

Minority Health

A Publication that addresses Racial and Ethnic Health Disparities

V o l u m e 2 , I s s u e 2

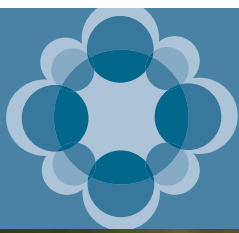
Back to School

Inside

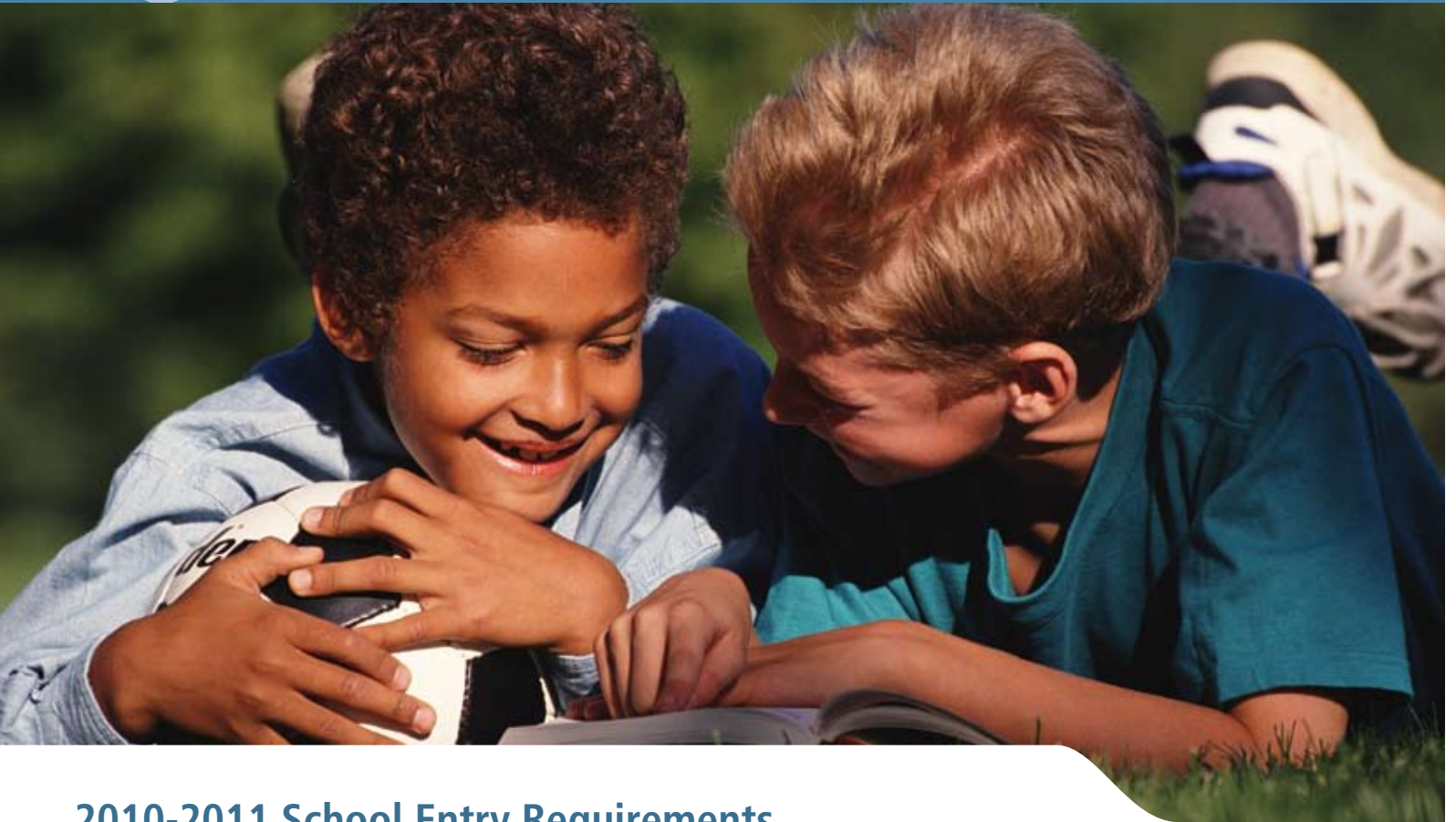
Your kids and SNUS

Preparing healthy lunches

Aug - Sept 2010



Take Action Now!



