

Created By:

**Weber Coalition
Child Obesity Task Force**

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**United Way of
Northern Utah**



*Resource Guide
for a
Healthy
Weight*



For Children and Families

Obesity in Utah

Overweight and obese children are a serious health concern that is growing rapidly across the U.S. and in Utah. In fact, the percentage of obese children has more than doubled since the 1960s. In 2008, 21.5% of elementary aged children were overweight. That's close to 1 in 4 children. The number of Utah public high school students that are overweight (14,200) is enough to fill 410 classrooms. Recent data also shows that more than 58% of Utah adults are overweight or obese.

How does being overweight affect health?

Children

Children who are overweight are at an increased risk of heart disease, hypertension, diabetes and various cancers.

- Type 2 diabetes—once believed to occur only in adults—is now being diagnosed among children as young as 2 years old.
- Sixty-one percent of overweight 5-10 year olds already have at least one risk factor for heart disease and 26% have two or more risk factors.
- Overweight children are often the targets of social stigma, bullying and teasing, which frequently leads to poor school performance and mental health issues.
- Overweight children are more likely to become obese as adults.

Adults

Overweight adults are at an increased risk of hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, arthritis, sleep apnea and respiratory problems, and some cancers.

The purpose of this guide is to promote a healthy weight for children and families by providing information about resources and organizations in Weber County that provide opportunities for increased nutrition and/or physical activity.

Sports Equipment Rentals

Roy Recreation Department

2626 W 5525 S, Roy

Snowshoe rentals are available during the winter for \$5 per day for residents of Roy and \$9 for non-residents. Snowshoes are available for the entire family, including small children and people up to 250 pounds.*

Call 801-774-1048 for more information.

**Prices may change*

Wilderness Recreation Center (WRC)

4022 Taylor Ave., Ogden (located at 41st and Taylor on the WSU campus, annex 9)

The WRC makes outdoor activities accessible to everyone by offering a variety of services, including:

- Outdoor equipment rentals for all seasons
- Resource library
- Instructional and recreational programs
- Challenge Education

For rates, hours of operation, and other information, call 801-626-6373, or visit: <http://departments.weber.edu/wrc/>



Resource Guide for a Healthy Weight

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For an online PDF version

in both English and Spanish please visit:

www.webercoalition.org/Obesity_Prevention.html

or

www.webermorganhealth.org

Nutrition

Tips for Families

1. **Make half your grains whole:** Choose whole-grain foods, such as whole-wheat bread, brown rice, oatmeal, and low-fat popcorn, more often.
2. **Vary your fruits & veggies:** Think Color! Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried.
3. **Eat calcium-rich foods:** Build strong bones by serving low-fat and fat-free milk and other milk products several times a day.
4. **Go lean with protein:** Eat lean or low-fat meat, chicken, turkey, and fish. Dry beans and peas are also good sources of low-fat protein. Add nuts, seeds, or chickpeas to a salad; black beans to a burrito; or kidney beans to a stew.
5. **Change your oil:** Everyone needs oil. Get yours from fish, nuts, and liquid oils such as olive, canola, peanut, and corn oil.
6. **Go easy on the sugar:** Choose foods and drinks that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars add calories, but very few nutrients.



Source: MyPyramid.gov

Pleasant View www.pleasantviewcity.com	801-782-8529
Riverdale www.riverdalecity.com	801-621-6084
Roy www.royutah.org	801-774-1048
South Ogden www.southogdencity.com	801-622-8538
South Weber www.southwebercity.com	801-476-4445
Washington Terrace www.wt.govoffice.com	801-393-8681

Soccer Leagues

Soccer programs are run through the American Youth Soccer Organization (AYSO). Find out how to join a league in your area by logging on to:

<http://soccer.org/Regions>

or call:

1-800-872-2976



Youth Sport & Athletic Programs

Most cities in Weber and Morgan Counties offer several sporting events for youth including baseball, softball, basketball, and more. Contact your city office to find out what is offered in your area:

Farr West 801-731-4187

Harrisville 801-782-9648

Announcements for upcoming events will be mailed with your water bill one month before the event begins.

