toolkit: <http://www.iowahealthieststate.com/resources/individuals/5210/champion-toolkit/>
- ❑ Contact 5-2-1-0 Program Coordinator for Polk, Warren, and Dallas county sites
 - 5210@everystep.org
 - 515-201-3823