



Weber Morgan

Healthy Living Resource Guide



WHERE TO GO...

& WHAT TO DO...



TO HELP YOU BE...



YOUR GUIDE TO EATING HEALTHY, STAYING ACTIVE AND LIVING A HEALTHIER LIFE IN WEBER AND MORGAN COUNTIES

A HEALTHIER YOU



2015-2016

Brought to you by your state and local health department

Healthy Living Resource Guide

Table of Contents

Obesity in Utah	3
Nutrition	
Tips for Families: Nutrition	4
Dietitians	5
Nutrition and Weight Management Programs	5
Meal Programs	6
Food Assistance Programs	6
Community Gardens	7
Farmers Markets	7
Breastfeeding Education and Support	7
Physical Activity	
Tips for Families: Physical Activity	9
Hiking and Biking	10
In Your Neighborhood	10
Open Gyms and Community Recreation Centers	11
Skate Parks	12
Swimming Pools	12
Ice Skating	13
Adult and Youth Recreation Programs	14
Safety	
Tips for Families: Safety	15
Car Seat Guidelines	15
Car Seat Classes and Reduced Cost Seats	16
Car Seat Checks	16
Reduced-Cost Helmets	16
Appendix	17
Resources on the web	
Sources	

For a PDF version of this document, please visit:
www.webermorganhealth.org

Obesity in Utah

Being at an unhealthy weight is a serious health concern. Obesity is a growing problem nation-wide and one that we, in Utah, need to pay attention to as well. In fact:

- The percentage of obese adults in Utah has more than doubled since 1990.
- Over 60% of Utah adults are at an unhealthy weight, overweight or obese.
- The percentage of obese children has increased by 63% from 1999 to 2011.
- In 2012, 20.8% of elementary students in Utah were at an unhealthy weight.

Why should we worry about being at an unhealthy weight?

Children:

- Type 2 diabetes (formerly “adult onset diabetes”) is now being diagnosed in children as young as 2 years old.
- Among overweight 5-10 year olds, 61% already have at least one risk factor for heart disease (such as high blood pressure, high cholesterol and hardening of the arteries) and 26% have two or more risk factors.
- Overweight children experience more social isolation, low self-esteem, anxiety disorders and depression. They are also more likely to be bullied and to report difficulties in school.
- Overweight children are more likely to become obese as adults.

Adults:

Overweight adults have a higher risk of high blood pressure, high cholesterol, heart disease, type 2 diabetes, stroke, gallbladder disease, arthritis, sleep apnea, respiratory problems and some cancers.

What can families do?

This guide is designed to help the citizens of Weber and Morgan Counties find local resources to eat healthy, be active and reach or maintain a healthy weight. Look for “Quick Tips” sections within this guide for helpful tips and guidelines to help your whole family eat better and get active.

If there’s a resource that you’d like to see in this guide, please let us know! Call 801-399-7193.

Dietary Guidelines

The Dietary Guidelines for Americans, 2015:
<http://health.gov/dietaryguidelines/>

Balancing Calories:

- Avoid oversized servings
- Eat the right amount of calories for you
- Increase physical activity and reduce time spent in sedentary behaviors

Foods to Increase:

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk
- Vary your protein—choose fish twice a week and eat beans more often
- Drink water instead of sugary drinks

Foods to Reduce:

- Check food labels for sodium and choose foods with lower numbers
- Foods high in solid fats (animal fats, coconut and palm oils, hydrogenated/partially hydrogenated oil, shortening, margarine)

How much should I eat?

Visit choosemyplate.gov and click on the “SuperTracker.”



Quick Tips: Nutrition

Raising Healthy Eaters

Above all, be a good role model:

Kids look to the adults in their lives to create their own habits – healthy or not. Remember, it’s “do as I **do**,” not “do as I **say**.”

Make meal time family time:

Eat meals together, at a table, with the T.V. off. Try to make mealtime as stress-free as possible to make mealtime a happy time. Do not allow the phone and other electronics at the dinner table in order to give your family your full attention.

Help kids develop and recognize hunger cues:

Let kids help themselves to food. As adults we tend to dish out bigger portions and expect kids to eat them. Never use food as a type of punishment for a child.

Snack smarter:

Make fruits and vegetables easy snack choices – cut them up and portion them out ahead of time. Set aside an area of the fridge or counter and let family members help themselves anytime of the day.

Drink smarter:

Water should always be the first choice for thirst. Limit juice – 100% only – to no more than one 6 oz (3/4 cup) serving a day. Serve milk or water at meal times.

Help for “picky eaters:”

- Stop being a “short-order cook.” Make one meal for everyone in the family.
- Involve the whole family in planning and prepping.
- Offer one new food at a time, at the beginning of the meal (when your child is hungrier), and serve something you know your child will like along with it.
- Keep offering healthy foods, even if they don’t like it the first time - kids may need to try something up to 10 times before they learn to like it!
- Don’t let kids have more of less healthy foods to make up for what they didn’t eat.
- Be a good example – kids won’t eat something if Mom and Dad won’t either.

Reward with attention, not food:

Rewarding with food can lead to unhealthy eating habits that last a lifetime. As kids get older, they may turn to food not only to reward, but to comfort and punish him/herself as well.

Start smart:

Babies and small children need to eat healthy too. Offer breast milk or formula up to 1 year old, whole milk or breast milk to 2 years old and 1% or skim milk after age 2. Start solid, healthy foods (not junk food) around 6 months. Don’t offer fruit juice before 6 months of age and after that, limit juice to 4-6 oz. a day *from a cup only*. And don’t overfeed – even babies can tell when they’re full.