2010-2011 School Entry Requirements

Prior to entry, attendance, or transfer to Florida schools (kindergarten through 12th grade), each child shall have on file a Florida Certification of Immunization, DH 680, documenting the following:

Public/Non-Public Schools Kindergarten through 12th Grade:

- Four or five doses of diphtheria-tetanus-pertussis (DTaP) vaccine
- Two or three doses of hepatitis B (hep B) vaccine
- **Three, four, or five doses of polio vaccine***
- Two doses of measles-mumps-rubella (MMR) vaccine
- Two doses of varicella vaccine[†] for kindergarten and grades one and two
- One dose of varicella vaccine[†] for grades three through nine

* **Upcoming new requirement for 2011-2012**, if fourth dose of vaccine is administered prior to the fourth birthday, a fifth dose of polio vaccine is required for entry into kindergarten.

[†]Varicella vaccine is not required if varicella disease is documented by the healthcare provider.

Seventh Grade Requirement:

In addition to compliance with all other required immunizations, children entering, attending, or transferring to the seventh or eighth grade in Florida schools must complete the following:

- One dose of tetanus-diphtheria-pertussis (Tdap) vaccine

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The new school year has officially begun, and parents and children alike are feeling the pressure of staying prepared and focused in order to have a successful school year. School supplies have been purchased, school outfits selected, and anxieties calmed. The list does not end there; a great start to the school year also means a healthy start for your children. Here are a few health-related tips to keep in mind for your children this school year.

Sleep: For most parents and their children, going back to school also means having to adjust to an earlier bedtime. Daniel S. Lewin, Ph.D, D.ABSM, Director of Pediatric Behavioral Sleep Medicine at the Children's National Medical Center, states "Sleep is critical for optimal health and learning, as well as the regulation of mood and attention. In making the transition back to school at a time when kids tend to be energized and nervous, going back rested is really critical for functions across all domains."

To help regulate sleep patterns start gradually easing your children into an earlier bedtime and an earlier wake-up-time by 5-10 minutes each night. Also eliminating sugar laden snacks prior to bedtime can help, as well as limiting late afternoon naps.

Healthy breakfast: A healthy breakfast is an important start to a day of learning. Keep quick and healthy options available – offer whole-grain low-sugar or no sugar cereals, quick oatmeal and hot cereals, yogurt, fruits etc. to ensure breakfast time stays healthy and goes smoothly.

Healthy lunches: Load up their lunch boxes with a colorful mix of fruits and veggies to keep them energized and ready to learn throughout the day. Apples, pears, berries, dried fruit, baby carrots, and cauliflower are easy to pack and fun to eat.

Exercise: Make sure your children are active for at least an hour each day. If you do not have a full hour for exercise, try 15 minute bursts of running, jumping, or games that encourage these movements to keep them interested and active. Drinking plenty of fluids help active children stay hydrated. But remember not all drinks are created equal. According to the American Academy of Pediatrics, children who drink one can of soda a day increase their obesity risk by 60% (some soda can pack 150 calories per 12-ounce can). So offer plenty of water and 100% all natural fruit juices.

Backpack safety: The American Academy of Orthopaedic Surgeons (AAOS) recommend that a child's backpack weigh no more than 10-15% of his or her body weight to prevent chances of back pain and injury. A heavy backpack can cause back, shoulder, and neck pain when worn for several hours throughout the day. The AAOS suggest choosing a lightweight or rolling backpack that has two wide, padded shoulder straps and a padded back, as well as a waist strap to spread the weight evenly across the body.

Snack Choice of the Month

Sonoma Crisps Apple Sticks

These sweet and tangy goodies look like shoestring French fries (bonus), but are fat free with only 70 calories (double bonus!) While they're crunchy, they contain no oil. A nice stand-in for fruit leather, the crisps don't get stuck in teeth the way traditional dried fruit does, and they have a less sticky consistency. A fun add-on for kids with a sweet tooth, with parents who want to keep them eating healthy. (www.sonomacrisps.com)



NEW TOBACCO PRODUCT

After a successful year of advocating, Lafayette County SWAT and Tobacco Free Lafayette are continuing their efforts during the 2010-2011 school year to achieve and enforce a tobacco free School grounds, including at sporting events.

