



PARENT HEALTH BULLETIN:

Moove to Lowfat or Fat Free Milk

One easy way to reduce fat consumption and reduce calories is to make the switch from drinking whole milk or reduced fat milk to drinking lowfat or fat free milk. Lowfat and fat free milk have the same great nutrition as whole and reduced fat milk—**just less fat!** Sample taste tests reveal that most people are unable to tell the difference between lowfat, reduced fat, or whole milk. An easy way to make the switch from whole milk is to do it gradually. Start by using reduced fat (2%) milk. Then, move to lowfat (1%) milk and, finally, try fat free (skim) milk.

Did you know that today, nearly 1 in 5 Florida adults is obese? Just a few years ago, only 1 in 10 Florida adults was obese. The statistics for children are equally alarming. Such a large increase in obesity in such a short period of time is why our Surgeon General is calling the obesity rates a national epidemic. Obesity is not just about appearance! Obesity can increase the risk for developing chronic diseases that affect the quality of life like diabetes, heart disease, high blood pressure, high cholesterol, arthritis and some cancers.



What can you do as parent to affect the quality of your child's life? Children two years of age and older should drink lowfat or fat free milk. Children between 1 and 2 years of age should drink whole milk because they need more fat and cholesterol in their diets. Young children need two servings of milk or milk products every day, while older children and teens (ages 9 to 18 years) need three servings of milk or milk products every day. The *Moove* Campaign's sponsor, the Florida Interagency Food and Nutrition Committee, is a nutrition task force whose mission is to provide effective nutrition, food security, and food safety programs and services to the public.

For more information about this campaign, visit the campaign website at <http://www.doh.state.fl.us/family/cvh/nutrition/milk.html>



Florida KidCare

Child Health Insurance Birth through Age 18

Getting health insurance for your child has become a lot easier and affordable, even if both parents are working

Number of Children and Adults Living in Household	Gross Monthly Income Making Below	Gross Yearly Income Making Below
2.....	\$ 1,990.00.....	\$ 23,880.00
3.....	\$ 2,503.33.....	\$ 30,040.00
4.....	\$ 3,016.67.....	\$ 36,200.00
5.....	\$ 3,530.00.....	\$ 42,360.00
6.....	\$ 4,043.33.....	\$ 48,520.00
7.....	\$ 4,556.67.....	\$ 54,680.00
8.....	\$ 5,070.00.....	\$ 60,840.00

What is covered:

- Doctor visits
- Check-ups
- Shots
- Hospital
- Surgery
- Prescriptions
- Vision
- Hearing
- Mental health
- Emergencies

Cost:

- Eligibility based on household income and family size
- There is no charge for Children's Medicaid
- Most families pay \$15 a month, or nothing at all
- Co-payments may apply with some services

Benefits:

- Affordable
- **No interview required**
- One-page mail-in application
- Many non-citizens are eligible
- Peace of mind for Parents

MediKids-Healthy Kids-CMS-Children's Medicaid

To Apply for Florida KidCare: Fill out the simple one-page Florida KidCare application form and mail it in as soon as possible.

For an application or information: Pinellas County Health Department.
727-824-6948 or Toll free 1-800-540-KIDS

1-888-540-5437 www.floridakidcare.org