

C.H.I.L.D. Coaches' Corner



Bulloch County Children's Health Improvement and Lifestyle Development Coalition

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

Encourage your players to make the healthy choice especially when on the playing field. Many of these drinks do not quench thirst and can actually be dehydrating. Proper hydration by drinking plenty of water well before arriving to the field is most important especially with our hot South Georgia summers. Share this information with your team parents and encourage healthier post game drinks and snacks.

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

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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 a coach 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.



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.



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment or position
Forgets sports plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

July 2007