Nutrition Resources

Dietitians

A Registered Dietitian (RD) is a board-certified nutrition expert with a master's or bachelor's degree. An RD is trained to provide personalized education to help people improve their diets. Costs vary and may or may not be covered by insurance.

Call your insurance and/or clinic to check on cost. If your clinic is not listed below, ask your doctor for a referral.

McKay-Dee Hospital Dietitians	801-387-7539 mk.outpatientdietitians@imail.org
McKay-Dee Endocrine and Diabetes Clinic Dietitians	801-387-7900 mk.outpatientdietitians@imail.org
Ogden Clinic – Professional Center	801-475-3000
Ogden Clinic – Canyon View	801-475-3700

Nutrition and Weight Management Programs

These programs are designed to help families learn new skills to lose weight, eat a healthy diet and be more active.

Expanded Food and Nutrition Education Program (EFNEP)

Offered through USU Extension, EFNEP is an in-home, hands-on, nutrition education program that teaches low-income families basic concepts of food and nutrition, buying skills, meal planning, food safety and food resource management. Spanish speaking educators are available.

Cost: FREE
(for families on limited incomes)

To register, call:

801-451-3405

paula.scott@usu.edu

Food \$ense Nutrition Education Program (F\$NE)

Offered through USU Extension, Food \$ense provides free education on healthy eating and active living to individuals who qualify for (or receive) food stamp benefits. This program also teaches budgeting and how to get the best nutrition out of what one can afford. Classes are taught in English and Spanish.

Cost: FREE
(for families on limited incomes)

To register, call:

801-399-8201

gayla.johnson@usu.edu

Weigh to Health – Weight Loss Program

McKay Dee Hospital

Two formats are available: individual counseling and a group course. Course includes 12 weekly classes taught by a registered dietitian with guest instructors such as an exercise specialist, behavior specialist and chef. Participants develop personal goals and learn to manage nutrition, activity and behavior. Individual counseling consists of 5 sessions with a registered dietitian.

Cost: Call for details

Classes may be covered by insurance plans. Call the number, below for questions about pricing and financial assistance.

To register, call:

Kellie Dye 801-387-7854

Women, Infants and Children (WIC)

Locations in Ogden and Morgan**

WIC is a supplemental food and nutrition education program. One-on-one nutrition education is provided at each visit. Classes on infant feeding, breastfeeding, shopping on a budget and more are also available. Participants must meet income guidelines. See pg. 6 for more info on food benefits. **Morgan offices are by appointment only.

Cost: FREE
(must meet income guidelines)

For information, call:

Ogden - 801-399-7200

Morgan- 801-829-4275

(Morgan – please leave a message)

*Prices may change.

Meal Programs

Meal programs provide free or reduced-cost meals to homeless or low-income individuals. Many programs rely on donations and volunteers. Call for more information on donation needs and drop-off hours.

<p>Lantern House- 33 South & Pacific Ave, Ogden Free lunch to “anyone who is hungry and doesn’t have the financial means or a place to prepare a nutritious meal.” Lunch is served from 12:00 PM – 1:00 PM, 365 days a year. Also provides “Emergency Food Boxes” to households in emergency food situations.</p>	<p style="text-align: right;">For more information, call: 801-621-5036 Or visit: http://www.stannescenter.org</p>
<p>Salvation Army – 2635 Grant Avenue, Ogden Emergency food and breakfast for those who are homeless or low-income. Breakfast is served Monday-Friday at 7:00 AM. Pantry assistance Mon, Wed, Fri from 8:30 AM to 11:30 AM.</p>	<p style="text-align: right;">For more information, call: 801-621-3580</p>
<p>Ogden Rescue Mission – 2775 Wall Avenue, Ogden Provides dinner for those who are homeless or low-income. Dinner served Mon-Sat @ 7:00pm and on Sunday @ 4:00pm</p>	<p style="text-align: right;">For more information, call: 801-621-4360</p>
<p>USDA Summer Food Program Sponsored by Ogden and Weber School Districts to ensure that children receive nutritious meals during the summer. Meals are free for children under 18. Program runs from late July through early August. Ogden – Lunch is served Monday – Friday, breakfast at some locations. Weber – Lunch is served Monday - Friday. Call for specific times, dates and locations.</p>	<p style="text-align: right;">Cost: Free for children under 18 Adults may eat for a minimal cost. For more information, call: Ogden – 801-737-7314 Weber – 801-476-7833</p>

Food Assistance Programs

Food assistance programs provide food or a means to purchase food to low-income families. Some programs are designed for short-term, “emergency” situations. Others are designed to help for longer periods of time.

<p>Food Stamps Also known as “SNAP” program or “Horizon” cards The food stamp program helps people with little or no income have enough money to buy healthy foods. Applicants must meet income criteria to qualify.</p>	<p style="text-align: right;">For more information, call: Department of Workforce Services 1-866-435-7414 Apply online at: www.utahhelps.utah.gov</p>
<p>Women, Infants and Children (WIC) Locations in Ogden and Morgan* The WIC program helps women, infants and children access healthy foods such as milk, cereal, eggs, juice, peanut butter, beans and fresh fruits and vegetables. Breastfeeding is encouraged, but formula may be available for babies who are not breastfed. Participants are provided nutrition education in addition to food benefits – see pg. 5 for more information. *Morgan location by appointment only.</p>	<p style="text-align: right;">Cost: FREE (must meet income guidelines) For information, call: Ogden - 801-399-7200 Morgan- 801-829-4275 (Morgan – please leave a message)</p>
<p><u>Food Banks, Pantries and Emergency Food</u> Food donations are appreciated. Please contact specific pantry for more information on donating. Catholic Community Services- 2504 F. Ave., Ogden Monthly food assistance to low income households. Applications are accepted Tuesdays through Thursdays from 9:00 AM– 11:00 AM.</p>	<p style="text-align: right;">For more information, call: Catholic Community Services www.ccsutah.org 801-394-5944</p>

