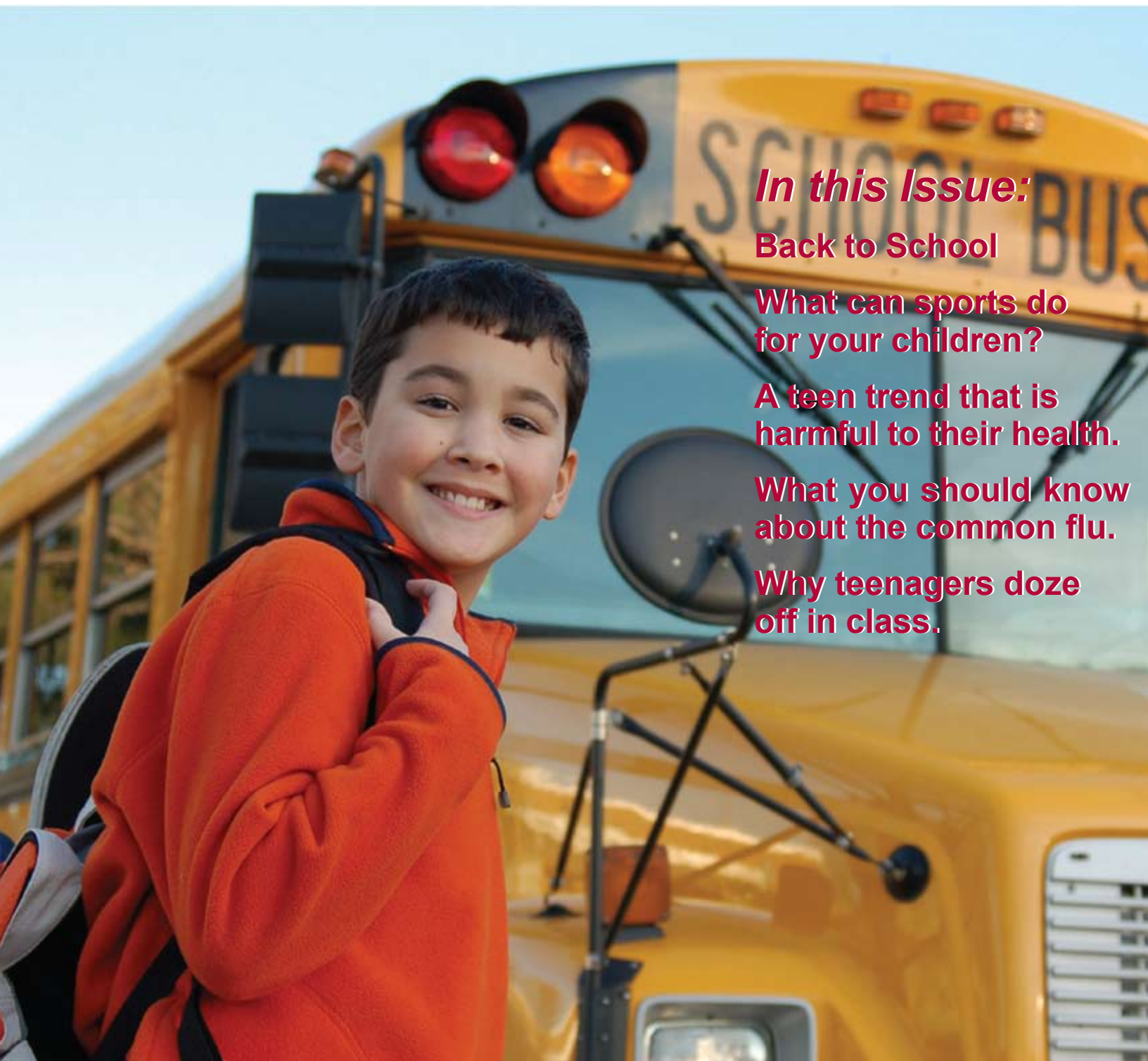


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Back to School

Childhood Obesity is a growing problem in the United States. 17.1% of children between the ages of 2 and 19 are overweight. Skipping meals and eating unhealthy foods are two of the major causes. Helping your children to eat healthy and understand why it's important is half the battle.

Importance of Eating Breakfast

With the start of a new school year, it's more important than ever to make sure your children start the day off right by eating breakfast before they head to school. You have probably heard the saying "Breakfast is the most important meal of the day". It's true. Breakfast doesn't have to be a gourmet meal. But look at some of the reasons why children need breakfast:

- Breakfast improves overall nutrition.
- Breakfast helps prevent your children from becoming overweight (research has shown that children who skip breakfast have a higher chance of becoming overweight.)
- Breakfast gives children more energy.
- Breakfast helps children concentrate and learn better in school.
- Breakfast increases children's test scores.
- Breakfast improves children's moods.

