

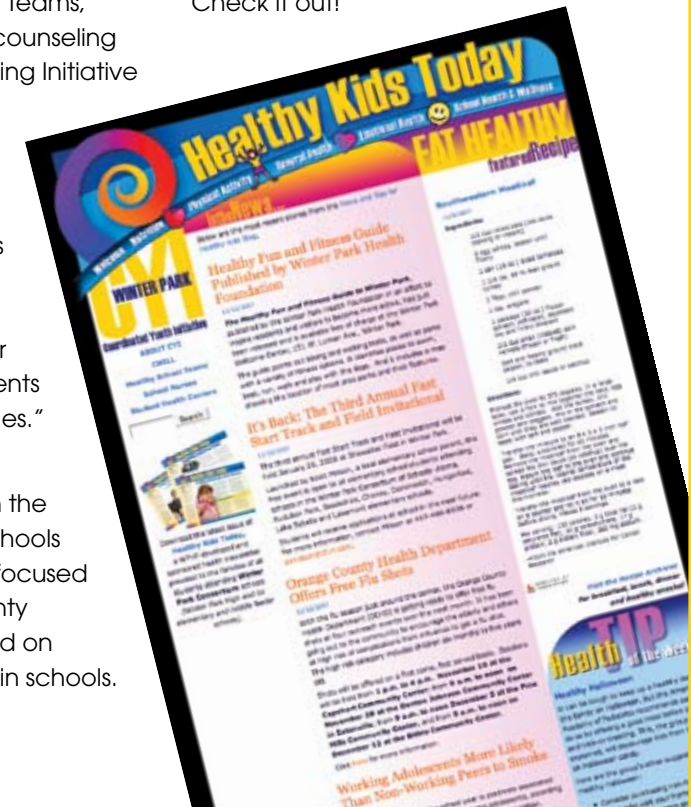
Health News Just For You

Healthy Kids Today, a website developed and supported by the Winter Park Health Foundation (WPHF), has been revamped and expanded to provide even more health news and information you can use.

Healthykidstoday.org includes news stories and tips focused on the health of children and families, and healthy recipes that are updated weekly. Recipes are categorized and archived so they are easily available for future use.

Information about each of the programs in the Coordinated Youth Initiative—Healthy School Teams, the CHILL mental health counseling program, the School Nursing Initiative and the Student Health Centers staffed with nurse practitioners—is featured on the web page. All of the programs are financially supported by WPHF which believes “Healthy Kids Make Better Students and Better Students Make Healthy Communities.”

In addition, the website includes links to pages on the Orange County Public Schools (OCPS) website that are focused on the new Orange County School Wellness Policy and on health services available in schools.



It notes that support from the WPHF, as well as Health Central Hospital and the Orange County Health Department enables OCPS to provide licensed nurses in some school health rooms. There also are answers to frequently asked questions from parents such as “When should I keep my sick child home from school?”

Parents looking for good resources for information on nutrition, physical activity, mental health and general health will also find them on www.healthykidstoday.org There are links to resources appropriate for kids and parents.

Check it out!

Play Here!

The Healthy Fun and Fitness Guide to Winter Park, published by the Winter Park Health Foundation (WPHF) in an effort to inspire residents and visitors to become more active, has just been released and is available free of charge at the Winter Park Welcome Center, 151 W. Lyman Avenue, Winter Park.

The guide points out biking and walking trails, as well as parks with a variety of fitness options. It identifies places to swim, boat, run, walk and play with the dogs. And it includes a map showing the location of most area parks and their features.

