

Keeping Kids Healthy...

...It All Starts At Home!

The short and simple 'Family Nutrition & Physical Activity' survey at www.myfnpa.org will give you tailored feedback and free materials to help your busy family eat healthier and be more active.

"Families are more aware of what not to eat than what they should eat."

"Making sure a child gets enough sleep will provide him/her with tools for success in the classroom and on the scale."

"Kids spend about 45 hours per week watching TV, movies, using the computer & playing video games."

Thanks to continued input from parents, we hope to learn even more about keeping our kids healthy in FNPA's third year!



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics foundation



The Family Nutrition and Physical Activity (FNPA) Survey was developed at Iowa State University in partnership with the Academy of Nutrition and Dietetics. This research study has been approved by the Institutional Review Board, under federal regulations, at Penn State Milton S. Hershey Medical Center

Tell me more!

To start, simply go to www.myfnpa.org and click on "Start Survey".



Are we doing all we can to keep our child healthy?

How can we get our kids to play outside instead of with a "screen"?

How can we be sure our child is getting enough sleep?

Complete the Family Nutrition and Physical Activity Screening Tool to find out how you can help create a healthy home environment for your family.

This simple survey tool helps you to evaluate your own home environment and provides feedback to help you know if there are areas you could work on.

At the end of the survey you will be able to see your personal results, with feedback on each question. Also, you'll find links to information, tips, articles, recipes and videos to help families shop smart, cook healthy and be active!

Kids Eat Right (www.eatright.org/kids) provides great resources for families looking to get healthy and stay healthy.

The website includes information for various age groups including: babies, toddlers, preschoolers, grade-schoolers and teens.