Must provide identification for all members of the household, proof of address and proof of income. One person per address may apply, but everyone in the household may be listed on one card. The food bank is open Tuesday-Thursday from 9:00 AM-12:00 PM. Friday's reserved for Seniors (60 +). Monday-Friday- Lunch is served from 11:30 AM to 1:00 PM and inner from 4:45 PM TO 6:00 PM. Saturday, brunch is served from 10:00 AM to 11:00 AM and Dinner from 4:45 PM to 6:00 PM. Sunday dinner from 4:45 PM to 6:00 PM.

Ogden Weber Community Action Partnership (OWCAP) –

3159 Grant Avenue, Ogden.

Emergency 3 month food pantry. Monday and Thursday 1:00 PM-3:00 PM, Wednesday from 3:00 PM to 6:00 PM, 1st Saturday of the month from 9:00 AM to 12:00 PM. Applications required to receive food.

Check website for details.

OWCAP
<http://www.owcap.org/food-pantry>
801-399-9281

Open Hand Food Pantry – 5120 S 1050 W, Riverdale

Provides a food box to feed a family of 4 for one week. Food boxes are distributed from 10:00 AM to 12:45 PM on the 2nd and 4th Saturdays of the month. Picture ID and proof of address is required.

Open Hand Food Pantry
801-564-5964

Lantern House – 33 South & Pacific Ave, Ogden

Boxes are for individuals that are housed at the Lantern House.

Lantern House
Stannescenter.org
801-621-5036

Salvation Army – 2615 Grant Avenue, Ogden

Emergency food is available Monday – Friday at 12:30 PM.

Salvation Army
801-621-3580

HOPE Resurrected Church

2280 Jackson Ave, Ogden

This is strictly supported by donations. It is operated entirely by volunteers, and they donate 100's of hours every month of service. They provide free groceries to anyone over 18 years old and deliver free groceries to pre-selected clients throughout the community. Wednesday 10:00 AM – 1:00 PM.

Hope Resurrected
801-940-1064

Morgan Food Pantry – 90 W Young Street, Morgan

Located within Morgan County Community Services office in the Morgan City Offices building. Open on Tuesdays and Thursdays from 8:00 AM – 5:00 PM.

Morgan Food Pantry
801-845-4009

Community Gardens

Don't have a yard or a garden? Rent one! Community gardens offer rentable garden plots to grow fresh produce. Water and tools are often provided.

Oasis Community Garden – 2445 Monroe Blvd., Ogden
 The Oasis Community Garden provides a green space to grow, gather and learn together. Participants are expected to donate time to help maintain the common garden grounds as well as maintain their own plot for the season. Participants are encouraged to donate extra produce to those in need to encourage a cycle of health, well-being and community pride and ownership.

Cost in 2015: \$25* per plot

*Call for current pricing.

Financial assistance is available

For more information, call:

The Junior League of Ogden

<http://juniorleagueogden.org/oasis-community-garden/>

801-393-2540

Farmer's Markets

Farmers markets are a great way to buy fresh produce from the growers themselves. Produce from farmers markets may also be fresher and cheaper than in grocery stores. Some markets accept food stamp benefits, as well. Opening and closing dates will change from year to year – check before you go.

Historic 25th St. Farmers and Art Market – Historic 25th street
 Saturdays, July 12-September 27, 8 AM – 1 PM. Offers fresh produce and local products as well as art, entertainment and food vendors.

For more information, visit:

<http://ogdenfarmersmarket.com>

Or call:

801-393-2295

Ogden Valley Open Market

2405 N Hwy 158, Eden, Utah

June – September

<https://www.facebook.com/OgdenValleyOpenMarket>

Call:

801-686-8483

Willard Peak Organic Market

337 N. 2000 W. Marriott Slaterville, UT

Open year round

Call:

801-645-8851

http://willardpeakorganics.weebly.com/store/c1/Featured_Products.html

Breastfeeding Education and Support

Breast milk is the best possible nutrition for babies. Breastfed babies may also be at a lower risk of developing obesity later in life and breastfeeding mothers may have an easier time getting back to a healthy weight after delivery. It isn't always easy, but it's worth it – and these resources can help you succeed!

Women, Infants and Children (WIC) – 455 23rd Street, Ogden
 Provides breastfeeding education and support and peer counselors to WIC participants. Also provides breast pumps to clients, if needed, upon assessment by lactation staff.

Cost: FREE

(must meet income guidelines)

For information, call:

Ogden - 801-399-7200

Morgan- 801-829-4275

(Morgan – please leave a message)

WIC Breastfeeding Support Group – 455 23rd Street, Ogden
 Meet with other pregnant or nursing mothers and get answers to your breastfeeding questions and challenges. The group meets on the 3rd Friday of the month from 12:30 to 1:30 in the WIC department of the Weber-Morgan Health Department Annex building. Any pregnant or breastfeeding woman is welcome. No appointment needed.