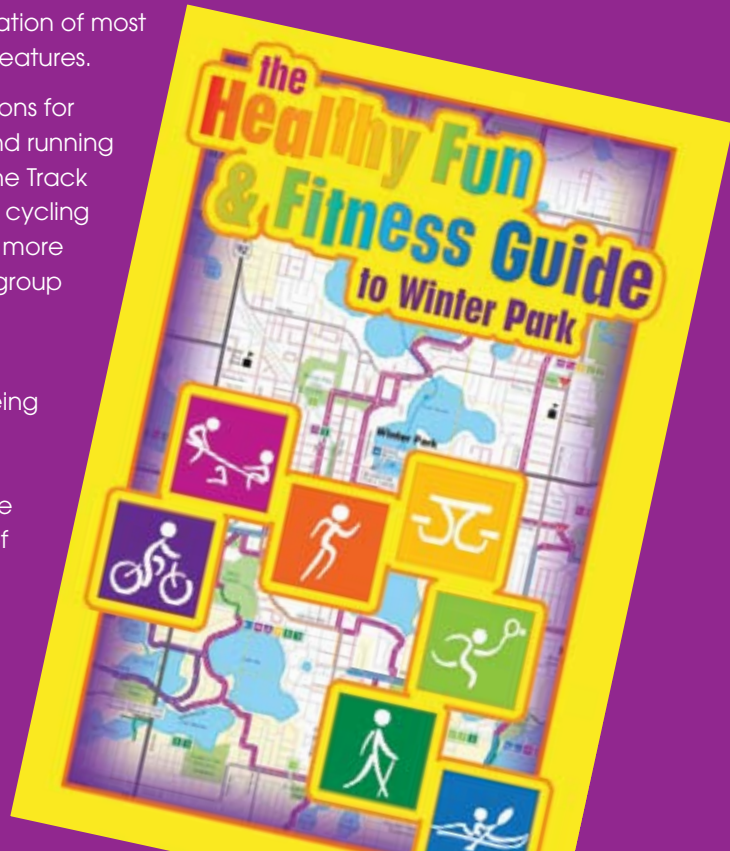
It also includes directions for suggested walking and running routes, provided by the Track Shack, as well as safe cycling tips and resources for more bicycling safety and group ride information.

The guide is the first byproduct of work being done by a group of organizations working together to help make the community one of the healthiest in the United States. The group, assembled by the Foundation, includes the City

of Winter Park, the Winter Park Chamber of Commerce, Winter Park Memorial Hospital and the Peggy and Phillip B. Crosby Wellness Center YMCA.

One of the next projects will be the creation of a website that will support the guide. The site is expected to include more information about healthy community activities and events, as well as health-related organizations.

Stay tuned.



Healthy Snack Recipes

Quick Tacos

Ingredients:

- 1 pound 90% lean ground beef
- 5/8 cup water
- 1 teaspoon cumin
- 1 tablespoon chili powder
- ¼ teaspoon cayenne pepper
- 1 teaspoon onion salt
- 8 6-inch corn tortillas
- ½ cup fat reduced shredded cheese
- 1 cup shredded lettuce
- 1 large tomato, diced
- Hot sauce to taste

Directions:

1. Brown beef in a large nonstick skillet over medium-high heat until thoroughly cooked and no longer pink. Drain fat.
2. Add water, cumin, chili powder, cayenne pepper, and onion salt; simmer 2-4 minutes.
3. Warm tortillas. Fill each tortilla with ¼ cup taco meat, 2 tablespoons cheese, lettuce, tomato, and hot sauce.



Serving Size: 1 taco

Nutrition Information per serving: calories – 211; total fat – 9 grams; dietary fiber – 2 grams; protein – 16 grams

Zucchini Pizzas

Ingredients:

- 2 – 2 inches in diameter zucchini, cut into ¼-inch slices
- 1 tablespoon pizza sauce
- 1 teaspoon pitted black olives, sliced
- 1 teaspoon green onion, minced
- 2 tablespoons fat-free mozzarella, grated

Directions:

On each slice of zucchini, place ingredients in order. Place on a baking sheet and broil until cheese is melted and bubbly, about 3-5 minutes. Zucchini should be crisp.

Serving Size: 3 slices

Nutrition Information per serving: calories – 53; total fat – 1 gram; dietary fiber – 1 gram

The recipes have been provided by Sherri Flynt, registered and licensed dietitian at Florida Hospital and co-author of the book, “SuperSized Kids: How to Rescue Your Child From The Obesity Threat.”

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Healthy Kids Today

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220 Edinburg Drive
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Middle & High School Edition

Fall/Winter 2007

Teen Idol Troubles Provide Teachable Moments for Parents
Tackling Obesity Involves All Members of the Family
Local School Health Programs Studied
Health News Just For You Play Here!
Healthy Snack Recipes

Healthy Kids Today is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybelia and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School and Winter Park Tech.



Healthy Kids Today

Teen Idol Troubles Provide Teachable Moments for Parents

The perfectly painted faces of today’s teen idols are pasted everywhere—in magazines, newspapers—and on the television screen.

