

# California First 5 Association



## Childhood Obesity:

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### Early Strategies for Prevention

Center for Health Improvement



# Recommendations

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- ***Teach by example***
- ***Build community collaboratives***
- ***Strengthen local breastfeeding programs***





# Recommendations

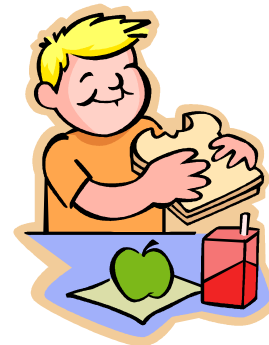
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- ***Promote structured physical play as a family activity and build healthy lifestyles awareness***



# Recommendations

- ***Implement nutritional and physical education training programs***
- ***Enhance quality standards for preschoolers' nutrition and physical activity***





# Recommendations

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- ***Partner with healthcare providers to educate parents and the wider community***
- ***Engage communities in better land use planning***





# Recommendations

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- ***Support coordinated First 5 Commission information sharing on strategies and evaluation***