Cost: FREE

For more information, call:

801-399-7200

<p>WIC Breastfeeding Class– 455 23rd Street, Ogden Designed for pregnant women who would like to learn more about breastfeeding – the benefits, how it works and how to get started. Daytime and evening classes are available. Also available in Spanish. Call for dates and times of classes. All classes are open to the public, not just WIC clients. No appointment needed.</p>	<p>Cost: FREE For more information, call: 801-399-7200</p>
<p>Hospital-Based Classes Many hospitals and clinics offer breastfeeding classes to pregnant or nursing women and their partners or support person. Classes are usually posted on the hospital’s website. Costs will vary.</p>	<p>Cost: Varies For more information: Call your hospital or clinic or visit their website to check for upcoming classes and associated costs.</p>
<p>Lactation Services – Ogden Regional Medical Center Certified Lactation Consultants available to answer questions or assist with breastfeeding or pumping problems.</p>	<p>For more information, call: 801-479-2684 (Will return messages if no answer)</p>
<p>Breastfeeding Matters – McKay Dee Hospital Certified Lactation Consultants are available to answer questions. Office Hours: Monday-Friday 8-4pm Weekends 8-2pm</p>	<p>For more information, call: 801-387-4132 (Will return messages if no answer)</p>
<p>La Leche League Offers free monthly meetings (topics include importance of breastfeeding, childbirth and early days with baby, avoiding difficulties and nutrition and weaning), mother-to-mother support, a lending library and 24-hour telephone help. Meetings are held monthly. All services are free. Supportive memberships are available.</p>	<p>For more information, call or visit: 801-621-4844 lilutah.org</p>

Quick Tips: Physical Activity

Raising Active Kids

Set a good example:

Make physical activity a normal part of your day, not a chore. Let your kids see you being active – whether that’s an actual “workout” (going to the gym, a workout video at home) or simply working it into your day (parking further away, taking the stairs instead of the elevator) – and encourage them to join you. And don’t forget to join your kids when they’re active – play *with* them instead of just watching.

Limit screen time:

Did you know that the average 8-18 year old spends 4 hours watching TV, 1 hour on the computer and 50 minutes playing video games **every day**? It’s important to set clear limits on screen time and **keep** them - parents too! Children should have no more than 1-2 hours of screen time a day and children under 2 should have no screen time at all. Plan your TV watching instead of “channel surfing,” leave the TV off during meals and snack time, take TVs out of bedrooms and, when kids do watch TV, watch it with them and talk about what you see. **Bonus tip:** commercials are the perfect time to squeeze in some activity – do some jumping jacks, sit-ups or run in place.

Plan active parties:

You don’t have to give up your birthday cake or Thanksgiving turkey – just make food less of a main attraction. Plan birthday parties around an activity, such as a scavenger hunt, swimming or sledding and make family walks a part of your holiday traditions. Go one step further and give active presents– balls, hula hoops, skates, swim passes, etc.

Walk to school:

Ask your school for their “safe routes map.” Every school has to have one and it’ll show you the safest routes for your kids to get to and from school. You can also start a “walking school bus” – the family that lives farthest from the school starts walking and picks up other kids on the way.

Find active ways to spend family time:

Instead of watching TV, get out and do something active. Go for a walk, play ball in the yard, ride bikes, go for a hike, go to the park or fly a kite! Use this guide to help you find ideas for things to do in your area and get out and do them!



Did you know...

American children spend 900 hours a year in school and 1023 hours watching TV!

Children ages 2-7 are exposed to 4,427 food commercials each year – that’s 29 hours and 31 minutes!

Physical Activity Guidelines:

It’s important for everyone in the family to be physically active, but just how much depends on age.

Adults: at least 2.5 hours of moderate intensity activity (you can chat, but can’t sing) **each week**. Spread activity out over at least 3 days for at least 10 minutes at a time. Add strengthening activities at least 2 days of the week.

Kids and teens (ages 6-17): 60 minutes of moderate or vigorous intensity (you can say a few words at a time without having to catch your breath) **every day**. Muscle and bone strengthening activities should be done at least 3 days a week. Kids are often active in short bursts, which can add up to their 60 minutes.

Young children (ages 2-5): young children should play actively several times a day. Activities should be age-appropriate, fun and offer variety to teach new motor skills.

Physical Activity Resources

Hiking and Biking

Hiking and biking are great, affordable ways for families to be more active and build relationships. With over 200 miles of hiking and biking trails in Weber and Morgan counties, you'll never get bored! Bike routes are becoming more common in cities throughout Weber County. Bike lanes are marked with white lines and green "Bike Route" signs. They may also have pictures of bicycles in the actual lanes.

Weber Pathways

A non-profit organization dedicated to planning, promoting, constructing and protecting non-motorized trails and open spaces in Weber County. Their website can help you find a trail, inform you on guided hikes, give safety tips on trail etiquette and introduce you to volunteer opportunities.

For more information, visit:

www.weberpathways.org

Or call:

801-393-2304

Ogden Bicycle Collective

The Ogden Bicycle Collective provides refurbished bicycles and educational programs to the community, focusing on children and lower income households. The Collective also offers a community bike shop with tools for bicycle repair and bicycle mechanic courses and certifications. Hours:
Tues/Wed. 12:00 PM-8:00 PM, Fri. 12:00 PM- 5:00 PM,
Sat. 12:00 PM -5:00 PM

For more information, call:

801-997-0336

www.bicyclecollective.org

Ogden Trails Network

The Ogden Trails Network (OTN) was established to provide a world class trail system in the city of Ogden, Utah. The OTN is a partnership between the city of Ogden and volunteers within the community.

