

Healthy Living Newsletter

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Live, Take Charge, Change!

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Children's Healthcare of Atlanta Healthy Lifestyles Programs – TIPP for Kids (Type 2 Diabetes Intervention Prevention Program)

The goal of these programs is to guide families in developing healthier eating habits and increasing physical activity for children to prevent type 2 diabetes and other chronic illnesses associated with overweight.

Information on the cost, criteria and pediatrician referrals can be found at:

http://www.choa.org/Menus/Documents/Wellness/FitKids_TIPPs_reg.pdf



After-School Snacks Round Out Nutrition

When your kids run in the door after a day at school, a snack usually is the first thing on their minds.

Be sure to encourage and offer your children healthy snack foods, which should include some carbohydrates and a little protein. For the greatest variety of nutrients, try to incorporate whole grains, fruits, vegetables or beans into your kid's snack--eating plan.

Some ideas include:

- Cheerio Bars – Made with peanuts, cheerios, and honey



Tips for Getting Kids Up and Ready for the Day

Morning Routine Must Become A Way of Life – Parents unwittingly cause morning madness by not instilling that routine as a family requirement and not an option. A non-negotiable routine must be established, and consequences discussed and determined (i.e. If you don't get up in the morning on first call, your bedtime is 15 minutes earlier tonight). It's the "wobble room" that causes melt-downs and tantrums on the very morning parents have a "must make" meeting.

Clothing Wars Can Be Conquered With Proper Planning – Clothing, down to clean socks, underwear, and shoes, and even matching hair accessories should be laid out each night before bed. Youngsters can play a role in choosing the outfit, but no changes are allowed once their head hits the pillow! The only exceptions should be an unknown tear or stain or surprise change in the weather.

Breakfast Choices Should Be Determined in Advance – Breakfast is important – some experts argue that it is the *most* important meal of the day. However, that start shouldn't put parents in a work bind or make kids late for school.

Snatch and Go Theory Really Does Work – If you drive your kids, then put their organized backpacks in the car the night before. Lunches should also be prepared just before bed and easily grabbed from the fridge ready-to-go. Jackets should be in a central location.

Instill Self Responsibility – Except for youngsters, kids can learn to awaken by an alarm clock and get themselves up without mom and dad hovering and yelling, "Are you up yet?" Let them decide what is the best time for the alarm to go off and get ready on time. If this means Erica doesn't get her hair braided or Sam doesn't get second helpings on cereal, encourage them to set their alarm 15 minutes earlier tomorrow. Cause and effect...it's a good lesson to learn!

Model Morning Behavior – Parents can really help to determine whether their kids become morning risers or morning whiners. If parents moan and groan, are always frantic, grumpy and running late themselves, then how can they really expect anything more of their own kids?

<http://childcare.about.com/od/behaviors/tp/>



Childhood Obesity

The percentage of overweight children in the United States is growing at an alarming rate. On a whole, kids are spending less time exercising and more time in front of the TV, computer, or videogame console. And today's busy families have fewer free moments to prepare nutritious, home-cooked meals, day in and day out.

- Jello Pizza – Jello crust topped with Cool Whip and fresh fruit
- Peanut Butter Goo – Made with peanut butter, yogurt, cereal, and coconut
- Frozen Berry Yogurt Popsicles – Made with berry yogurt and fruit
- Popcorn Granola – Made with microwave popcorn, nuts, raisins, and coconut
- Fruit Kabobs

www.eatright.org & homeparents.about.com

Hearing Loss References

Hearing Loss - CDC
www.cdc.gov/

Noise and Hearing Loss Prevention – CDC
www.cdc.gov/

Hearing Loss – Medline Plus
www.nlm.nih.gov/

Hearing Loss and Older Adults – National Institute of Health
www.nidcd.nih.gov/

Vaccination References

Medline Plus – Immunizations
www.nlm.nih.gov/

Mayo Clinic - How Vaccines Work
www.mayoclinic.com

CDC – Recommended Adult Immunization Schedule – United States
www.cdc.gov



Children's Backpacks

If your child is complaining of a heavy book-filled backpack, weigh it. Heavy packs can cause back, shoulder and neck pain in children.

