



# GrowSmart EPSDT Health Promotion:

## *March is Childhood Nutrition & Physical Activity Month*

This month reminds us how important healthy eating and active living are for kids. Good nutrition and regular physical activity help children grow strong, stay energized, and develop healthy habits for life. Poor nutrition and inactivity can lead to obesity, chronic conditions, and lower energy and concentration—but these issues can be prevented with good habits and routine care.

### Why does nutrition and activity matter?

Eating healthy foods and staying active every day help kids avoid obesity and other health problems. When children don't eat well, they can have a higher chance of getting serious illnesses like diabetes and heart disease. Poor nutrition can also slow down growth and make kids feel tired or have trouble paying attention. To stay healthy, kids should eat balanced meals with fruits, vegetables, and whole grains, drink less sugary drinks, be active every day, and go to the doctor once a year to check their growth.

### What do doctors say?

The American Academy of Pediatrics (AAP) and the CDC recommend that doctors check a child's BMI percentile at every well-child visit. They also suggest giving advice on healthy eating and encouraging kids to be active every day. A healthy diet should include foods rich in calcium and fiber while keeping added sugars low.

### Tips for Families

#### Healthy Eating

- Offer fruits and vegetables at every meal
- Limit sugary drinks—choose water or milk
- Include calcium-rich foods for strong bones

#### Active Living

- Encourage at least 60 minutes of physical activity daily
- Reduce screen time
- Make activity fun—play outside, dance, ride bikes

### Stay Involved in Your Child's Health

- Take your child for a yearly well-child visit
- Keep track of your child's growth and BMI percentile
- Ask the doctor about healthy eating and activity tips
- Offer healthy meals and snacks at home
- Make sure your child gets daily physical activity
- Watch your child's growth and ask questions if you have concerns

### Healthy Growth Timeline

Age	Key Actions
Ages 3–17	Annual well-child visit with BMI percentile
Daily	Balanced meals and 60 min physical activity

### Need help or resources?

*Trillium Health Resources helps families stay healthy by covering checkups, sharing easy tips on eating and being active, and offering tools for healthy living.*

*Call Member & Recipient Services or connect with your Care Manager at*  
**1-877-685-2415**