

Healthy News

Newsletter of
**Healthy Schools Project &
Healthy Hawks**



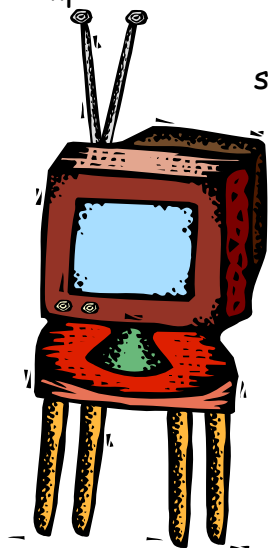
School is out - Now what?

By: Ann McGrath Davis, PhD

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It's that time of year - the kids are getting out of school. Most of our children love this time of year - they don't have to sit still in school and get to spend their days as they wish. However, this can often mean a change in health habits, so I wanted to give you a few tips to consider.

1. **Bed Time.** When school gets out, many parents suspend bed time and just let their children go to bed when they want. This often ends up in children staying up very late, and then sleeping late as a consequence. However, research indicates that for many reasons it is best to keep your children on a regular routine when it comes to bed time. So, even if you move the bed time a little later, be sure to make it a regular time and follow a schedule as much as you can.
2. **Screen Time.** Once school is out, children often love to fill their time with the TV, the computer and video games. As you know, the American Academy of Pediatrics and other organizations recommend that children get no more than 2 hours of screen time per day - total. So, make a plan this summer to stick to this limit. Perhaps allow one hour of TV, 30 minutes of computer, and 30 minutes of video game time - and that's it. When that limit is reached, suggest your child find other fun ways to spend their time.
3. **"I'm Bored!"** Now that they have so much time on their hands, parents often get to hear the summer time mantra - "I'm bored!." To keep your children from getting bored (and you too) make a summer fun jar. Spend some time decorating the jar, and then fill it with slips of paper - each of which lists a fun activity that you like to do together as a family (go for a walk, go to the park, go for a bike ride, go to the library, arrange an obstacle course,



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etc.). Next time, catch your child before they get to the boredom breaking point and suggest picking an activity from the summer fun jar!

4. **Summertime Eating.** Eating in the summertime can be very different for children. Rather than being in school where they are only around food at certain times, they may be at home where they have access to food whenever they want it. To prevent around the clock eating, put food out of site and only have foods eaten during set snack and meal times. If you do want to have food sitting out, be sure it is fresh fruit or fresh vegetables. Grazing on foods throughout the day is not a healthy habit. Also, try to stick to a regular mealtime during the summer. To change things up, pack a picnic once a week and go to the local park for dinner.
5. **Beverages.** Finally, children are often thirsty in the summer - they get hot playing outside and need to replenish their fluids. We recommend drinking water as often as they like. As for other beverages, cut out all sugar sweetened beverages (like kool-aid, pop, lemonade, Gatorade, etc.) and replace these with water, skim milk or sugar free beverages like crystal light or diet pop. Regarding juices, we recommend only 100% juice, and children should not drink more than 6 ounces total per day.

Recipe of the Month: Veggie Wraps

By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

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Finding a healthy snack that is also fast and yummy is not as easy as it should be. Kids need snacks between meals because their stomachs are often small and need to be "re-fueled." Snacks also keep kids (and adults) from getting so hungry between meals that they eat more than they need. Here's a recipe that will help get more energy and also get some vegetables! Enjoy!

- 1 spinach tortilla
- 2 Tbsp light garden vegetable cream cheese (or other low-fat cream cheese)
- 1/8 c shredded carrots
- 1/4 c shredded romaine lettuce
- 4-5 strips raw bell pepper
- Other veggies



Spread the cream cheese so it covers one side of the spinach tortilla. Top with all of the vegetables. Roll the tortilla up like a burrito.

Tip: Be creative and try new vegetables! If your child doesn't like green bell peppers, they might like the sweeter taste of red or yellow bell peppers. Get your child involved in making this wrap so that it's fun and exciting for them too!

