

What is CHDP?



CHDP is the **C**hild **H**ealth and **D**isability **P**revention Program. **CHDP** offers complete health check-ups for babies, children and youth through age 20 (with full scope Medi-Cal) in order to find medical, dental and/or mental health problems before they become serious.

A Physical check-up may include:

- Growth & development check
- Immunizations
- Dental screening
- Vision screening
- Hearing screening
- Nutrition check-up
- Health education
- Tobacco education
- Blood & urine tests for anemia, lead, TB & more
- WIC referral for children up to age 5

For additional information, please contact:
BUTTE COUNTY CHDP PROGRAM
82 Table Mountain Boulevard, Suite 30
Oroville, CA 95965
(530) 538-6222
(530) 538-6218 fax
www.buttecounty.net/PH

Updated 03/2016

Let's Get . . . *MOVING!*



**FUN THINGS
FOR THE WHOLE FAMILY
TO DO IN
BUTTE COUNTY**



BUTTE COUNTY CHDP PROGRAM

Let's Get Moving Because.....

Exercise and fitness are important for people of ALL ages.

Benefits of exercise and physical fitness include:

1. **FUN!**
2. **Weight Control**
3. **Muscle Tone**
4. **Improved Mood**
5. **Stress Reducer**
6. **Energy Booster**
7. **Better Sleeping**
8. **Helps Combat Disease**



How Much EXERCISE Do I Need?

- Children under 6 years old need 3 hours or more daily. This should be spread throughout the day (indoors or outside). And can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.
- Children 6-17 years old need 60 minutes or more daily. This should be mostly aerobic activity (such as walking, running, swimming, and bicycling) with muscle and bone strengthening exercises at least 3 times a week.
- Adults 18-64 years old need 2 ½ hours weekly of moderate aerobic and muscle strengthening activities.
- Adults 65 years and older need 2 ½ hours weekly of moderate aerobic and muscle strengthening activities.

It is ok to only exercise 10 minutes at a time.

Before You Bite.....

Understanding food labels

- Choose foods high in fiber and low in sugars. Foods high in fiber have 5 grams or more of fiber per serving.

Be aware of portion sizes

- Always read labels to determine serving size, even if the container seems to be a single serving.
- When snacking from a multiple serving container (such as a bag of chips) count out a portion size rather than eating straight out of the bag.

- 1 oz. of cheese =
About the size of four dice



- 3 oz. of meat/poultry =
About the size of a deck of cards



- 1 cup of fresh veggies/fruit =
About the size of a baseball



- 3 oz. of grilled/baked fish =
About the size of a checkbook



How many calories should I eat each day?

- | | |
|-------------------------|--------------------------------------|
| • Children 1-4 years: | 1000 calories |
| • Children 4-8 years: | 1200 (girls), 1400 (boys) |
| • Children 9-14 years: | 1600 (girls), 1800 (boys) |
| • Children 14-15 years: | 1800 (girls), 2200 (boys) |
| • Adults 18 -30 years: | 2000-2200 (women)
2600-2800 (men) |
| • Adults 31-50 years : | Reduce daily calorie needs by 200 |
| • Adults older than 50: | Reduce daily calorie needs by 400 |

OROVILLE

Feather River Recreation & Park District
www.frrpd.com
533-2011

Gary Nolan Sports Complex
Baseball diamonds & Playtown USA
533-2011

Free

MLK Jr. Park
Playground & soccer fields
533-2011

Free

Palermo Park
Playground & horseshoes
533-2011

Free

Riverbend Park
Disk golf, rock climbing, water park, river access & dog park
533-2011

Free

Nelson Pool
Swimming
533-2011

Free

Palermo Pool
Swimming & playground
533-2011

\$3

CA Department of Parks & Recreation
www.parks.ca.gov

North Forebay Park
Lake swimming & obstacle course
538-2200

Parking Fee: \$8

Loafer Creek
Swimming, horseback riding trails & arena
538-2200

Parking Fee: \$8

Oroville City Parks
cityoforoville.org

Hammon Park
Playground soccer & baseball fields
538-2401

Free

Bedrock Park
Swimming, hiking, tennis courts, skate & bike park
538-2401

Free

Hewitt Park
Playground
538-2401

Free

Rotary Park
Playground & Baseball fields
538-2401

Free

YMCA of Oroville
oroville.ymca.org

YMCA Pool
Swimming pool; Open swim
summer hours: Tu/Th: 2-4pm,
Fri: 4-6pm, Sat: 9am-12pm
533-9622

\$2-\$5

Axiom Youth Center
Varied youth activities: gaming pool table, learning center
533-8010

