

## Eat Healthy and Be Active: October 6 is Child Health Day



On October 6, the 80th annual Child Health Day, the Federal Health Resources and Services Administration challenges parents, caregivers, teachers, school nurses and all adults who care about kids to grapple with a serious health issue: childhood overweight and obesity.

Child Health Day > [mchb.hrsa.gov/childhealthday](http://mchb.hrsa.gov/childhealthday)

Health Resources and Services Administration, U.S. Department of Health and Human Services

To help our youth and families make healthier choices a community wide commitment is essential. One of the leaders in our community has responded to the challenge of Child Health Day 2008. In collaboration with HAAP, L & L Hawaiian Barbeque has designed a new offering for Hawaii's families: the **HAAPening Plate**. This new plate lunch option will increase opportunities for our families to "Eat Healthy & Be Active for a Healthy Future!" The HAAPening plate is a re-portioned, nutritionally balanced meal that represents a healthier, tasty, inexpensive option for our youth and families.

HAAP is proud to partner with L & L Hawaiian Barbeque to offer healthier options for our community. Working together, our community can create an environment that will enable our families to grapple with the serious health issue of childhood overweight and obesity.

HAAP is a voluntary organization of over 200 pediatricians in Hawaii. Members include pediatricians in private, group, military and academic practice as well as pediatricians in training and other physicians interested in Child Health issues. We have been developing a strategy to help combat the epidemic of physical inactivity, poor nutrition and obesity in the children, youth and families of Hawaii. The Hawaii Pediatric Weight Management Toolkit was unveiled in 2007 and training is currently being offered statewide for health care professionals in use of the Toolkit for the medical evaluation and intervention of overweight children and adolescents.

L & L Hawaiian Barbeque since 1976 has built a reputation of serving fresh plate lunches, in generous portions, and low prices across Hawaii. L&L Hawaiian Barbecue's® unique meal composition and signature brand of Asian and American fusion cuisine has helped it to stand out from the others that offer Hawaiian style cuisine.

## American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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**child health day - october 6, 2008**  
[mchb.hrsa.gov/childhealthday](http://mchb.hrsa.gov/childhealthday)

**Eat healthy & be active for a healthy future**

**HRSA**  
Health Resources and Services Administration

Child Health Day - October 6, 2008

DEPARTMENT OF HEALTH & HUMAN SERVICES - USA

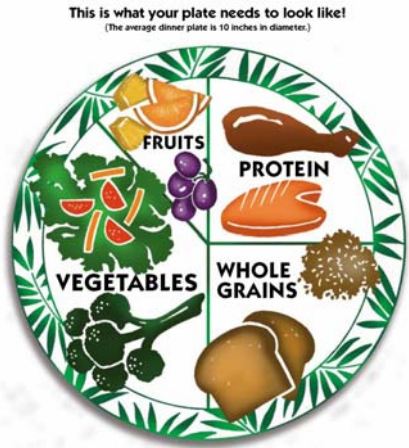
RAISIN

The banner features a blue header with the event name and website, a central message in orange, and logos for HRSA, the Department of Health & Human Services, and Raisin. A bottom strip contains icons for various health-related items like a person, a bowl of food, a glass of water, a raisin, and a glass of milk.

October 6, 2008 HAAP and L & L Hawaiian Barbecue

## The HAAPening Plate

L & L Hawaiian Barbecue in collaboration with the American Academy of Pediatrics, Hawaii chapter has re-portioned the popular “plate lunch” to make it nutritionally balanced. You still get to enjoy your favorite meat / protein, but now in a smaller serving size. The main dish is balanced with a half cup of brown rice, which contains more fiber and nutrients than white rice and a half plate of salad and fruit so that you are eating the colors of the rainbow.



HAWAII PEDIATRIC WEIGHT MANAGEMENT TOOLKIT 2008

### **Nutritional Analysis of HAAPening Plate: BBQ Chicken**

- 1 cup salad (romaine lettuce, tomato, cucumber, red cabbage and julienne carrots)
- ½ cup brown rice
- 6 red seedless grapes
- 3 oz BBQ chicken (2.74 ounces of marinate)
- 1/2 tsp. oil (for grilling)

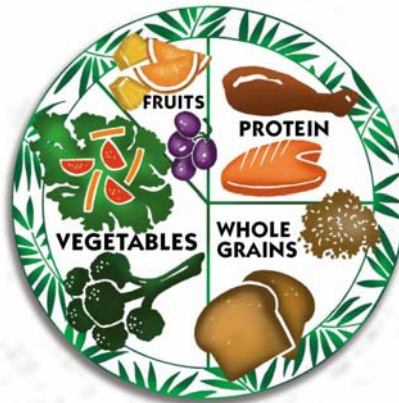
Calories	384
Fat	8 g
Saturated Fat	1.6 g
Trans Fat	0 g
Cholesterol	94 mg
Sodium	1339 mg
Protein	27 g
Carbohydrates	51 g
Fiber	5 g
Sugar	24 g

## **Nutritional Analysis of HAAPening Plate: Salmon Patty**

1 cup salad (romaine lettuce, tomato, cucumber, red cabbage and julienne carrots)  
 ½ cup brown rice  
 6 red seedless grapes  
 3 oz salmon patty

Calories	292
Fat	8.23 g
Saturated Fat	1.25 g
Trans Fat	0 g
Cholesterol	40 mg
Sodium	284 mg
Protein	19.8 g
Carbohydrates	34 g
Fiber	5 g

**This is what your plate needs to look like!**  
(The average dinner plate is 10 inches in diameter.)



Be sure to go easy on the salad dressing and make sure you watch your choice of beverage. 12 oz. of soda has 150 calories (equivalent to another scoop of rice or 10 teaspoons of sugar); order water or a diet drink instead.

L & L Hawaiian Barbecue is proud to contribute to our community's efforts to meet the challenge of Child Health Day 2008. Together we can create an environment that will enable our families to grapple with the serious health issue of childhood overweight and obese.

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Recent studies suggest that 1 in 6 U.S. children between 2 and 19 is overweight. Childhood obesity is an even more serious – and growing – health concern for children and adolescents. In less than 30 years, obesity has more than doubled among children ages 2-5 and more than tripled among youth ages 6-11 and adolescents ages 12-19.

Health consequences can be serious. Overweight kids are at risk for asthma, diabetes, heart disease and other chronic conditions.

Fortunately, many times overweight can be reversed or prevented by helping children and adolescents

- Stay active.
- Develop healthy eating habits.
- Make healthy choices.

One of the best ways to help? Be a role model. When children see their parents, caregivers and other adults enjoying healthy foods and being physically active, they are more likely to do the same.

### What You Can Do

- [Take the Child Health Day pledge](#) for a healthy future.
- [Use the Child and Teen BMI \(Body Mass Index\) Calculator](#) to find out if your child or teenager is at risk for or already overweight.
- [Use My Pyramid Menu Planner](#) to help you make healthy food choices for yourself and your family.
- [Visit Healthy Weight: It's Not a Diet, It's a Lifestyle](#) for tips on healthy eating and physical activity.
- [See Healthy Youth for a Healthy Future](#), the U.S. Surgeon General's Childhood Overweight and Obesity Prevention Initiative