

*Fewer children, ages 2-5 years are overweight or obese.\**

Children ages 5 years and younger:

- ✓ Spend more time engaged in physical play.
- ✓ Spend less time engaged in television or electronic media viewing.
- ✓ Consume a healthy diet, including fewer sugar sweetened beverages, more fruits and vegetables, whole grains, low fat dairy products, and lean protein sources.
- ✓ Have healthy sleep routines and environments, including no television in their bedrooms.

- ✓ Mothers and caregivers feed their infants only breast milk for the first 6 months of life, and continue breastfeeding until 1 year of age.
- ✓ Parents and caregivers respond appropriately to infants' hunger and satiety cues.

- ✓ Women consume healthy foods and maintain active lifestyles during pregnancy.
- ✓ *Women gain an appropriate amount of weight during pregnancy.\**

- ✓ Women consume healthy foods and maintain active lifestyles during the reproductive years.
- ✓ Parents and caregivers are healthy eating and active living role models for their young children.
- ✓ *Mothers have a healthy BMI (Body Mass Index) prior to the next planned or unplanned pregnancy.\**

\*Denotes the outcome is a national or Colorado state Maternal and Child Health performance measure.