During the coming school year, parents, teachers, and staff need to be on the watch for a new easy way for students to use and conceal tobacco products. The Tobacco Industry continues to create and promote new tobacco products in order to lure more individuals to the addiction of tobacco. Now on the American market for about two-three years is the new tobacco product, **Snus**. Snus is a type of smokeless chewing tobacco that is packaged in small pouches and users can swallow the juice that Snus produces, so there is no spitting.

Several different tobacco companies have come out with Snus, many with multiple appealing flavors. According to a report in The New York Times, R.J. Reynolds is hoping Camel Snus catches on with consumers as a more “**socially acceptable**” form of tobacco. Now banned by the European Union over concerns for cancer, Snus was invented in Sweden where it was used for decades. Lafayette County SWAT and Tobacco Free Lafayette will be working toward banning candy-flavored tobacco that was not included in the recent FDA legislation.

Join the **Tobacco Free Lafayette Partnership** to make a difference by making Tobacco Policy Change a Reality! Call **386-294-1321** to sign up.

Article provided by Alicia Worley, Tobacco Prevention Specialist

HEALTH RISKS

- Oral Cancer
- Lung Cancer
- Gastrointestinal Diseases
- Cardiovascular Disease
- Stained Teeth
- Bad Breath

CAMEL SNUS



Prevent Obesity & Diabetes & Help Your Children Learn This School Year!

By Daniyel Macomber MS, RD, LD/N, CDE, CLC
 Duval County Health Department
 Division of Nutrition & Chronic Disease Prevention



The 2009 Youth Risk Behavior Survey found that nearly **30%** of high school students in Duval County are overweight or obese. Over-eating and a sedentary lifestyle are major causes of obesity, which is associated with increased risk of related metabolic disorders such as Type 2 Diabetes. For an obese adolescent with diabetes, the long term complications may include a learning deficit according to a recent study.

The study published in *Diabetologia* looked at obese adolescents with Type 2 diabetes and found students may have changes in their brains that affect their ability to learn in school. The study looked at tests of memory, spelling, and overall intellectual functioning. In addition to using this data, the study examined the brains of the adolescents using magnetic resonance imaging (MRI). MRI is a test that uses magnetic fields and pulses of energy to make pictures of structures in the body. Using MRI scans of the brain, the white matter of the brain was found to be different in obese adolescents with diabetes. The brain is composed of both gray matter and white matter. The Gray matter represents information processing centers in the brain. This is where information is processed in the brain. The white matter of the brain helps to connect the processing centers of the brain. A change in the amount of gray or white matter in the brain can impact the brain's ability to process information. This may lead to a reduction in an adolescent's ability to obtain and use the information they are receiving in school.

While more research needs to be done to verify the suggested findings of this study, the need to prevent and reduce obesity in children and adolescents is still a critical issue. Therefore, it is important for each family to take steps everyday to reduce the risk for their entire family by staying active as a family and choosing foods wisely. This means engaging in at least 60 minutes of physical activity together such as a family walk, basketball game, or swimming. In addition to engaging in family physical activity, as often as possible the family should try to have a meal together, while focusing each meal on fruits and vegetables with a small amount of lean meat, low-fat dairy products, and whole grains. By working as a team, the family can help one another have a happy, healthy school year while reducing the family's long term risk of obesity and other chronic disease.

Preparing Healthy Back to School Lunches

**By: Nicole Woodsmall, MSH, RD, LD/N
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Division of Nutrition & Chronic Disease Prevention**

Did you know that children who eat healthier perform better while in school? Studies have shown that overall diet quality is strongly related to academic performance (1). In an effort to make sure your child is well nourished, it is important that you take a little time, every day, to give your child nutritious food options while away from the home.