Quick and Healthy Breakfast Ideas

- Peanut butter toast
- Yogurt with Granola
- Bowl of low sugar cereal, such as Cheerios
- Fruit and bran muffins or whole wheat English muffins with *low fat* butter

Quick and Healthy Lunch Ideas

- Whole wheat bread with turkey or ham, cheese and lettuce, plus a fruit and vegetable
- A whole wheat tortilla wrap sandwich, yogurt, and Ants-on-a-Log (celery topped with peanut butter and raisins)
- Whole wheat pita bread with Humus, vegetables (carrots, broccoli, cauliflower) with low fat vegetable dip, and string cheese

Drinks: milk, water, or juice—avoid drinks with a high sugar content

Quick and Healthy Snack Ideas

- String cheese and fresh fruit
- Vegetables with low-fat veggie dip
- Smoothies made with yogurt and fruit
- Cottage cheese
- Ants-on-a-log
- Trail mix with nuts and dried fruit
- Apple slices with fat-free caramel sauce
- Whole-grain crackers with cheese or peanut butter



What can sports do for your children?

Children who play sports or are actively involved in extra curricular activities have higher self-esteem and success in school.



Kyle is a Grand Valley Wyoming Family Health Center Member. He has been playing sports since he was 5 years old.

Benefits include:

- Learning how to manage time
- Exhibiting a higher attention span in the classroom
- Sleeping better at night
- Demonstrating more energy
- Showing increased motivation and responsibility
- Learning how to be social and work on a team
- Practicing good sportsmanship on and off the field
- Are more physically fit so there is less chance of obesity, even as an adult
- Developing a sense of self-worth
- Avoiding getting involved in drugs or trouble

Learning how to play fair is perhaps the most important lesson a child can glean from participating in youth sports. According to the American Academy of Child and Adolescent Psychiatry, parents need to be actively involved to insure their children have a positive experience. You can do this by:

- Giving your children emotional support and positive feedback
- Attending some games and talking about them afterwards. Modeling respectful spectator behavior
- Having realistic expectations for your children
- Learning about the sport and supporting your children's involvement
- Allowing your children to talk with you about their experiences with the coach and other team members
- Helping your children handle disappointment and losing

If your student athlete has not received his/her sports physical for the 2009-2010 season, please call your Family Health Center and schedule it today.

A teen trend *that's* harmful to their health!

Teens across the United States are looking for a quick buzz or pick-me-up before, during, and after school. Although they look harmless, energy drinks have a negative affect on teens health and safety.

Energy-drink makers are marketing their products to teens and young adults by sponsoring sporting events for athletes who compete in extreme skiing, skateboarding or BMX biking.

Last year, teenagers and young adults spent almost \$2.3 billion on heavily caffeinated drinks with names like Monster, Red Bull, Amp and Full Throttle.

According to the New York Times, excess amounts of energy drinks have also been known to send children to the emergency room. Their report also states that teens behavior is affected as well. Teens who regularly drink energy drinks are more likely to take risks.

Daily use of even low amounts of caffeine can result in physical dependence and withdrawal symptoms such as headaches, fatigue, depressed mood, mood swings, and difficulty concentrating. "If teens drink energy drinks for three or five days in a row, and then suddenly quit, then they're going to be thrown into withdrawal," says Roland Griffiths, professor of behavioral biology at Johns Hopkins University.

The Food and Drug Administration (FDA) recommends the maximum caffeine intake for one day is 65 milligrams. Energy drinks, such as Spike Shooter contains 428 milligrams of caffeine in 12 ounces. Sodas tested, included Coca-Cola and Pepsi range from 0-57 milligrams.



Taylor just finished playing volleyball with her friends. She is reenergizing with a cool bottle of water.

Athletes

Many teens have replaced sports drinks with energy drinks because the caffeine buzz helps them to play harder and last longer. What they don't know is that energy drinks could be fatal to their health.

Athletes need to go back to drinking water or sports drinks, which do not contain caffeine. Sports drinks are made of water, carbohydrates, and electrolytes. Electrolytes restore sodium and potassium that the body loses through sweat, but water is still the best choice for an athlete.