For more information, visit:

http://ogdencity.com/en/recreation/high_adventure_rec/ogden_trails.aspx

Weber-Morgan Health Department

Injury Prevention Program

Offers reduced cost bike helmets to the public. Bike helmets may be purchased at the health department – Appointments required.

Cost:

\$10*for basic bike helmets (adult and child sizes)

\$12* for multi-sport helmets (child sizes only)

For more information, call:

Jann: 801-399-7186

Not all sizes are guaranteed in stock

In Your Neighborhood

You don't need to go far to find places to be active – you could always take a walk or a bike ride around your neighborhood. Maybe there's a hiking trail near your house (see Weber Pathways, above). But sometimes it's nice to have access to a field for soccer games or regulation hoops for basketball. That's where these resources come in handy

Parks

Public parks offer easy access to a variety of physical activity resources; (i.e. soccer fields, baseball diamonds, tennis courts, basketball hoops and playgrounds). Parks offer something for everyone!

For more information:

Call your city's parks department. Information may also be available on your city's website.

Pickle Ball Courts (2 locations) 3086 Taylor Ave.,
Ogden AND Monroe Park- Ogden

Cost:

\$20 per court per park day

	<p>For more information, call: Heidi Christensen, Public Ways & Parks Office 801-629-8284</p>
<p>Local Schools Most public schools offer the majority of their outdoor facilities to the public during non-school hours. Exactly what's offered – or whether or not the public is allowed – is up to each school. Please call your local school to confirm that they allow access.</p>	<p>For more information: Each school sets their own policy on public access during non-school hours. Call your area school to check.</p>
<p>Open Gyms and Community Recreation Centers</p>	
<p><i>Great for when the weather gets cold or rainy! Or any other time of the year, for that matter! Recreation Centers offer a variety of activities for the whole family. Some require membership fees, which may be discounted for residents, but you don't have to live in the city to use the facilities. Prices are subject to change. Call ahead for most recent pricing and hours.</i></p>	
<p>Your Community Connection (YCC) YCC offers an open gym for youth ages 6-12. Open gym is available on Monday and Wednesday evenings from 6:00 – 7:30. There is no cost, but you must call and enroll before using the gym.</p>	<p>Cost: FREE Registration is required For more information, call: 801-689-1733</p>
<p>Roy Recreation Complex- 2150 W 4700 S, Roy Offers a swimming pool, basketball courts, aerobic and weight rooms and racquetball court. Summer hours: M-TH from 5:00 AM – 9:00 PM, Fridays from 5:00 AM – 8:00 PM and Saturdays from 11:00 AM – 7:00 PM. Winter hours: M-F from 5:00 AM – 9:00 PM and Saturday from 10:00 AM – 8:00 PM.</p>	<p>Cost: Admission fees are as follows Children under 4: Free 4-7 years: \$3 8-64 years: \$4 65+: \$3 For more information, call: 801-774-1050</p>
<p>Marshall White Recreation Center – 222 28th Street, Ogden Offers affordable recreation classes for children, adults and seniors, plus a weight gym, indoor basketball court and gym, outdoor sport courts (basketball, tennis, boxing, and multi-purpose), a swimming pool and cultural activities. Mon – Fri 6:00 AM – 8:00 PM Sat 7:00 AM – 3:00 PM</p>	<p>Cost: passes are 20 punches for \$30 20 punches Youth(under 18) and Seniors \$25 Families up to 6 people- 1 month \$40 or 3 months \$110 One adult for 1 month \$20 or 3 months \$50 Youth and seniors 1 month \$18 and 3 months \$45 Adults daily pass \$3 Youth and seniors daily pass \$2 For more information, call: 801-629-8346 http://www.ogdencity.com/en/community/marshall_white_center.aspx?p=1</p>
<p>Riverdale Community Center – 4360 S Parker Drive, Riverdale Offers a gymnasium, exercise room and two meeting rooms for residents and non-residents alike. Open 6 AM to 9 PM, Mondays through Saturdays. Riverdale Community Center- Continued</p>	<p>Cost: Admission fees are as follows Residents of Riverdale City: \$1 a day Non-Residents: \$2 a day Monthly and yearly passes are also available For more information, call: 801-621-6084</p>

Farr West Recreational Center – 1896 N 1800 W
Offers a full size exercise room with over 50 pieces of workout equipment, satellite TV's and a play area for small children as well as a full-size basketball court and volleyball setup. Call for hours. See Winter and Summer Hours on next page.

Winter Hours: Mon-Thur 5:30 AM – 8:00 PM
Fri 5:30 AM – 7:00 PM
Sat 7:00 AM – 12:00 PM

Summer Hours: Mon-Thurs 5:30 AM-10:00AM
and 3:00 PM- 8:00 PM
Friday 5:30 AM- 10:00 AM

Cost: Admission fees are as follows
Membership key card: \$7 (one-time fee).
Monthly Individual: \$12.50 (residents), \$20 (non residents)
Monthly Family of 4: \$45 (residents), \$75 (non-residents)

For more information, call:
801-409-0077

Skate Parks

Skate parks are especially appealing to youth and teens. Parents – make sure your kids wear a helmet and protective gear (knee pads, shoulder pads, etc) when skateboarding. Reduced cost multi-sport helmets are available at the health department – see listing on page 10 under “hiking and biking.”

Lorin Farr Skate Park – 619 Gramercy Ave, Ogden

Offers 12,800 square feet of ramps and hills. Located behind the Lorin Farr Swimming Pool. Park opens 1 hour before sunrise and 1 hour after sunset. Free to the public.

