

# Community Planners: A Guide to **95210** Your Winning Numbers for Health!

## What is **95210** for Health™?

**95210** for Health™ is an easy-to-remember formula to help you live a healthy lifestyle. The **95210** for Health™ habits include:

- 9** 9 hours of sleep per day
- 5** 5 servings of fruits and vegetables per day
- 2** 2 hour limit on screen time per day
- 1** 1 hour of physical activity per day
- 0** 0 sugar-added beverages per day

What can you do to start using **95210** for Health™?

Here is your guide to things community planners can do to promote life-long healthy habits.

	✓
<b>9 Hours of Sleep</b>	
1. Promote school, recreation, and youth sports policies/schedules that allow children/youth to get adequate sleep.	<input type="checkbox"/>
<b>5 Fruits/Vegetables</b>	
2. Adopt <i>policies</i> that work to reduce food deserts such as: increasing access to healthy foods; limit the number of fast food outlets near schools; and assist schools in developing wellness policies.	<input type="checkbox"/>
3. Promote <i>practices</i> that work to reduce food deserts such as: facilitate farm to school programs; give incentives for small/large food stores to sell healthy food, especially in food desert neighborhoods; and require restaurants to provide nutritional information on food served.	<input type="checkbox"/>
<b>2 Hour Limit on Screen-Time</b>	
4. Support and provide resources for after-school/out-of-school activities for youth that are safe, convenient, and affordable or free.	<input type="checkbox"/>
<b>1 Hour of Physical Activity</b>	
5. Assist schools/parks & recreation departments in developing joint-use of facilities to provide families with opportunities to be physically active.	<input type="checkbox"/>
6. Promote walking/biking to schools through policies/zoning that assure safe/accessible routes.	<input type="checkbox"/>
<b>0 Sugar-Added Beverages</b>	
7. Support food stores' efforts to stock beverages low in sugar.	<input type="checkbox"/>
8. Assure that public vending machines are stocked with beverages with little/no sugar.	<input type="checkbox"/>

### Learn more!

Go to [www.NorthernVirginiaHealthyKids.org](http://www.NorthernVirginiaHealthyKids.org) to find out about more things you can do improve child/youth health and promote healthy life-long habits in your community.

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