Hooper 801-732-1064

Huntsville 801-745-3420

Morgan 801-829-3461

North Ogden 801-782-7211

www.northogdencity.com

Ogden 801-629-8253

Offers many programs, including free events and competitions. Families with limited incomes may qualify for a Fee Reduction program that reduces program costs by up to 50%.

www.ogdencity.com



Dietitians and Nutritionists

McKay-Dee Hospital Dietitians 801-387-7854

Ogden Clinic—Canyon View 801-334-3000

Ogden Clinic—Harrison Blvd. 801-479-4621

Ogden Regional Medical Center 801-479-2017

Programs

Expanded Food and Nutrition Education Program (EFNEP) **Cost: free** (for families on limited incomes)

A service of USU cooperative extension, EFNEP helps to expand knowledge of nutrition and develop skills needed to improve your diet. Lessons are scheduled with participants and taught in their homes.

To register, call:
801-399-8207

Food Stamp Nutrition Program (FSNE) **Cost: free** (for families on limited incomes)

A service of USU cooperative extension, FSNE is a series of nutrition and meal management classes for families who qualify for food stamp assistance that are designed to help them stretch their food dollars.

To register, call:
801-399-8207

Fit Weigh of Life **Cost: \$120***
Ogden Regional Medical Center per person

An 8 week weight management program for children and adults. Taught by registered dietitians and exercise specialists.

To register, call:
801-479-2017

LiVe—Healthy Habits for Kids **Cost: \$225***
McKay Dee-Hospital Per family

For kids, teens and families who want to lose weight and improve health. Taught by a registered dietician to promote healthy lifestyles.

To register, call:
801-387-7854

Women, Infants, Children (WIC) **Cost: Free**
For information, call:

WIC is a supplemental food and nutrition education program for women, infants, and children. Participants must meet income guidelines.

801-399-7200 -
(Ogden)
801-845-4033 -
(Morgan)

*Prices may change

USDA Summer Food Program

The Ogden City and Weber School Districts sponsor a Summer Food Service program to ensure that children receive nutritious meals during the summer. Meals are free for children under 18.

Ogden: From early June through early August, breakfast and lunch will be served Monday through Friday. Adults may eat for a minimal cost. Please call 801-737-7314 for specific dates, times and locations.

Weber: From early June through early August, lunch will be served Monday through Thursday. Adults may eat for a minimal cost. Please call 801-476-7833 for specific dates, times and locations.

Meal Programs

St. Anne's Center: lunch for those who are homeless or low income. For more information, call 801-621-5036.

Salvation Army— emergency food and breakfast for those who are homeless or low income. Emergency food is available Monday– Friday at 12:30 PM. Breakfast is served Monday– Saturday from 7:30 AM to 8:00 AM. For more information, call 801-621-3580.

Food Stamps

The **Food Stamp Program** helps people with little or no income to purchase nutritious foods. Applicants must meet income criteria in order to qualify. You can apply online at www.utahhelps.utah.gov or by calling the Department of Workforce Services at 801-626-0300. Please note that DWS is closed on Fridays.

Families that qualify for food stamp assistance are also eligible for USU Cooperative Extension's **Food Stamp Nutrition Education Program (FSNE)**, a free series of classes to help families stretch their food dollars. For more information please call 801-399-8207.

Ogden High Swimming Pool

2875 Tyler Ave., Ogden

Open swim pool hours are Monday—Thursday, 6:30—8:30 PM and Saturday, 1:00—4:00 PM.

Call 801-625-1101 for admission rates and information.

Roy Recreation Complex

2150 W 4700 S, Roy

The Roy Recreation Complex has year-round swimming. The pools are open for water exercises, lap swimming, and public swimming.



Call 801-774-1050 for admission rates and information.

