

Coordinated School Health

Child Health Week
October 5th - 11th

October 5, 2009

Child Health Week

“Healthy Youth, Healthy Future”

This is the time that we as adults can assist our children in making healthy decisions that will lead them to live long healthy lives. The theme for Child Health Week is “Healthy Youth, Healthy Future.” If children make healthy choices now, they can live longer, healthier lives. More children in our state and country are overweight than ever before. Tennessee ranks fifth in the country for teenagers who are obese. Children who are overweight or obese are more likely to grow up to be overweight or obese adults. Being overweight or obese makes children more likely to have high blood pressure, high cholesterol or diabetes. Adults who are overweight or obese are more likely to have a heart attack, stroke, or get diabetes. The two major causes of obesity are eating unhealthy foods and not getting enough physical activity. Making good food choices and

being active everyday can help your child be healthy. Start each day by eating breakfast. Help your child to eat fruits and vegetables every day. Try to make your child’s plate as colorful as possible. Limit high calorie foods, sodas and juice, and fast foods. Children should be active for at least one hour every day. Being active can be fun-parents and children can be healthy by playing together every day. Limit the time that your child spends watching TV or playing video games. Children look up to their parents. They want to be like you! If you have good habits, your children will build those same habits. Making healthy eating choices and being active not only helps your child, but also helps you to be healthier.

www.tennesseeanytime.org



Healthy eating is not a diet
it is a lifestyle.

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Fun Fruit Kabobs

Prep time: 15 minutes

Ingredients:

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 c. pineapple chunks
- 1 c. nonfat yogurt

Utensils:

- knife (you will need adult assistance)
- 2 wooden skewer sticks
- Large plate

Directions:

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small

2. squares, peeling the bananas and cutting them into small chunks, cutting the pineapple into chunks. Slide pieces of fruit onto the skewer and design your own kabob by putting fruit on the stick until it is almost covered.
3. Hold your kabob at the ends and roll it in the yogurt so that the fruit is covered.

Special points of interest:

- Healthy eating is not a diet it is a lifestyle.
- Get out and get moving for your health.
- Children and adults should have 5 servings of fruits and vegetables a day.

How to Increase Your Family's Physical Fitness

Healthy kids have the best chance to become healthy adults. Risk factors for chronic illnesses like heart disease, high blood pressure, type 2 diabetes and osteoporosis can have their roots in childhood. Keeping your child physically active helps promote long-term health. Kids who get regular physical activity have better cardiovascular fitness, stronger bones and muscles, lower body fat and perhaps even fewer symptoms of anxiety and depression.

Increasing physical activity can be done easily with a few changes around the house.

Encourage your children to enjoy activities with the family (walking, dancing, and basketball). Make time for the activity (set aside at least three 30 minute slots per week to participate in the family activity of choice).

Put a two hour limit on screen time for your children (video games, TV, computer).

Create opportunities for your kids to be active

with other kids.

Introduce your children to activities that you enjoyed as a child. Keep a family activity log on the refrigerator.

Halloween Safety Tips

Kids:

Be sure that your mask or costume doesn't cover your eyes or make it difficult for you to see where you are going. Apply reflective tape to your costume, and have a glow in the dark treat bag so that drivers can clearly see you. Wear shoes that are comfortable and have a good fit. Visit homes of friends and family members. Don't visit the homes of strangers.

It is best to trick-or-treat with an adult family member.

When you get home, dump everything and get your mom and dad to help you inspect the treats for open packages.

Parents:

Encourage your children to be mindful of the amount of candy and snacks eaten and to stop before feeling full or sick.

Be a role model by eating Halloween candy in moderation yourself.

To help avoid temptation, buy your candy at the last minute and get rid of leftovers.



"Always apply reflective tape to costumes or treat bags"

Upcoming Events

October 5th-9th Fun Nutrition Classes provided by Hardeman County Health Department

October 6th and 7th Dental Screenings at GJES

October 8th and 9th Health Screenings at

MES

October 12th-16th Fall Break

October 18th-23rd Red Ribbon Week

October 19th -20th Health Screenings at BMS

October 21st-Health Screenings at TES

October 28th Health

Screenings at GLES.

For more information please contact:
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