Crossroads Skatepark and Shop – 251 W 12th Street, Ogden – 801-605-3986

Offers an indoor skate park with over 4,000 square feet. Features a hybrid of street and vert. All-day sessions are \$5. Helmets are required, and can be rented for \$2.50. Winter: Open Monday - Saturday, 10:00-9:00 PM. Summer 12:00-8:00pm

Riverside Skate Park – 195 E 125 N, Morgan

Located within Riverside park.

Roy Skate Park – 2900 W 4600 S, Roy

North Ogden Skate Park – 505 E 2600 N, Ogden

More street style than a lot of parks. Obstacles are made of smooth concrete. Open from dawn to dusk.

Morgan Skate Park – 100 E 125 N, Morgan

Splash Pads

Splash pads are like playgrounds with water, offering a variety of water features without standing water for cool fun in the warm months. The following splash pads are operated free of charge and are typically open from Memorial day to Labor Day. Check city websites for more information.

South Ogden Nature Park and Splash Pad – 5875 S 1175 E (behind the Ogden Athletic Club)

Features a 50 foot diameter splash pad with 8 water features. Open from 10:00 AM – 8:00 PM daily.

Riverdale City Splash Pad – 4300 South Parker Drive

Features an extra large splash pad with 20 water features. Open Mondays from 10:00 AM – 8:00 PM, Tuesdays from 10:00 AM – 7:00 PM, Wednesdays from 12:00 PM – 8:00 PM and Thursdays – Sundays from 10:00 AM – 7:00 PM.

Harrisville City Splash Pad – 1350 North Hwy 89

Features 1,000 square foot pad with a funnel tree, arch bar, fire nozzle, arch jet, water bucket, water tent, stream jet and sit-and-stand soaker. Open Monday – Saturday from 10:00 AM – 8:00 PM.

Riverside Park Splash Pad – 198 East 125 North, Morgan

Features a 4,900 square foot pad, 9 above-ground and 17 in-ground water features. Open Memorial Day through Labor Day. Monday-Friday 1:00 PM- 7:00 PM Saturday from 12:00 PM to 7:00 PM.

Swimming Pools

*Pools are great places to exercise and cool off in the warm months. But no one wants to bring home a stomach bug from their trip to the pool! To help prevent the spread of illness, please don't swim if you have diarrhea. If you are diagnosed with cryptosporidiosis ("crypto"), don't swim for at least 2 weeks after diarrhea stops. Always shower before entering the water and be sure to wash children (especially their bums) with soap and water. **All children under 3 must wear a swim diaper and plastic pant!** Be sure to take little ones on frequent bathroom breaks and check diapers often. Change diapers in the bathroom, not poolside, and wash bums with soap and water before going back to the pool. Call ahead for most recent prices and hours.*

<p>Roy Outdoor Aquatic Center – 2977 W 5200 S, Roy Open Mondays 11:00 AM – 8:00 PM and Tuesday – Sunday from 11:00 AM – 6:00 PM. Enjoy pools, slides, picnic areas and more!</p>	<p>Cost: Admission fees are as follows* 3 years or under: Free 4-7 years: \$4.50 8-64 years: \$5.50 Seniors (65+): \$4.50 For more information, call: 801-774-8590</p>
<p>Roy Recreation Complex- 2150 W 4700 S, Roy Offers an indoor swimming pool plus a full recreation center. Also offers classes. Summer hours: M-TH from 5:00 AM – 9:00 PM, Fridays from 5:00 AM – 8:00 PM and Saturdays from 11:00 AM – 7:00 PM. Winter hours: M-F from 5:00 AM – 9:00 PM and Saturday from 10:00 AM – 8:00 PM.</p>	<p>Cost: Admission fees are as follows Children under 4: Free 4-7 years: \$3 8-64 years: \$4 65+: \$3 For more information, call: 801-774-1050</p>
<p>Lorin Farr Pool & Rampage Slide – 1619 S Gramercy Ave, Ogden Features an outdoor, Olympic sized pool and an extra tall "rampage" slide. Also offers lawn areas for picnics. Open mid-June through the end of August (depending on school season). Monday-Saturday from 12:00 PM – 6:00 PM and on Sundays from 1:00 PM – 6:00 PM.</p>	<p>Cost: Admission fees are as follows* 3 years or under: free Ages 4 and up: \$3 Spectators (not swimming): \$1 Five visit punch pass: \$13 10 visit punch pass: \$25 Individual season pass: \$40 Family season pass: \$100 For more information, call: 801-629-8230</p>
<p>Marshall White Swimming Pool – 222 28th Street, Ogden Offers an indoor, year-round pool. Open swim hours are: Mon- Fri. from 1:00 PM – 3:00 PM and 5:00 PM-7:45 PM. Sat. 9:00 AM - 2:45 PM Lap Swim hours are: Mon, Wed, Fri from 6:00 AM – 8:00 AM and Tues/Thurs from 6:00 AM – 1:00 PM. And, Sat. from 7:00 AM – 9:00 PM</p>	<p>Cost: For more information, call: 801-629-8346 http://www.ogdencity.com/en/community/marshall_white_center.aspx?p=1</p>
<p>Ben Lomond Community Pool –Closed for renovations. Will re-open Jan. 2016 (Tentative date) 1049 7th Street, Ogden Open swim offered Monday – Wednesday from 6:00 PM – 8:00 PM, Saturdays from 11:00 AM – 5:00 PM.</p>	<p>Cost: Fees are as follows* General Admission: \$3 Yearly individual passes: \$100 6-month individual passes: \$60 3-month individual passes: \$35 10 visit punch passes: \$25</p>