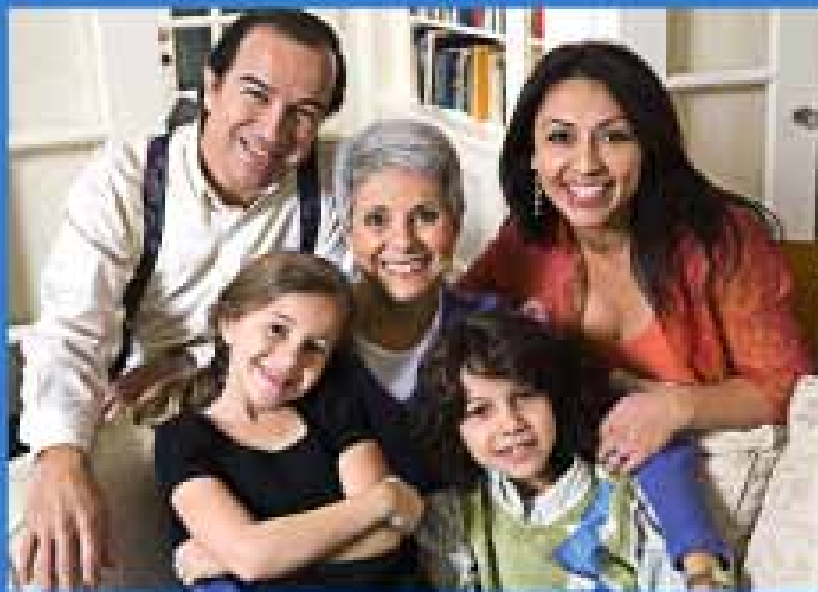
A healthy school lunch should incorporate foods from several, if not all, food groups to make certain that your child is receiving a variety of nutrients throughout the day. For example, peanut butter from the meat and beans group is a healthy unsaturated fat, fruit and veggies provide carbohydrates, and low fat milk from the dairy group provides protein. A balance of fat, carbohydrates, and protein will build your child's immune system and give him/her ample energy to stay focused while in the classroom.

For a child to enjoy selecting and eating foods from the different food groups, involve him or her in the preparation process. By involving your child in the decision-making process, it is more likely that he/she will want to eat what is packed because of his/her role in the decision-making process. For example, offer food choices from the fruit and veggie groups and let your child pick which piece of fruit and veggie they would like as a lunchtime snack. In an effort to help meet calcium and protein recommendations, give your child a choice of string cheese, yogurt, or milk in his/her lunch bag. Let your child decide if the sandwich for the day will be tuna, a veggie burger, or turkey, for example.

Adding variety to lunches provides an alternative for children who snack, or are picky eaters. It also prevents a child from getting bored with having the same thing day after day. For the child who isn't a sandwich eater, a peanut butter and jelly wrap or a baggie of whole grain crackers with string cheese may prevent him/her from eating lunch from the vending machine. Great alternative ideas other than sandwiches are white meat chicken tenders, homemade pasta salads, bean and veggie salads, hard boiled eggs, whole grain crackers with cheese, whole grain cereal with milk, noodles with marinara sauce or a veggie and meat casserole.

References:

(1) Florence, M.D., Asbridge, M., and Veugelers, P.J. (2008). Diet quality and academic performance. *J. School Health*. 78(4), 209-215.

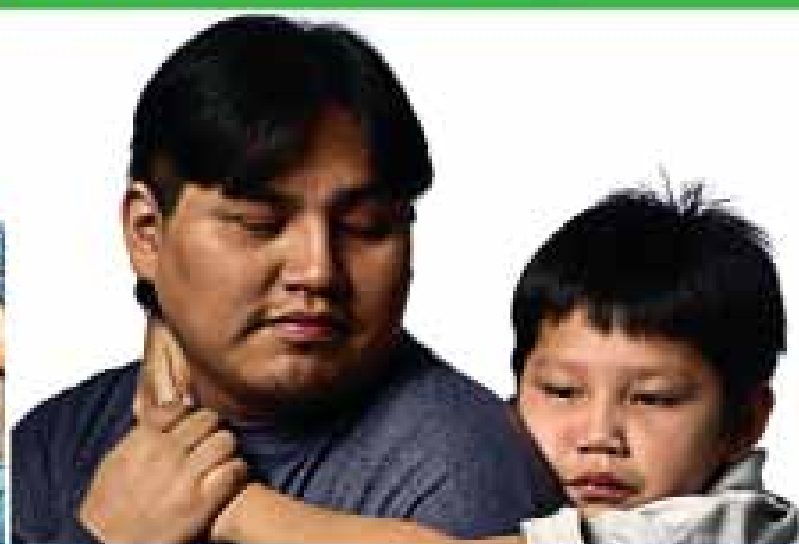


GET INVOLVED.....GET A CHECKUP

TAKE A LOVED ONE TO THE DOCTOR DAY

SEPTEMBER 21, 2010

PROMOTE A HEALTHY LIFESTYLE..FOR A DAY...FOR A LIFETIME!



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