

C.H.I.L.D. Afterschool and Summer Camp Connection



Bulloch County Children's Health Improvement and Lifestyle Development Coalition Newsletter for Afterschool and Summer Camp Families

www.bullochcountychild.com

SUMMER 2010

Healthy Weight Basics

How Much Sugar and Calories Are in Your Favorite Drink?

Drink (12 oz. serving)	Grams of Sugar	Approximate teaspoons of sugar	Calories
Bottled Water	0 grams	0 teaspoons	0 calories
Cola	41 grams	10 1/4 teaspoons	160 calories
Diet Cola	0 grams	0 teaspoons	0 calories
Powdered Drink Mix (sugar)	36 grams	9 teaspoons	145 calories
Sugar-free Drink Mix	0 grams	0 teaspoons	0 calories
Sports Drink	8 1/2 grams	2 teaspoons	75 calories
Unsweetened Tea	0 grams	0 grams	0 calories
Sweet Tea	33 grams	8 1/2 teaspoons	120 calories
Lemonade	25 grams	6 1/4 teaspoons	105 calories
Fruit Punch	46 grams	11 1/2 teaspoons	195 calories
Orange Juice	30 grams	7 1/2 teaspoons	160 calories
Grape Juice	48 grams	12 teaspoons	200 calories

Share this information with your family and encourage them to make the healthy choice. Many of these drinks do not quench thirst and can actually be dehydrating. Proper hydration by drinking plenty of water well before outside activities is most important especially with our hot South Georgia summers.

Adapted from We Can! <http://wecan.nhlbi.nih.gov>

Visit www.bullochcountychild.com for additional tips

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“Childhood obesity is a severe public health problem in the state of Georgia.”

Obesity in Georgia

- 1 in 4 third graders are obese
- Girls (25%) are more likely to be obese than boys (22%)
- Black children (27%) are more likely to be obese than white children (21%)
- Low socioeconomic standing increased risk by five percent
- Rural children’s risk was five percent higher than metro Atlanta

Adapted from Georgia DHR data

Social Stigma and Obesity



Children and teens who are overweight are vulnerable to many forms of social prejudice due to their weight. This may take place on a daily basis and often comes from their peers and unfortunately, the media. They encounter verbal teasing by peers (such as name calling, derogatory remarks, being made fun of), physical bullying (such as hitting, kicking, pushing, shoving), and social exclusion (such as being ignored or avoided, excluded from peer activities or the target of rumors). This can and will have serious consequences on their well-being.

A concerning consequence of these attitudes and stereotypes is peer victimization, such as teasing and bullying. Obese children are highly susceptible to victimization from peers. Studies indicate that about 1/3 of overweight girls and 1/4 of overweight boys report being teased by peers at school.



What can you do as an adult/parent to help?

1. Be aware of your own weight biases.
2. Use sensitive and appropriate language about weight.
3. Intervene to reduce teasing.
4. Increase awareness of others about weight bias in school and after-school activities.
5. Be a role model to build confidence and self-esteem.
6. Emphasize health not thinness.

Adapted from Obesity Action Coalition article by Dr. Rebecca Puhl

Make a Difference in Their Future...

Cardiovascular risk factors present in childhood (including high blood pressure, high cholesterol, and diabetes) can lead to serious medical problems like heart disease, heart failure, and stroke as adults. Preventing or treating overweight and obesity in kids may reduce the risk of developing cardiovascular disease as they get older.



What you need to know about Blood Pressure

What is blood pressure? Blood pressure is the force of blood against the walls of arteries. This force is recorded as two numbers. The systolic number is recorded on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 is expressed verbally as “120 over 80.”

What do the numbers mean? The systolic pressure measures the force of the blood as the heart beats. The diastolic pressure measures this same force while the heart relaxes between beats. Both measurements are important to evaluate your blood pressure. Ideally, your blood pressure should be less than 120 systolic and less than 80 diastolic, but blood pressure can change for a variety of reasons, so do not be worried if your blood pressure is occasionally a little higher than this guideline. However, a blood pressure reading of 140 (systolic)/90 (diastolic) or greater is considered high and should be evaluated by your physician. High blood pressure, also called “hypertension,” increases your chance (or risk) for getting heart disease, kidney disease, and having a stroke. It is especially dangerous because it often has no warning signs. The good news is there are many changes you can make to control or prevent high blood pressure and, if necessary, there are also several medications available to help. This chart summarizes blood pressure readings:

Normal less than 120 and less than 80

Prehypertension 120-139 or 80-89

Hypertension: Stage 1 140-159 or 90-99

Hypertension: Stage 2 160 or higher or 100 or higher

What steps can I take to prevent and control high blood pressure?

Limit sodium intake. Healthy adults should reduce their sodium intake to no more than 2,300 milligrams per day. This is about the equivalent of one teaspoon of sodium chloride (salt). Tips for lowering your intake of salt are:

1. Reading food labels: choose foods that provide less than 10% of your daily allowance of sodium
2. Buying fresh, frozen, or canned “no salt added” vegetables
3. Taking the salt shaker off the table
4. Using half the salt called for in recipes
5. Trying other seasonings: herbs and spices
6. Limiting or avoiding cured or smoked meats, crackers, pickles and potato chips
7. Rinsing salt from canned foods

Quit smoking. Quitting smoking is important for anyone with high blood pressure or any form of heart disease.

Maintain a healthy weight. Being overweight puts you at risk for hypertension. Try to maintain a Body Mass Index (BMI) level between 18.5 and 24.9.

Stay active! Exercise is key to helping you maintain a healthy weight and lowering your BP. Aim to get a total of at least 30 minutes of activity each day.

Limit alcohol use. For men, limit alcohol to two drinks (24 ounces of beer, 10 ounces of wine, or 2 ounces of 100-proof whiskey) per day. Women and lighter-weight people should limit alcohol to half that amount.

Reduce stress. Your blood pressure increases when you are under physical or emotional stress.

Eat a healthy low-fat, high-fiber diet. To be heart healthy foods we recommend that you follow these tips about what you should eat

1. No more than 8-10% of the day’s total calories from saturated fat. 30 percent or less of the day’s total calories from fat. Less than 300 milligrams of cholesterol a day.
2. Limit sodium intake to 2,300 milligrams a day.
3. Include foods high in soluble fiber like oat bran, oatmeal, beans, peas, rice, bran, barley, citrus fruits, strawberries, apples, and whole grains in your diet
4. Just enough calories to achieve or maintain a healthy weight

Consider medication. If these kinds of changes alone are not effective in keeping your blood pressure controlled, discuss medication options with your doctor.



Be Sun Smart®: Protect Yourself from the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer. Here's how to **Be Sun Smart®**.

- **Generously apply a broad-spectrum, water-resistant sun screen** with a Sun Protection Factor (SPF) of at least 30 to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating. Look for the AAD SEAL OF RECOGNITION® on products that meet these criteria.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow is shorter than you are, seek shade.
- **Protect children** from sun exposure by playing in the shade, using protective clothing and applying sunscreen.
- **Use extra caution near water, snow and sand** as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't **seek** the sun.³
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
- **Check your birthday suit on your birthday.** If you notice any thing changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Adapted from www.playsmartsun.org