<p>Lap swim offered Monday – Friday from 5:30 AM – 7:00 AM, and Saturday from 5:30 AM – 7:00 AM. Hours change during summer months. Call for more information.</p>	<p>Ogden City School District students swim free during school months.</p> <p style="text-align: right;">For more information, call: 801-737-7913</p>
<p>North Shore Aquatic Center – 245 E 2550 N, North Ogden Open Monday and Wednesday from 12:00 PM – 8:00 PM, Tuesday, Thursday, and holidays from 12:00 PM – 6:30 PM, and Friday, and Saturday from 11:00 AM – 5:30 PM.</p>	<p>Cost: Admission fees are as follows* 3 years or under: free 4-64 years: \$6 (\$5.50 for N. Ogden residents) Seniors (65+): 4.50 Mon. and Wed. nights (6-8 PM) are buy 1 get 1 free 10 visit pass: \$45. Season passes: \$65.</p> <p style="text-align: right;">For more information, call: 801-782-9712</p>
<p>Ogden High Swimming Pool – 2875 Tyler Ave. Ogden</p>	<p>Cost: Admission Fee’s are as follows* General Admission \$3 Open Swim Mon-Thurs Time 6:30 PM-8:00 PM Open Swim Sat 11:00 AM – 5:00 PM Yearly Pass \$100 6 month individual pass \$60 3 month individual pass \$35 Punch Pass \$25 (10 punches) Family Passes available as well</p> <p style="text-align: right;">For more information, call: 801-737-7913 https://ogdensd.org/departments.php?did=34</p>
Ice Skating	
<i>Don’t let the winter chill stop you from having fun! Embrace what the season has to offer!</i>	
<p>The Ice Sheet – 4390 Harrison Blvd., Ogden Offers open skate times, hockey leagues and skating lessons. Located on the west side of the Dee Events Center Parking lot – not directly on Harrison Blvd.</p>	<p>Cost: Open skate prices* 0-3 years: FREE, 3-17 years: \$5.25, Adult: \$6, Senior (55+) and WSU Students: \$5.25, Military members and families: \$4.50 Group rates are available. Skate rentals are included in pricing.</p> <p style="text-align: right;">For more information, call: 801-778-6360</p>
<p>Huntsville Town Park Ice Rink- 300 S 7400 E, Huntsville An outdoor, seasonal ice rink. Open from late December to early March (depending on the weather). Skate rentals are available at the Huntsville BBQ Company (northwest of the ice rink) during their normal business hours.</p>	<p>Cost: \$2 for skate rentals. Otherwise, free.*</p> <p style="text-align: right;">For more information, call: 801-745-3420</p>

Adult and Youth Recreation Programs

Most cities offer group sporting activities for both kids and adults. Activities vary, depending on the city, but some cities will allow non-residents to join their recreation programs. For more information on what's offered in your city or for participation fees, please contact your local parks and recreation department or visit their website. Phone numbers and available websites are listed below.

Farr West	801-409-0077	http://farrwestcity.net
Harrisville	801-782-6227	www.cityofharrisville.com
Hooper	801-731-8882	www.hoopercity.com/departments-1.html
Marriot-Slaterville	801-627-1919	
North Ogden	801-737-0587	www.northogdenrecreation.com
Ogden City	801-629-8253	www.ogdencity.com/en/recreation.aspx
Ogden Valley	801-391-9880	
Plain City	801-941-0168	www.plaincityrecreation.blogspot.com
Pleasant View	801-827-0463	www.pleasantviewcity.com
Riverdale	801-621-6084	www.riverdalecity.com
Roy	801-774-1048	www.royutah.org
South Ogden	801-622-2950	www.southogdencity.com/recreation
Washington Terrace	801-395-8293	www.washingtonterracecity.com
West Haven	203-937-3651	www.whparkrec.com
Morgan	801-920-0034	www.morgan-county.net

Car Seat Guidelines:

Keep babies rear-facing to at least 2 years of age

New guidelines advise that children stay rear-facing to **two years of age**. When your child outgrows her infant seat, move to a “convertible” seat and keep her in the rear facing position until she outgrows the rear-facing weight limit for that seat. Many parents turn their child before 2 years old because they worry about comfort, boredom or not being able to see them. Little ones are actually more comfortable than you’d think and, if you’re ever in a crash, you’ll feel better knowing that your child’s fragile spine and head were better protected.

When to turn forward:

When your child outgrows the rear-facing weight limit and is at least 2 years of age, it’s time to face forward.

When to use a booster:

When your child outgrows the weight limits of his forward-facing seat, it’s time for a booster. Always use boosters with lap *and* shoulder belts.

When to use a seat belt:

Seat belts are made for adults, not kids. By law, children must be in a booster until 8 years of age, but your child may need one beyond that. Kids must be 4’ 9” before they fit into a seat belt, so don’t rush!

Ride in the back until age 13

Airbags can seriously injure or kill. Even with the airbags turned off, kids’ bodies aren’t quite strong enough to withstand crash forces in the front seat. The back seat is always the safest place to be.