Health Risks Associated with large amounts of caffeine:	Drinks teens should be drinking:	Popular energy drinks to avoid:
<ul style="list-style-type: none">• Dehydration• Caffeine high then crash• Caffeine withdrawal• Nausea• Abnormal heart rhythms• Shakes/tremors• Dizziness• High blood pressure	<ul style="list-style-type: none">• Water• Milk• Propel Fitness Water• Gatorade• Ice Tea• 100% FRUIT JUICE• V8 Splash/Fushion	<ul style="list-style-type: none">• Red Bull• Monster• Rip it• Rockstar• Boo Koo• Spike Shooter

What You Should Know About the Common Flu...

Seasonal flu shots are now available to Members at all Grand Valley Family Health Center locations. These vaccinations become active within 2 weeks of receipt and are effective for up to a year. Grand Valley Family Health Centers are distributing flu shots early this year.

- Influenza (known as the flu) is a highly contagious disease caused by the influenza virus. It attacks the respiratory system (lungs, nose and throat) and can cause serious, even deadly complications.

- Many people believe or have heard that a flu shot will give you the flu. This is not true. Studies done on millions of people show that the flu shot will not give you the flu. The flu shot is made from a dead virus that will prevent you from getting sick.

- The flu virus is mainly spread by coughs and sneezes. When an infected person coughs and sneezes, tiny respiratory droplets are sent through the air (up to 3 feet) and land on the mouth or nose of anyone nearby. The virus can also be spread by touching the respiratory droplets on another person or object and then touching your own mouth or nose before washing your hands (although this is not as common).

- A person may be contagious and spread the flu 1 day before symptoms start and up to 7 days after getting sick. Children can be contagious for longer than 7 days.

- Symptoms of the flu include high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children may have stomach problems like nausea, vomiting, and diarrhea. Adults do not usually get these symptoms. The flu is a respiratory disease, not a stomach or intestinal disease. When people say they have the “flu” or “have a touch of the flu,” they are usually suffering from one of the hundreds of other viruses that can cause stomach problems.

- Flu viruses change from year to year. Each year the vaccine is updated to include the viruses that are most likely to be around in the next flu season. This is why it’s necessary to get a flu vaccine every year!

Who should receive a flu vaccination?

- **Children/teens 6 months to 18 years old**
- **Pregnant women**
- **Adults ages 50 or older**
- **Anyone with long term health problems**
(heart disease, kidney disease, diabetes, or asthma)

There is no charge for members in the above categories. Your best protection against contracting the flu is vaccination, so call today!





Why teenagers **DOZE OFF** in class?

Does your teenager have these symptoms:

difficulty waking up in the morning

inability to concentrate

falling asleep during class

feelings of moodiness and even depression

Teenagers get a bad rap for staying up late, oversleeping, and falling asleep in class. Recent studies show that this is not the sign of a lazy teenager, but rather that their sleep/wake cycle (internal biological clock) is different than that of a child or an adult. According to the Consumer's Report, a teenager's melatonin production (a hormone that causes tiredness) doesn't kick in until 10:45 pm. Therefore, an adolescent doesn't feel sleepy until later in the evening.

On the flip side, a teenager needs 9 hours of sleep and can't wake up completely until after 8 am—often times, well into a morning class.

Not getting enough sleep affects a teenager's learning by reducing attention span, motivation, efficiency in performing tasks, and ability to think creatively. Lack of sleep can also result in a greater number of errors. Some school districts have changed their start times because of this new discovery and are experiencing great results. However, until the trend spreads to Michigan, here are a few ways that your teen can help fight the battle against nature.

Tips for Teens

- 1. Be consistent with your sleep habits.** Go to bed and wake up the same time every day.
- 2. Track how much sleep you need to feel refreshed.** Some teenagers need more or less than 9 hours a night.
- 3. Exercise regularly.** Getting plenty of exercise during the day will enhance sleep at night. However, do not exercise before bed. This will raise your body temperature and keep you awake.
- 4. Create the right sleep environment.** Light triggers waking, so at night make sure your room is completely dark. In the morning, turn on all the lights to help wake you up.
- 5. Avoid caffeine after lunch (or after noon).** Caffeine, even in the middle of the day, can make it harder to sleep at night.
- 6. Relax your mind and unwind before bed.** Take at least 30 minutes to an hour for your mind to relax and unwind. To relax, avoid violent, action, or scary television shows right before bed. Avoid video games or anything else that may set your mind and heart racing. Unwind by dimming the lights and listening to calming music.
- 7. Don't nap too long.** Naps of more than 30 minutes during the day may keep you from falling asleep at night.