But recent news accompanying the pretty smiles has not been good. Teen idols including Paris Hilton, Britney Spears and Lindsay Lohan, are troubled and in trouble, much of it related to the use and abuse of drugs and alcohol.

Not surprisingly, it is worrisome for parents because of the impact these idols can have on kids. A “Newsweek” magazine poll earlier this year found that 77 percent of Americans believe Hilton, Spears and Lohan have too much influence on young girls.

So what is a parent to do?

Parents can have a lot of say about the impact of this behavior on teens, particularly if they treat the negative news as an opportunity to have a candid conversation about drugs

continued inside



Tackling Obesity Involves All Members of the Family

Most parents know childhood obesity is a problem. They’ve heard the statistics and recognize the need for a national change.

In East Central Florida, for example, 16.1 percent of children/adolescents aged two to 19 years are identified as overweight, according to the “2006 PRC Child & Adolescent Health Assessment” sponsored by the Winter Park

Health Foundation (WPHF), the Health Council of East Central Florida and Florida Hospital.

But parents often have trouble recognizing the problem in their own families.

Health experts say they may be in denial because they don’t want to deal with their own food issues.

continued inside

Healthy Kids Make Better Students. Better Students Make Healthy Communities. www.healthykidstoday.org

and alcohol, smoking and values, according to Shellene Mazany, Licensed Clinical Social Worker and Program Officer for Children and Youth programs at the Winter Park Health Foundation.

It provides parents with the opportunity to point out to their children that while celebrity lives look glamorous on the surface that is not always the case. The pretty façade can hide a lot of serious problems with equally serious consequences.

It is a good time for a conversation and it is important for a parent to initiate it, according to Ms. Mazany. It is not one teens are likely to start.

Parents can open a discussion by asking a teen, "What do you think about what is happening to these stars?" This would open the door to asking about whether the teen know of any friends dealing with the same issues.

Here are other suggestions from Ms. Mazany for having a meaningful conversation:

- Listen carefully to your teen's responses even though there may be a tendency to want to take over the conversation. It is crucial that parents and caregivers really listen to what their teen is saying about what they see in the media.

And there are positive celebrity role models to include in the conversation, Ms. Mazany pointed out. For example, former supermodel Tyra Banks, who now hosts "America's Next Top Model," is trying to take the glamour out of smoking.

Early in the season, Ms. Banks announced the would-be models on the show would not be allowed to smoke. She took it a step further and held a film shoot to underline the issue. Models were first photographed looking glamorous with cigarettes dangling from manicured fingers. They then were photographed showing the devastating negative effects of smoking—lines, wrinkles and skin cancer.

It is important for parents to tune in to what kids are reading and viewing and to help analyze and question the messages. And it is important for parents to know that it is never too late to start a conversation, Ms. Mazany said.

Parents also can talk about the mistakes that were made by the idols, and ask the teen how he or she would have handled the situation. It is important to talk about the consequences of the bad behavior by these stars—losing friends, losing a driver's license, entering a rehabilitation center or even going to jail.

It is also a good idea to have some resources to fall back on. (There is a list of resources, in the shaded box, suggested by the CHILL mental health professionals in Winter Park Consortium Schools.)

Resources:

Above the Influence:
www.abovetheinfluence.com

This site was created for the National Youth Anti-Drug Media Campaign. It is designed to make teens more aware of the influences around them in hopes of preparing them to stand up to the negative pressures and make smart decisions

Because I Love You:
www.becauseiloveyou.org

This non-profit organization is dedicated to supporting parents with troubled children of any age.

Family Management:
http://www.familymanagement.com/facts/english/facts66.html

This website provides family resources on a wide range of topics.

The National Institute on Media and the Family:
www.mediafamily.org

This is a research-based organization focused on the positive and harmful effects of media on children and youth.

Parents: The Anti-Drug:
www.theantidrug.com

This site was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids

Bringing about change involves all members of the family—parents and children.

A recent telephone poll by "Consumer Reports" that included 609 parents of children ages five to 17 found only four percent categorized their children as being obese (or 20 percent or more over their ideal weight). But "Consumer Reports" found that 19 percent of their children were obese based on BMI calculations.

It's not a surprise to Sherri Flynt, registered and licensed dietitian and co-author of the book "SuperSized Kids, How to Rescue Your Child From the Obesity Threat."