Today, 10% of 2 – 5 year olds and more than 15% of children between the ages of 6 and 19 are overweight. If you combine the percent of kids who are overweight with the percent who are at risk of being overweight, about one and three children are affected.

Overweight children are at risk of developing medical problems that affect a child's present and future health and have direct impact on the quality of life including:

- high blood pressure, high cholesterol, abnormal blood lipid levels, insulin resistance and type 2 diabetes
- bone and joint problems
- shortness of breath that makes exercise, sports, or any physical activity more difficult and may increase the chances of developing asthma
- restless or disordered sleep patterns
- tendency to mature earlier
- liver and gall bladder disease
- depression

Eating Behaviors of Young People

- Less than 40% of children and adolescents in the United States meet the dietary guidelines for saturated fat.
- Eighty percent of high school students do not eat fruits or vegetables five or more times a day.
- Only 39% of children ages 2 – 17 meet the USDA's dietary recommendations for fiber.
- Eighty-five percent of adolescent females do not consume enough calcium. During the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females.

www.kidshealth.org/ & www.cdc.gov/



Hearing Loss

You should suspect a hearing loss if you:

- Have a family history of hearing loss.
- Have been repeatedly exposed to high noise levels.
- Are inclined to believe that “everybody mumbles” or “people don't speak as clearly as they used to”.
- Feel growing nervous tension, irritability or fatigue from the effort to hear.
- Find yourself straining to understand conversations and watching people's faces intently when you are listening.
- Frequently misunderstand or need to have things repeated.
- Increase the television or radio volume to a point that others complain of the loudness.
- Have diabetes; heart, thyroid, or circulatory problems; recurring ear infections; constant ringing in the ears; dizziness; or exposure to toxic drugs or medications.

There are two main categories of hearing loss:

- **Conductive Hearing Loss** – due to something interfering with the sound passing to the inner ear.
- **Sensorineural Hearing Loss** – due to damage to the major organ in the ear responsible for hearing (the cochlea) or the major nerve pathway (eighth cranial nerve) and/or area of the brain responsible for hearing.

www.nidcd.nih.gov/, ihsinfo.org/ & www.healthfinder.gov/

Backpacks should not weigh more than 15% of your child's body weight.

Packing properly can help distribute the book weight. Put the heaviest book lower, near the waist.

Make sure kids use the backpack waist strap. Many children forget to use this and it causes all the book weight to rest on their shoulders.



Tips for Getting More Fruits and Vegetables In Your Diet

1. Use your food processor to chop vegetables up finely and add to soups and quesadillas.
2. Mash bananas and add to oatmeal, pancakes and waffles.
3. Use cut up veggies to "beef-up" meatloaf and soups.
4. Add spinach (fresh, canned, or frozen) to your favorite pasta dishes.
5. Add a handful of fresh or frozen berries to your glass of 100% juice – mix in a blender with an ice cube or two for a great smoothie.
6. Grilling out? Don't forget to grill sliced veggies and fruit for a tasty treat. Brush veggies with canola oil and grill for only a couple of minutes on each side over medium heat.

www.fruitsandveggiesmorematters.org



Vaccinations for Adults

You are **NEVER** too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare professional's office without making sure you have had all the vaccinations you need.

Influenza

- (19-49 years): You need a dose yearly if you have a chronic health problem, are a healthcare worker, have close contact with certain individuals or just want to avoid getting influenza.
- (50-65 years & older): You need a dose every year.

Pneumococcal

- (19-64 years): You need 1-2 doses if you have certain chronic medical conditions.
- (65 years & older): You need 1 dose at 65 (or older) if you've never been vaccinated. You may also need a second dose.

Tetanus, diphtheria, pertussis

- (19-65 years & older): If you have not had at least three tetanus-and-diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in one month and dose #3 in six months. All adults need Td booster doses every 10 years. If you're younger than 65 years and haven't had pertussis-containing vaccine as an adult, one of the doses should have pertussis (whooping cough) vaccine in it – known as Tdap.