If you would like the recipe in Spanish please call/Si le gustaría tener la receta en español por favor llama a, Martha: 913-945-6708



WEBSITE HIGHLIGHT

By: Yasuko Landrum, PhD

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For Kids!

<http://smallstep.gov/kids/flash/index.html>

This is a great website for kids to have fun and learn about food and physical activities. It is run by the US Department of Health and Human Services. In this website, kids can play games, take quizzes, and go to different fun websites! The main features are:

- **Can your food do that?:** You can find out how healthy food can help you win.
- **Small Step Challenge:** You can test your skills with their quizzes.
- **Watch TV Ads:** You can watch funny TV ads.
- **Great Web Links:** You can surf informative and fun websites.
- **Games and Activities:** Enjoy fun games such as "Taz's Munch and Crunch" and "Shrek Says."

For Teens and Adults!

<http://www.smallstep.gov/index.html>

You can get great information about healthy eating and activities and more! You can visit this site often to get some useful health tips. If you are struggling with **portion control**, for example, they have a wonderful section that can help you take control of the amount of food/drink you have. This site also has the **activity tracker** section that assists you in developing a plan and monitoring your progress in exercise!



Participant Highlight



Each month, a participant who has done exceptionally well in their efforts to live a healthy lifestyle will be highlighted. This month's highlighted participant is LaShonda Young. LaShonda and her grandmother, Marva, have been attending the current group of Healthy Hawks and have made some wonderful changes to live healthier. LaShonda states that she is even getting up earlier in order to exercise each day. Their hard work and motivation is inspiring. Well done LaShonda and Marva!



Family Exercise Activity Highlight!

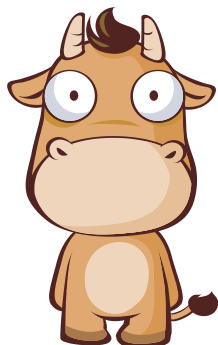
By Shanna Simpson, Healthy Hawks Coordinator
Email: ssimpson@kumc.edu

6 Ways to Exercise as a Family This Summer

Summer is finally here, the kids are out of school, and the weather is finally warming up. What a great time it would be to try to increase both exercise and family time - and you can increase both of these at the same time! When thinking of ways to exercise and spend time with the family, the most important thing is to have fun. So here is a list of ways that you can have fun exercising as a family this summer.

- 1. Family Walks.** Family walks are a great way to get closer as a family and get some exercise! One of the best times to take a family walk is after dinner. Get to know your neighborhood and take a walk together. Use this time to talk as a family and learn more about how each others' day has been. You'll hardly notice you're burning calories as you enjoy some time out with your family.
- 2. Play Frisbee.** Take your family and head to a park or an open field and teach your kids how to throw a Frisbee. Once you all get the hang of it, you will enjoy making up games and holding competitions to see who can throw it the farthest, do the neatest trick, or hit the most trees.
- 3. Ride Bikes.** Biking is a great way to exercise as a family! Getting a bicycle for every family member is a great investment. Also, it does not have to be expensive! You can contact local organizations that might help you obtain a bicycle. For those who live in the Kansas City area, Healthy Hawks will be having a bike drive this June. If you are interested in finding out if you can get a bicycle, please contact us at 913-588-2452. Biking provides excellent exercise and is lots of fun! Just remember to wear a helmet!
- 4. Go Swimming.** Now that the weather is nice, it would be a great time to start swimming. Take a few balls, coins, and life jackets and head to your nearest swimming pool and start having fun!
- 5. Hold Olympics.** Holding a family Olympics is a great way to get lots of exercise and have a lot of fun doing it! You can do this either indoors or outdoors - just change the areas of competition to fit where you need to hold the Olympics. Some examples of different competition include skipping, jumping rope, hula-hooping, hopping, bear crawling, wheelbarrow racing, three legged races, crab walking, etc. Just use your imagination! For added fun, get other families involved in the fun and compete against each other by families.
- 6. Other Water Activities.** If you don't want to take your family to the swimming pool, there are many other activities you can do outside with water. Buy water balloons or squirt guns and have a water balloon fight. Use the water hose to make an arc of water to play limbo. Set up a sprinkler to run through. Again, use your imagination and remember to have fun!





