



What new wellness information, event or announcement have you heard recently that left you

**surprised,  
perplexed or  
inspired?**

# How many hours of sleep do you get?



# How many hours of sleep do you need?

Infants (0 to 12 months)... 14 to 15 hours

Toddlers (12 months to 3 years)... 12 to 14 hours

Children (3 to 5 years)... 11 to 13 hours

Children (5 to 12 years)... 9 to 11 hours

Teens... 8 ½ to 9 ½ hours

Adults... 7 to 9 hours



# YOUR TALKING POINTS

1

**Colorado had the second lowest prevalence of obesity among low income preschoolers in 2011 at 10.0%.**

2

**Colorado's prevalence has been fairly stable over the past several years.**

3

**In 2012, Colorado's prevalence was 8.4%**



Colorado WIC Program – Health Promotion Communication



Date:

To: <<Name of physician if available>>

From:

<<Name of WIC agency>>

<<Street Address>>

<<City, State, Zip>>

<<Phone number>>

Regarding: <<Participant Name>>

Date of Birth: <<Date>>

Colorado WIC strives to support pregnant women and families with young children in adopting healthy lifestyles. We provide this letter and attached growth grid to strengthen our partnership with community health care providers, and encourage consistent messaging and prevention approaches for WIC participants.

<<Participant Name>> has recently visited a WIC clinic with <<his/her>> <<caretaker>> and completed a weight status and lifestyle screening. The results are as follows:

Weight for age percentile*:	Body Mass Index (BMI):
Stature for age percentile*:	BMI for age percentile*:
Other noteworthy lifestyle factors or barriers:	

\*According to CDC Growth Charts for children ages 2-5 years.

During the visit, <<Participant Name's>> <<caretaker>> established the following goals for their family. They include the following:



Thank you for your support of <<Participant Name's>> family in meeting their lifestyle goals.

Please send any follow-up communication regarding this letter to the WIC agency at the address or phone number previously listed.

Sincerely,

<<Your Name>>

<<Your Title>>

WIC is an equal opportunity provider.



Colorado WIC Program – Health Promotion Communication

Date:

To: <<Name of physician if available>>

From:

<<Name of WIC agency>>

<<Street address>>

<<City, State, Zip

<<Phone number>>

Regarding: <<Participant Name>>

Date of Birth: <<Date>>

Colorado WIC strives to support pregnant women and families with young children in adopting healthy lifestyles. We provide this letter and attached gestational weight gain chart to strengthen our partnership with community health care providers, and encourage consistent messaging and prevention approaches for WIC participants.

<<Participant Name>> has recently visited a WIC clinic and completed a gestational weight gain and lifestyles screening. The results are as follows:

Height:	Number of Weeks Gestation:
Pre-pregnancy Weight:	Recommended weight gain range for current gestational week*:
Pre-pregnancy BMI:	Recommended total gestational weight gain*:
Other noteworthy lifestyle factors or barriers:	

\*Recommended weight gain for current gestational week and full gestational time based upon 2009 Institute of Medicine Recommendations for Gestational Weight Gain.



Colorado Department of Public Health and Environment



During the visit, <<Participant's Name>> established the following lifestyle goals for herself and her baby's health. They include the following:

[Empty box for listing lifestyle goals]

Thank you for your support of <<Participant Name>> in meeting lifestyle goals for herself and her baby. Please send any follow-up communication regarding this letter to the WIC agency at the phone number or address listed above.

Sincerely,

<<Your Name>>

<<Your Title>>

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A woman with dark hair is shown from the side, looking through a pair of black binoculars. The background is a clear, bright blue sky. Above her head, a series of four white circles of increasing size lead to a large white thought bubble with a blue outline. Inside the thought bubble, the text reads: "One way I can **use** what I **learned** today is...".

One way I can **use**  
what I **learned** today  
is...

Enjoy the

# Regional Training!

Before the next call (October 2013):

What is **one** thing from the Regional  
Training that I can **reinforce** in  
my clinic or agency, and **how**?

**Do it! Or Plan It!**