



Color Me Healthy



What *Color Me Healthy* is a nutrition and physical activity program developed to reach 4 and 5-year-old children with fun, interactive learning opportunities on physical activity and healthy eating.

Color Me Healthy is designed to stimulate all of the senses of young children: touch, smell, sight, sound and taste. Through the use of color, music and exploration of the senses, *Color Me Healthy* teaches children that healthy food and physical activity are fun.

The *Color Me Healthy* program kit contains educational materials for childcare providers to teach children and parents about healthy eating and physical activity. Some of these materials are available in Spanish.

When *Color Me Healthy* was developed in 2002, by the N.C. Cooperative Extension Service and the N.C. Division of Public Health. It was last updated in 2005.

Where *Color Me Healthy* can be used by childcare providers in childcare centers, family daycare homes and Head Start classrooms, public preschool and kindergarten classrooms. Currently, *Color Me Healthy* is also being used in WIC clinics throughout the state.

More than 5,500 childcare providers in North Carolina have been trained to use *Color Me Healthy*, and 40 other states have adopted this program.

Why *Color Me Healthy* was developed to address the rising tide of childhood overweight in North Carolina, by encouraging preschoolers and their parents to increase their physical activity and healthy eating behaviors. *Color Me Healthy* supports the Eat Smart, Move More...North Carolina initiative.

Who Family and Consumer Science Agents from N.C. Cooperative Extension Service and Local Health Promotion Coordinators from local health departments join together to form *Color Me Healthy* county teams. The program depends on the collaboration of these local personnel and childcare providers throughout North Carolina.

How *Color Me Healthy* County Teams provide training and assistance for childcare providers on how to use and teach the *Color Me Healthy* curriculum. After childcare providers receive training, they receive the *Color Me Healthy* program kits for free. Order forms can be downloaded from the program Web site (given below) for out of state orders.

N.C. Cooperative Extension Service, N.C. Division of Public Health and the UNC School of Public Health have evaluated *Color Me Healthy* to ensure overall effectiveness.

For more information please visit www.ColorMeHealthy.com

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