



Press Release: **CH-F Dietician share tips for children's health**

Date: Tuesday, June 1, 2010

CH-F Dietician share tips for children's health

There are a couple sayings you may have heard from your mother as a child that Community Hospital-Fairfax dietician and a certified diabetes educator Kay Wing wants you to throw out the window.

"We should never tell children to "sit still" and to "eat everything on their plate,"" Kay says.

Sitting still and eating all the food off a plate can lead to confusion when teaching children that physical activity and portion control are very important elements in a healthy lifestyle, Kay explains.

Kay Wing says children who are active and make good choices will lead healthier lives as adults. Her programs, unique for each individual client, are designed to give parents the tools they need to avoid health problems for their children and to solve current problems a client is facing, such as cholesterol or high blood pressure.

A great tool for parents to educate their children and themselves about a healthy lifestyle is the Community Hospital-Fairfax Children's Field Day on Friday, June 18 and 5:30 at the Rock Port High School track. Children ages 5 through 6th grade will be taken through a series of fun activities, including races, relays and interactive lessons with the CH-F staff. For more information and to pre-register, visit the "Events" page at www.FairfaxMed.com or call Jennifer Herron at 660-686-2211 ext. 208.

As a registered dietician and a certified diabetes educator, Kay Wing sees several cases that involve children with type 2 diabetes and high blood pressure. When asked what general advice she typically gives for each case, Kay says it is important for parents to include children in meal preparation and making meals a family affair.

"Families should always have meals sitting down together," Kay said, explaining that introducing a new food sporadically and limiting fast food meals to one a week will also strengthen a healthy relationship between children and food.

Kay's services are available every Wednesday with a doctor's referral at Community Hospital-Fairfax. She also encourages parents with questions or concerns to call for phone consultations.

"Clients can call the office and voice their concerns and I am always happy to send brochures in the mail to them or share tips over the phone," Kay says. She can be reached on Wednesdays at Community Hospital-Fairfax, 660-686-2211 ext. 266.