Free

Livespot Youth/Teen Center
Basketball & various youth activities
538-7124

Free

Boys & Girls Club of the North Valley
www.bgcnv.org

Oroville Teen Center
Fitness, dancing & youth activities
533-3067

\$20 year

Tyme to Bowl
Bowling
538-0111

Price Varies

CHICO

Recreation & Park District
*895-4711
www.chicorec.com

20th St. Community Park
Grass areas, soccer fields, Tennis/pickleball courts, baseball, volleyball court, horseshoe pits, BBQ & picnic areas *

Free

Hooker Oak Park
Playgrounds, basketball courts, baseball fields, horseshoe pits, disc golf course *

Free

DeGarmo Park
Baseball fields, dog park, walking paths, playground

Free

Oak Way Park
Playground, basketball, disc golf, baseball, grass area *

Free

Pleasant Valley Pool
Swimming pool *

\$2

Shapiro Pool
Swimming pool *

\$2

Sycamore Park
Playground & softball fields *

Free

Humboldt Skate Park
Skateboarding ramps & biking areas *

Free

Wildwood Park
Grass area, softball field, youth softball field, playground

Free

Bidwell Park/Cedar Grove
Softball field, bike paths & playground
896-7800
Caper Acres
Children's playground
896-7800

Free

Sycamore Pool (1 Mile)
Swimming pool
896-7800

Free

Bidwell-Sacramento River State Park
Hiking trails, bike trails, swimming, picnic areas
342-5185

Free

Chico Creek Nature Center
Nature walks with naturalists, guided exploration of park
891-4671

Price Varies

Boys & Girls Clubs of the North Valley
www.bgcnv.org

Chico Teen Center
Fitness, dancing & various youth activities
899-0335

\$20 year

Ostrander Clubhouse
Youth 6-12, various youth activities
899-0335

\$20 year

Other Activities

Cal Skate
Roller skating & batting cages & miniature golf
343-1601

Price Varies

Orchard Lanes
Bowling
895-3257

Price Varies

PARADISE

Paradise Recreation & Parks District
paradisepspd.com
*872-6393

Billie Park

Walking paths & play ground*
Free

Moore Road Park

Baseball fields, dog park, walking paths & horse arena*
Free

Terry Ashe Center

Basketball courts & playground*
Free

Paul Byrne Aquatic Park

Playground & kids' fishing pond*
Free

Aquatic Park

Swimming pool*
\$2

Coutolenc Park

Hiking & archery*
Free

Butte Creek Trail

Winds through town for hiking & biking*
Free

Paradise Comm. Park

Walking paths & playground
872-6291
Free

Paradise Lake

Canoeing & hiking trails
873-1040

Parking Fee: \$3

Merlo Park-Stirling City

Open May-October Thurs-Sunday; Walking paths & horseshoes
873-1658
Free

Boys & Girls Clubs of the North Valley
www.bgcnv.org

B&G Paradise Teen Center

Ages 13-18: Various teen activities: games, homework help, art, music, dance, free food
872-3662
\$20 year

B&G School-Aged Services:

Elementary school ages: games, homework, music, cooking classes, arts & crafts, safety programs
872-3662
\$20 year

Tall Pines Entertainment

Bowling
872-2695
\$3-\$5

Concow Swimming Pool

Swimming
533-0572
Price Varies

DURHAM

Durham Recreation & Park District
www.durhamrec.com
345-1921

Durham Community Park

Baseball Fields & basketball courts
345-1921
Free

Louis Edwards Park

Swimming & playground
345-1921
Free

Midway Park

Baseball, soccer & football field
345-1921
Free

Ravekes Park

Playground & tennis courts
345-1921
Free

Nelson Park

Baseball fields, swing set, & horse shoes
345-1921
Free

Dwight Brinson Swim Center

Swimming pools
345-1921
\$2

GRIDLEY

Gridley Recreation Department
www.gridley.ca.us
846-3264

Nick Daddow Plaza

846-3264
Free

Railroad Park

Skateboard park & playground
846-3264
Free

Manuel Vierra Park

Playground, baseball field & tennis courts
846-3264
Free

Rotary Park

Walking paths
846-3264
Free

Gridley Community Pool

Swimming pool
846-3626
\$2

Gridley Community Center

Various teen activities
846-4791
Free

Livespot Youth/Teen Center

Basketball & various teen activities
846-7309
Free

BIGGS

Biggs Public Works
www.biggs-ca.gov
868-5493

Schor's Community Pool

Swimming pool
868-5870 x 1 & 2 & 308

Family Park

Skate park, playground & basketball
868-5493
Free

Pocket Park

Downtown park with live Christmas tree
868-5493
Free