

FALL 2018



NEWSLETTER

CREATE HEALTHY HABITS IN CHILDREN

A healthy habit is any behavior that benefits your physical, mental, and emotional health while improving your overall wellness and making you feel great. Even though healthy habits can be slow to develop, the rewards outweigh the sacrifices to better your health, regardless of your age, sex, or physical ability.

When you decide to adopt a healthier lifestyle, you can begin to reap the benefits. Healthy habits may reduce the risk of certain diseases, improve physical appearance, create a positive mental attitude and mood, and boost your energy level.

Healthy habits should begin early in life to develop a life-long benefit to well-being. Developing healthy behaviors do not happen overnight, so be patient and take it one day at a time. According to the American Heart Association, there are ten guidelines to help parents teach and develop healthy habits in children.

- 1. Be a good role model.** Children see you trying to eat right and get more fit send a message that wellness is important to your family.
- 2. Keep things positive.** Tell children what they can do, not what that can't do. Celebrate success to develop a good self-image in children.
- 3. Get everyone moving.** Get the family together and get moving. Go bike riding, swimming, or play hide-and-seek outside. Everyone will benefit from the exercise.
- 4. Be realistic.** Set genuine goals and limits to encourage new behavior. Start small and build up. Small steps and gradual changes can lead to a big difference.
- 5. Limit TV, video game and computer time.** Regulate screen time to 2 hours daily. A sedentary lifestyle and excessive snacking can increase risks for obesity and cardiovascular disease.
- 6. Encourage fun physical activity.** Let your child experiment with different activities until they find an activity they really love doing to promote regular exercise.

7. Pick true rewards. Find ways to celebrate good behavior. Avoid rewarding children with screen time, i.e. phone, TV or sugary treats for a job well done.

8. Make family dinner time. Everyone develops good eating habits together. The quality time with family will be an added bonus.

9. Play a game of reading food labels. Create a learning experience for the whole family and become conscious of what you eat using the nutrition facts label. Engage in a guessing game of how much sugar, salt, fat or calories in a serving.

10. Stay involved. Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol.

Visit <http://www.heart.org/healthierkids> to take part in the American Heart Association's, "Empowerment Challenge." This is 4-week family challenge to make four simple, fast and healthy choices every day.



"Life is a matter of choices, and every choice you make makes you." - John C. Maxwell

CHOOSE HEALTH, SELECT NUTRITIOUS VENDING MACHINE SNACKS

Vending machines have come a long way from offering just soda or chips to now offering bottled water, breakfast bars and trail mix. Having healthy choices stocked in machines definitely makes it easier to pick healthy foods when craving a convenient snack to grab. Unfortunately, there are less nutritious choices that are packed with more sugar, fat, salt and calories. Before making a hasty purchase, spend a few extra minutes considering a healthy choice of snacks.



The Alabama Department of Public Health (ADPH) has a more nutritious vending solution. It is called the Alabama Healthy Vending Machine Program (AHVMP). This program allows increased access to healthier foods and beverages in public worksites and locations. The AHVMP utilizes nutrition standards to define healthier snacks and beverages, which are identified using the "Good Choice" logo in vending machines. Good choice snacks are those with 200 calories or less, 230 mg or less of sodium and 10% or less daily value of total fat and carbohydrates, and 5% or more daily value of fiber, calcium, iron, potassium or vitamin D. The AHVMP encourages choosing healthy options to assist with adopting a healthier lifestyle.

If you are interested in promoting healthier choices in foods and beverages vending machines, check out AHVMP's website at www.alabamapublichealth.gov/npa/assets/good-choice-general-info.pdf.

RELIEVE HOLIDAY STRESS WITH YOGA

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. It may help reduce stress, lower blood pressure and reduce heart rate. Yoga brings together physical and mental disciplines that may help achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Other potential health benefits of yoga include improved fitness and management of chronic conditions, such as depression, pain or insomnia. It can also enhance your mood and overall sense of well-being.

Yoga is generally considered safe for most healthy people when practiced under the guidance of a trained instructor.

ENCOURAGE A POSITIVE SELF-ESTEEM

Self esteem is a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It can involve a variety of beliefs about you, such as your appearance, emotions, and behaviors. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success. Positive self image can play a significant role in your motivation and success throughout your life.



In addition, positive self-esteem can help you achieve and navigate life with a confident, assertive attitude and believe you can accomplish your goals. Signs of a healthy self esteem are personal confidence, ability to say no, having a positive outlook, ability to see and accept your overall strengths and weaknesses, experience negative situations, but not allowing them to impact your overall perspective and lastly, the ability to express your needs.

Dr. Glenn R. Schiraldi, author of *The Self-Esteem Workbook*, describes healthy self-esteem as a "realistic, appreciative opinion of oneself." He also emphasizes that core worth is independent of external values, such as wealth, education, health and status or the way one has been treated. To learn about eight steps to improve self esteem visit www.psychologytoday.com/us/blog/nurturing-self-compassion/201703/8-steps-improving-your-self-esteem.