Hepatitis B

- (19-65 years & older): You need this vaccine if you have a specific risk factor for hepatitis B virus infection or you simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in one month and dose #3 usually given five months later).

Hepatitis A

- (19-65 years & older): You need this vaccine if you have a specific risk for hepatitis A virus infection or you simply wish to be protected from this disease. The vaccine is given as two doses, 6 - 18 months apart.

Measles, mumps, rubella

- (19-49 years): You need at least one dose if born in 1957 or later. You may also need a second dose.

Varicella (Chickenpox)

- (19-65 years & older): If you've never had chickenpox, you should get vaccinated now (2 doses: 1-2 months apart).

Meningococcal

- If you are a young adult going to college and plan to live in a dormitory, you need to get vaccinated against meningococcal disease. People with certain medical conditions should also receive the vaccine.

www.immunize.org/, www.eatright.org/ &

UPS Wellness Guide – ROAD MAP TO HEALTH



Heat Safety Reminder

When the body is unable to cool itself by sweating, heat stress, heat exhaustion or the more severe heat stroke can occur.

Heat stress factors

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; and some medicines.

Heat exhaustion symptoms

Headaches, dizziness, light headedness or fainting.
Weakness and moist skin.
Irritability or confusion.
Upset stomach or vomiting.

Heat stroke symptoms

Dry, hot skin with no sweating.
Mental confusion or losing consciousness.
Seizures or convulsions.

What to do for heat-related illness

Call 911 at once.
Move the victim to a cool, shaded area.
Loosen or remove heavy clothing.
Provide cool drinking water.



Taming Your Appetite

The following are some tips to help you tame you appetite:

1. **Don't get too hungry.** Eat regular meals and two planned snacks a day to avoid getting too hungry.
2. **Ask yourself if you are truly hungry.** True hunger only occurs when you have not had enough calories or fat to satisfy physiological needs. If you feel hungry, think about when you last ate and what you ate, and whether or not you have physical symptoms of hunger such as light-headedness and a rumbling stomach.
3. **Drink water and take ten.** Sometimes, what you recognize as hunger is actually thirst. If you feel hungry, try drinking a glass of water, take some deep breathes and tell yourself that you can eat, but in ten minutes.
4. **Let yourself feel a little hunger.** If you are feeling hungry after a meal or snack, keep in mind that it's okay to feel less than full after you have eaten.
5. **Don't get too tired.** Too little sleep affects hunger and appetite hormones adversely. If you are struggling to control your appetite, make sure that you are getting enough sleep.
6. **Steer clear of appetite stimulating foods.** Remember – out of sight, out of mind!
7. **Beware of buffets.** People have a tendency to eat up to 60% more when there is a variety.
8. **Prepare for parities.** Eat some low-fat protein and drink a glass of water within one hour of when you plan to eat.
9. **Eat appetite curbing foods.** High fiber, bulky foods curb appetite. These can consist of: brussels sprouts, beans, high fiber cereals, pumpernickel bread, and oat bran.

www.calorieking.com



How to Develop a Safe Exercise Program

- Begin your program by evaluating your current fitness level.
- If you are under the age of 35, in good health and are relatively active, it may be fairly safe to embark on an exercise program on your own. If you are over 35 or a smoker you may want to consult a physician before starting a program.
- Gradually ease into your regimen, particularly if you have not exercised on a regular basis for some time. Set reasonable goals and monitor your progress – be careful not to do too much too soon. Listen to your body; it will tell you if you are over extending yourself.
- A well-rounded workout should include exercises that address five fitness areas: muscle strength, muscle endurance, flexibility, weight control and cardiovascular endurance.
- Weight lifting and other resistance exercises help to build muscle strength. Stretching exercises increase flexibility. Aerobic exercises such as dancing, jogging and swimming, will develop muscle and cardiovascular endurance as well as aid weight loss.
- Always begin your workout with a warm up and end with a cool down.

www.nsc.org/ & niapublications.org/