Quick Tips: Safety

Arrive safely:

When walking or biking, remember the following tips to stay safe around traffic:

- Cross safely: Cross at a corner using crosswalks, when available. Look left, right and left again and keep looking as you cross. Make eye contact with drivers before crossing in front of them. Walk, don’t run.
- Walk on sidewalks or paths. If there are no sidewalks, face traffic and stay left.
- Watch out for cars that are turning or backing up.
- Teach kids not to play or run into the street for any reason.
- Ask your child’s school for their safe routes to school map – every school is required to have one and it’ll show you the safest routes to and from school.
- Hold hands in parking lots and while crossing the street.
- Wear reflective and/or light colored materials.
- Set a good example!

If you need to drive to go somewhere, make sure that you:

- Buckle up. Every person, every time, no matter how short the drive. No exceptions.
- Make sure children are riding in the right car seat for them. See the tips to the left for more information on car seat guidelines.
- Make sure your car seat is installed correctly – 80% of all car seats aren’t! Get your seat checked by a certified Child Passenger Safety Technician to be sure. For a list of places you can get your seat checked, see page 16.
- Walk around your vehicle to check for children before you start driving.
- **Never leave a child alone in a car!**

Play safely:

Always wear a helmet when riding a bike – or anything else with wheels. Helmets cut the risk of severe brain damage by up to 88%. Teach your children the importance of wearing helmets and always wear one yourself!

Always follow the safety rules and traffic laws. Bikes should travel with traffic, not against it. Use hand signals when turning. Children who are over age 10 and are mature and skilled enough to make safe decisions should be taught how to ride in bike lanes. Until then, they should stay on sidewalks and paths.

Always watch kids in or around water. Actively watch children while they’re swimming – don’t leave, not even for a moment! Never dive into water less than nine feet deep or natural bodies of water. If you’ll be in or near open water, wear life jackets and never let kids operate personal watercraft (such as jet skis).

Knowing how to swim is not only fun, it can be a life-saving skill. Make sure kids take swimming lessons when they’re ready – usually after age 4 – but know that any child can get in trouble in the water, even with flotation devices or swimming lessons.

Safety Resources

Reduced Cost Helmets	
<i>Everyone should wear a helmet when riding a bike, a skateboard, a scooter or anything else with wheels. If cost is what keeps you from wearing one, we can help!</i>	
<p>Weber-Morgan Health Department Injury Prevention Program Offers reduced cost bike helmets to the public. Bike helmets may be obtained for a donation fee of \$10-\$12 at the Health Department. Appointments are required.</p>	<p style="text-align: right;">Donation Fee: \$10*for basic bike helmets (adult and child sizes), \$12* for multi-sport helmets (child sizes only) For more information, call: Jann: 801-399-7186 Not all sizes are guaranteed in stock.</p>
Car Seat Classes and Reduced Cost Car Seats	
<i>Children should always ride in the right car seat for them. New babies can't even leave the hospital without having a car seat to go home in! But don't be tempted to buy a used car seat! Since you don't know the history, you can't be sure of the seat's safety. The seat could have been in a crash, which could damage the seat in ways you can't see. Seats can also expire – plastic and fabric only stay strong for so long.</i>	
<p>Weber-Morgan Health Department Injury Prevention Program Offers reduced-cost car seats after completing a free 2-hour class. Learn proper installation of car seats with hands-on practice. Classes are offered 8 times a year in English and 3 times a year in Spanish. Class size is limited and registration is required.</p>	<p style="text-align: right;">Cost: All classes are offered free of charge. Car seat pricing varies, based on income. To register, call: Jann: 801-399-7186</p>
Car Seat Checks	
<i>Did you know that 80% of all car seats are installed incorrectly? How do you know if yours is installed correctly or not? You get it checked! The following agencies offer FREE car seat checks by Certified Car Seat Technicians. Other agencies may offer to check your seat as well, but make sure that the person checking your seat has been certified through Safe Kids USA – the only group that certifies people as technicians. Car seat checks are by appointment only – call ahead to schedule an appointment.</i>	
McKay-Dee CHIC Center	801-387-7800
Weber-Morgan Health Department	801-399-7186
South Ogden City Police Department	Brian Hough – 801-622-2800

Appendix

Resources on the Web	
<i>For more information on keeping your family safe and healthy, check out the following websites.</i>	
My Plate Introduced in 2011, replaced the traditional “food pyramid” with a plate graphic. Go to the “SuperTracker” for customized nutrition and physical activity information.	www.ChooseMyPlate.gov
Let’s Move! Has lots of information on physical activity, nutrition and what you can do in your community.	www.letsmove.gov
Utah Department of Health - Physical Activity, Nutrition and Obesity Program (PANO) Utah-specific information on obesity, physical activity and nutrition.	www.health.utah.gov/obesity
Fruits and Veggies – More Matters Tons of information on how to get more fruits and veggies into everyone’s diets – even the pickiest of eaters!	www.fruitsandveggiesmorematters.org
American Heart Association Physical activity, nutrition and weight management information for preventing heart disease or for people who have heart disease.	www.heart.org
Check Your Health A partnership between the Utah Department of Health, KUTV 2 News and Intermountain Healthcare. Offers a nutrition and activity tracker, supermarket survival guide, meal planner, Workouts on the Web and free materials.	www.checkyourhealth.org
Safe Kids USA Information on child safety for every situation and stage of child development.	www.safekids.org
Sources	
<i>In addition to the sites listed above, the following sources were used for information included within the guide</i>	
United States Department of Agriculture, Dietary Guidelines 2010	2015 Dietary Guidelines
Healthy Living Through Environment, Policy and Improved Clinical Care (EPICC)	UT Department Of Health EPICC Program
Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Program – University of North Carolina, Chapel Hill	Go NAP SACC