Although you can learn yoga from books and videos, beginners usually find it helpful to learn with a registered Yoga instructor. Good instructors will understand and encourage exploration, but not exceed your personal limits. Avoid certain poses or stretches if you develop symptoms, such as pain, or have concerns. See your health care provider before beginning any yoga exercise, especially if there are any health conditions. Visit this site to learn five yoga poses that can reduce holiday stress. <https://www.health.com/fitness/yoga-moves-holidays>



IMPORTANCE OF SLEEP FOR SCHOOL-AGED KIDS

The primary activity of the brain during early child development is sleep. It directly impacts mental and physical development of children. Going without sleep or regular sleep deprivation can lead to some behaviors and health problems such as irritability, difficulty concentrating, hypertension, obesity, headaches, and depression. Adequate sleep is beneficial for a healthier immune system and better school performance, behavior, memory, and mental health according to the National Sleep Foundation.

The American Academy of Pediatrics (AAP) recommends school aged children, ages 6 – 12 yrs. old need 9 - 12 hours of sleep daily. Children in middle to high school, ages 13 - 18 yrs. old require around 8- 10 hours every day. The AAP provide tips to assist parents and guardians in creating good sleep habits for children. Check out this sleep guideline at www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx.



FIND THE FACTS ON NUTRITION: SEARCH THE NUTRITION FACTS LABEL



The Nutrition Facts label is a helpful tool to use in making a decision to eat healthy. The label gives you the facts needed to make healthful food choices and help establish good eating habits. Next time when you grocery shop take time to examine the label and see what details you find on the foods you eat. Start your search of the Nutrition Facts label with viewing the serving

size and servings per container. Remember all of the nutrition label information is based on one serving. Next, find the total calories per serving. Calories are the “fuel” our bodies need for energy to do our daily activities. However, be careful not to get too many, it may provide the opportunity to gain unwanted pounds.

Finally, discover the nutrients per serving by checking out the Percent Daily Value. These values show how nutrients fit into a 2,000 calorie diet. Individual calorie needs will vary based on age, sex, size and activity level. A quick way to determine the nutrient quality of a food item is use the 5/20 rule. If a food has 5% of daily value then it is low in that nutrient. If it has 20% of daily value then it is high in that nutrient. Select 5% or less of Daily Value for total fat, saturated fat grams, cholesterol, added sugar and sodium. Eat less of these nutrients to decrease risk for obesity, high blood pressure, heart disease and other chronic diseases. On the contrary, consume 20% or more of Daily Value for fiber, potassium, vitamin D, calcium and iron to maintain good health and promote wellness.

For a guide on the basics of using the nutrition facts label, please explore the following website www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label.

FOOD SAFE TAILGATING

It is football tailgating season again! Are you ready for the kick off? Make sure your game plan is to provide safe food, so get your gear ready now. Game equipment will include coolers, a grill and fuel for cooking and don't forget your most valuable asset, the food thermometer. It's the only way you can be sure your meat or poultry has reached a safe temperature. Keep in mind, food safety at a tailgate party requires the same safe food handling practices as picnicking outdoors.

Create the best defense to keep your biggest opponent, bacteria from scoring. Use the following outdoor food safety checklist to make sure you have all your gear ready for the party:

Clean: Soap, water (if none is available at the site use wet disposable cloths or moist tolettes) and hand sanitizer

Separate: Separate plates and utensils for raw meats and cooked meats

Cook: Grill, fuel, cooking utensils, and food thermometer

Chill: Coolers, ice or frozen gel packs, and clean containers for storing leftovers

Download a brochure of PennState Extension's , “Food Safety Tailgating Tips: Be on the Offense Against Foodborne Illness” at extension.psu.edu/food-safety-tailgating-tips-be-on-the-offense-against-foodborne-illness.



Healthy Wellness Initiative
Alabama Department of Public Health
The RSA Tower
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N E W S AND EVENTS

TAKE ACTION TO IMPROVE HEALTH WITH THE SCHOOL HEALTH INDEX - OCTOBER 11TH, 2:00 - 2:45 PM

Action for Healthy Kids Webinar

Information/registration: <http://www.actionforhealthykids.org/events/event/626>

21ST CENTURY NEW GRANTEES PROFESSIONAL DEVELOPMENT 2018 - OCTOBER 21- 23RD

Renaissance Montgomery Hotel & Spa at the Convention Center

201 Tallapoosa Street, Montgomery, AL

Information: (334) 481-5000

19TH ANNUAL LIGHTS ON AFTERSCHOOL - OCTOBER 25TH

Afterschool Alliance/ Alabama Afterschool Community Network

National event to celebrate the importance of afterschool programs

Information/materials: sgray@afterschoolalliance.org

ASAPERD FALL CONFERENCE - NOVEMBER 4 - 6TH

Hyatt Regency Wynfrey Hotel

Birmingham Galleria, Hoover, AL

Information/registration: <https://www.asahperd.org/fall-conference>