



CHL Children's Healthy Living Program

for Remote Underserved Minority Populations in the Pacific Region

Partnering with community members and organizations to make deliberate choices that lead to healthier children.

TASA Targets for Healthier Children



Be active, move more

Children: 1 hour everyday at moderate or vigorous levels
Adults: Half an hour everyday at moderate levels



Sleep more

Children: 11-13 hours everyday
Adults: 7-9 hours everyday



Eat more fruits and veggies

Children: 1 cup fruit and 1 heaping cup veggies everyday
Adult women: 2 cups fruit and 2 ½ cups veggies everyday
Adult men: 2 cups fruit and 3 cups veggies everyday



Drink more water

Children: 4-5 cups or 32-40 ounces everyday
Adult women: 9 cups or 72 ounces everyday
Adult men: 13 cups or 104 ounces everyday



Limit/less sugar-sweetened beverages

Children: Almost none every week
Adults: Almost none every week



Limit/less screen time

Children: Less than 2 hours everyday
Adults: Less than 2 hours everyday

For more information about the CHL program, contact:

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United States Department of Agriculture
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