Some parents will come to her with children and ask her to please "fix" them.

But it's not that easy. Children, especially young children, can't go shopping, cook and make healthy decisions on their own. It's a job for the family, not just the child, according to Ms. Flynt. It's not fair, or successful, to single out one family member for change.

The whole family needs to be more active and eat better. And anyone who spends a lot of time with the child—such as a grandparent—needs to understand the importance of change for the child and support it, she added.

Our society, she noted, doesn't make it easy to be healthy.

So where do you begin?

One place to start is the Centers for Disease Control and Prevention (CDC) website which has an interactive tool for determining the body mass index for children and adults. (www.cdc.gov/nccdphp/dnpa/bmi/index.htm) Body Mass Index, or BMI, is a number calculated using a person's weight and height that provides a reliable indicator of body fatness.

If weight is an issue for the child, it is a good idea for the family to get focused on healthful eating and exercise.

Start small, focusing on small, positive changes, and consider an award system for accomplishments. For example, if the goal is to incorporate 30 minutes of exercise three days a week, the reward might be a game of miniature golf. It's not a good idea to use food as a reward, Flynt pointed out.

In addition, get kids involved in meal planning and preparation, because they will be more likely to eat what is on the table if they had a hand in preparing the food, she added.

And it is important for parents to serve as good role models.

Kids who see parents enjoying exercise are likely to join in. And kids are more likely to eat foods if someone they respect likes the food.



Here are some other mealtime tips provided by Ms. Flynt and co-author Dr. Walt Larimore in the book "SuperSized Kids." They recommend families:

- Plan meals ahead of time because it is more difficult to assemble a healthy meal at the last minute
- Get kids involved in meal planning, and include their favorite foods when possible
- Use smaller size plates
- Turn off the telephone and television during meals
- Eat less fast food
- Try fruits, non-fat yogurt and nuts as a replacement for sugary desserts

You also might try walking as a family before dinner-which increases metabolism and makes participants less hungry.

Perhaps most importantly, Flynt said that rather than scolding a child for being obese, it is important to tell the child he or she is loved, special and important. Children's feelings about themselves are largely based upon their parents' attitude toward them.

You'll find additional resources for information on nutrition and physical activity by going to www.healthykidstoday.org, a website sponsored by WPHF.

You'll find recipe ideas provided by Ms. Flynt in other parts of the newsletter.

Local School Health Programs Studied By Governor's Council on Physical Fitness

Members of the Governor's Council on Physical Fitness, created by Gov. Charlie Crist, have taken a close look at the successful school health programs in Winter Park Consortium Schools as they get ready to prepare a plan of action for improving the health of Floridians.

The council is charged with developing a comprehensive state plan to "increase physical fitness through regular exercise and sound nutrition practices among Floridians of all ages and to reduce the rate of obesity and resulting chronic diseases in Floridians within the next ten years." It is due to be handed to Gov. Crist in December.

As the group develops a plan, it has been urged to consider—among other things—"the correlation between physical education and academic achievement" and "the feasibility of creating student fitness and wellness centers in schools and using such facilities both for physical education courses, as well as after-school and evening programs that encourage whole-family fitness."

Schools in the Winter Park Consortium, which includes Winter Park High School and its elementary and

middle feeder schools, have a variety of school health programs that fall under the name of the Coordinated Youth Initiative. These include Healthy School Teams, the CHILL mental health counseling program, licensed nurses and Student Health Centers staffed by nurse practitioners. (The programs were developed by and are financially supported by the Winter Park Health Foundation.)

The Council, at its first meeting in August, heard from Chris Watson, RN, Winter Park High School's nurse and Healthy School Team co-leader. She spoke about the Healthy School Team activities.

Ms Watson also was invited to join in a roundtable discuss on school health issues with Gov. Crist at the Governor's mansion in Tallahassee. The session included about a dozen people from around the state. Those attending included principals, physical education instructors, food service managers, as well as registered nurses.

Then in October, Debbie Watson, vice president of the Winter Park Health Foundation was invited to participate in a panel discussion at a Council meeting to discuss



Governor Crist with Chris Watson

developing community programs—such as America on the Move in Florida (AOM)—to increase interest in physical activity. The Foundation helped coordinate school participation in the program.

Information about the Council's meetings and general health information are available on the group's website, www.healthyfloridians.com