QUIZ & FUN FACTS

By: Martha Gonzalez, Research Assistant

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GOT MILK...

- Dairy cows provide us with milk and milk by-products like cheese, butter, and ice cream. In addition, milk is also used to manufacture glue, paint, and plastics.
- Straight from the cow, the temperature of cow's milk is about 97 degrees Fahrenheit.
- The average U.S. dairy cow produces 22.5 quarts of milk each day. That's about 16,000 glasses of milk per year - enough for about 40 people. One cow can give 200,000 glasses of milk in a lifetime.
- It takes approximately 1.4 gallons of milk to make 1 gallon of ice cream.
- Cheese was first made over 4,000 years ago in Asia.
- One day's production is 2.6 pounds of butter or 7 gallons of milk or 6 pounds of cheese.
- It usually takes about 20 minutes for a cow to be milked. On average a cow is milked 2 to 3 times a day.
- Hamburger meat from a single steer will make about 720 quarter pound hamburger patties.
- The average American drinks 25 gallons of milk per year.

For more information about these fun facts check out: <http://www.vvsd.org/default.php>

1. Which following types of meat come from a cow?
 - A. Bacon
 - B. Sirloin steak
 - C. Grapes
2. How many servings of dairy should you get per day?
 - A. 2
 - B. 3
 - C. 5
3. Which of the following is not a serving of dairy?
 - A. Milk
 - B. Yogurt
 - C. Eggs
4. What is the healthiest choice for kids older than 2 years?
 - A. Whole milk
 - B. 2% Milk
 - C. Skim Milk



For more information about this quiz and some more fun facts please check out the following websites:
<http://www.fsa.usda.gov> & www.3aday.org or, www.nationaldairycouncil.org

QUIZ RULES:

If you would like to participate in the monthly quiz please:

- Answer all questions on the newsletter and submit your answers via email (mgonzalez@kumc.edu) or mail before Wednesday, June 25, 2008.
- Please put your name, phone# & mailing address so we can contact you in case you win.
- A selected winner will then be randomly drawn from those that submitted completed quizzes.
- If you are our winner look forward to hearing from our team and getting a **FREE PRIZE!**

For more information about
Healthy Schools & Healthy
Hawks please call:

913-588-2452

Toll Free: 1-877-588-3775

Visit our website at:

<http://www2.kumc.edu/kids/HealthyHawksProgram.htm>

Please contact us if any of
your contact information has
changed so we can continue
to send you our newsletters.
If you would like to be taken
off of our mailing list please
let us know.

**THANK YOU & STAY
HEALTHY!**

Calendar of Events:

- Monday, 5/26/08 - Memorial Day.** No Healthy Hawks Group Meetings
- Friday and Saturday, 6/6/08-6/7/08 - Healthy Kansas Summit 2008.** Stop by and visit our table at this event! For more information, see HealthyKansas.org for more information.
- Monday, 6/30/08 - Healthy Hawks Graduation!** The current group of Healthy Hawks ends with a graduation ceremony and festivities from 5-7pm.
- Monday, 7/7/08 - Healthy Hawks Orientation.** A new Healthy Hawks group will prepare to start.
- Monday, 6/2/08 - Healthy Hawks Bike Drive.** Healthy Hawks will be holding a bike drive to collect bikes and other outdoor accessories so that all can participate in summer exercise and fun. For more information, contact Shanna at 913-588-2452.
- Fall 2008 - Healthy Schools Recruitment.** We are still looking for rural schools to participate in the Healthy Schools Project for Fall 2008. If you are interested, call 1-877-588-3775.



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