Roy Outdoor Aquatic Center

2977 W 5200 S, Roy

Enjoy the swimming pools, slides, shaded picnic areas, and more!

Call 801-774-8590 for admission rates and information.



Swimming Pools

Ben Lomond Community Pool

1049 7th Street

This pool is part of Ben Lomond High School. Open swimming is Monday-Wednesday from 6:00-8:00 PM and Saturday from 1-4 PM.

Call 801-625-1100 for admission rates and information.

Lorin Farr Pool

1691 Gramercy Ave., Ogden

Features an Olympic-size pool and a 72-foot slide



Call 801-629-0696 for admission rates and information.

Marshall White Pool

222 28th Street, Ogden

The Marshall White swimming pool is open year round and offers aerobic classes, lap swimming, and an open plunge with 2 tube water slides. Heated at a constant 83 degrees, this pool is inviting all year round.

Call 801-629-8347 for admission rates and information.

North Ogden City Aquatic Center

245 E 2550 N, North Ogden

A splash of Hawaii on the North Shore of the Great Salt Lake.

Call 801-782-9712 for admission rates and information.



Physical Activity

Physical Activity Guidelines:

Adults and children should get at least 60 minutes of physical activity during most days of the week.

Tips for Families:

1. **Set a good example.** Be active and get your family to join you.
2. **Take the Presidents Challenge as a family.** Track your individual activities together and earn rewards for active lifestyles at www.presidentschallenge.org
3. **Create a routine.** Set aside time each day as activity time - walk, jog, skate, cycle, or swim! *Winter, Spring, Summer, Fall - Walk through them all!*
4. **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
5. **Set up a home gym.** Use house-hold items, such as canned food, as weights. Stairs make a good substitute for stair machines.
6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Don't forget to limit TV and computer time.

Did you know?

Every day, on average, 8-18 year olds spend:

4 hours watching TV

1 hour on the computer

50 minutes playing computer games

Source: MyPyramid.gov

Hiking & Biking Trails

Going for walks and bike rides is a great, affordable way for families to build relationships and stay healthy. Weber County has over 200 miles of hiking and biking trails to choose from.

For information on hiking and biking trails, visit: www.weberpathways.org or call 801-393-2304

Bike Routes

Ogden City Bike Routes

Ogden City bike routes stretch 28 miles throughout the city and can be spotted by the painted white lines and green “Bike Route” signs. The routes were chosen for safety and convenience, but some are more difficult than others.



Huntsville Bike Routes

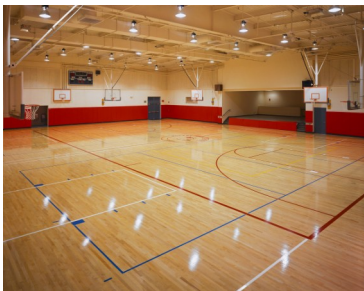
The quiet streets of Huntsville make for level and easy riding through one of the prettiest little towns in the state.

Open Gym

Your Community Connection (YCC)

The YCC has an open gym available on Monday and Wednesday evenings from 6:00-7:30 PM for youth ages 7-14. There is no cost, but youth must call and enroll before using the gym.

Call 801-689-1733 for more information.



Skate Parks

Lorin Farr Skate Park 619 Gramercy Ave., Ogden

Hours: 1 hour before sunrise - 1 hour after sunset.

Park terrain includes a volcano, pyramid, 2 huge bowls with a huge spine, mini-bowl, a giant roll in, rails, manual pad/curb, and a street course.

Ogden Skate Park 1691 S 850 E, Ogden

Hours: 8:00 AM - 9:00 PM

This is a fun park with great lines and a huge bowl system with spines, hips, and extensions.



North Ogden Skate Park 475 E 2600 N, Ogden

Hours: Sunrise - Sunset

North Ogden is more street style than a lot of parks in Utah, which is a nice change. Obstacles are made of durable, smooth concrete.

