

Healthy Students

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Healthy Schools

Winter Edition

CHNS and CHPS Newsletter

Keeping Kids Active in Winter

Submitted by Anna Haver, CHPS



When the weather outside is frightful, your kids probably spend more time inside watching television or playing video games. Just like adults, kids need to stay active all through the year. Regular physical activity promotes healthy growth and development and helps reduce the risk of obesity in children.

Experts say that children should be active for a total of one hour per day. Here are some fun ideas to keep your kids moving and healthy this winter:

- Go to the mall for a walk.
- Visit your local library. Many have exercise videos on loan that you can use at home.
- Make commercial time on television “exercise time”. Encourage your children to get up and do jumping jacks or dance.
- Look for free or low-cost indoor recreation centers in your community. Many have organized sports activities for children.
- Play games such as musical chairs or red light/green light with your kids.
- Move the furniture in your house around to give kids more room to be active.
- Take advantage of warmer days to go outside and ride a bike, play ball, hike, or enjoy other favorite activities.

Join your children in their activities to set an example and you will receive a health benefit as well.

Trans Fatty Acids 101

Submitted by Rosemary Withers, CHPS

Trans fatty acids are man-made or processed fats, which are made from liquid oil. When you add hydrogen to liquid vegetable oil and then add pressure, the result is a stiffer fat, like the fat found in a can of Crisco. Trans fats are also called hydrogenated fats. Trans fats pose a higher risk of heart disease than saturated fats, which were once believed to be the worst kind of fats. While it is true that saturated fats raise total cholesterol levels, trans fats go a step further. Trans fats not only raise total cholesterol levels, they also deplete good cholesterol (HDL), which helps protect against heart disease. The stiffer and harder fats are, the more they clog up your arteries. Artificial trans fats do the same thing in our bodies that bacon grease does to kitchen sinks. Over time, they can “clog the pipes” that feed the heart and brain, which can lead to heart attack or stroke risk. Therefore, children who start at age 3 or 4 eating a steady diet of foods such as pop tarts, stick margarine, cake, candy, and fast food are at a higher risk of getting heart disease than kids who are eating foods that do not contain trans fats. By starting healthy eating habits early, parents can help put their children at lower risk of heart attack and stroke.

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Inside This Issue:

Blue and You	2
Fitness Challenge	
“You Won’t See Me Using Tobacco!”	2
Inflammatory Breast Cancer	3
Trends in Tobacco Display and Presentation	3
CHNS and CHPS Contact Info	4
Healthy Holiday Recipe	4

Time to Gear-Up for the Blue & You Fitness Challenge 2011!



- Challenge runs from March 1 to May 31, 2011
- 13 year olds and up can participate in the Blue and You Fitness Challenge!
- School groups, classes, clubs, and /or after-school programs are eligible.
- To get started, select a person to set-up and register your group between December 1, 2010 and January 31, 2011. This person, called a Group Administrator, must be at least 18 years old and is responsible for promoting the Challenge.
- Individual teens register online after your group is set-up.
- Participating teens are eligible for fitness-related prize drawings.
- Real-time and survey data on your group is available to you for future use.

How do I get more info?

1. Website: www.BlueandYouFitnessChallenge-ark.com
2. Select the hot pink button “Contest Information”
3. Then select “Setup Guide” for details on registering your group
4. Then copy “Teen Contest Guidelines” & “Contest Poster” for promotion
5. Email general questions to info@blueandyoufitnesschallenge-ark.com

For specific information regarding setting-up a teen Blue and You Fitness Challenge in your school or organization, please contact **Margaret Fizer** at mafizer@arkbluecross.com or **1-800-686-2609**.

The Blue and You Fitness Challenge is sponsored by Arkansas Blue Cross and Blue Shield and the Arkansas Department of Health. In 2010, 168 groups joined the contest with 11,342 participants from 44 states.

JOIN US FOR A FUN WAY TO INCREASE PHYSICAL ACTIVITY IN YOUR GROUP!!

You Won't See Me Using Tobacco!

Submitted by Kim Hooks, CHNS



Pictured: Jeremiah Henderson, Neviah Refeld, LaTiffany Henderson, and Kim Hooks

LaTiffany Henderson, AmeriCorps Volunteer and Health Advocate for Arkansas County Partners in Health, and Kim Hooks, RN, BSN, MPH, Community Health Nurse Specialist, provided a tobacco prevention presentation to students of Park Avenue Elementary 21st Century After-School Program. The theme was “*You Won't See Me Using Tobacco.*” The students were instructed utilizing lessons

from the [Get Real About Tobacco Curriculum](#) and participated in hands-on activities such as Clever Catch Ball, Mr. Dip Lip, and Mr. Gross Mouth. The students also received a “You Won't See Me Using Tobacco” backpack filled with tobacco prevention materials and a parent newsletter. Approximately 70 students in grades 1st through 4th and 10 staff members participated in the event.

When in Doubt, Rule it Out!!

Submitted by Cassie Lewis, CHNS

Inflammatory Breast Cancer (IBC) is the most aggressive (fast-growing) deadly form of breast cancer. It is very difficult to diagnose and can easily be misdiagnosed or treated incorrectly, compared to more common breast cancers. The disease is typically treated using a combination of therapies, which include chemotherapy, surgery, and radiation treatment.



Symptoms of IBC include:

- Increase in breast size
- Redness, rash, or blotchiness on the breast
- Consistent pain and/or soreness of the breast
- Lump, thickening, or dimpling of the skin of the breast
- Warmth or tenderness of the breast
- Lymph node swelling under the arm or above the collarbone
- Flattening of the nipple or discharge from the nipple

It is different from other breast cancers because it grows in nests or sheets rather than as a confined solid tumor which is why mammograms solely are not normally reliable for finding this type of breast cancer. Therefore, a lump is not the most common symptom. Symptoms develop suddenly, sometimes overnight. The breast may itch and be painful with the skin ridged or pitted, resembling the skin of an orange. It is sometimes misdiagnosed as mastitis. Important tools for diagnosis are a doctor/practitioner's clinical exam, biopsy, mammogram, and breast ultrasound. IBC accounts for 5% or more of all breast cancer cases in the United States. It tends to be diagnosed in younger women compared to non-IBC breast cancer. The median age range of IBC patients is between 45 and 55 years old. The five-year survival rate is approximately 40%. For more information, contact the IBC Foundation at 1-866-944-4223 or write to The IBC Foundation P.O. Box 16 Milford, Michigan 48381 or visit their website at www.eraseibc.com

New Trends in Tobacco Display and Presentation

Submitted by Lisa England, CHNS

A great new educational tobacco awareness tool and presentation is available to schools for use in staff development, parent teacher organization meetings, and community organizations at no cost. Since 2001 the rate of current cigarette smoking has dropped from 34.7 percent to 20.7 percent in 2007 among Arkansas high school students, according to the Youth Risk Behavior Surveillance Survey (YRBSS). Our goal is to keep the percentage of High School Students reporting current cigarette use decreasing annually.

Presentations are made by Arkansas Department of Health personnel trained in tobacco prevention. The **Trends in Tobacco** presentation covers current tobacco marketing strategies and packaging that appeal to youth and young adults. Packaging of tobacco products has become very deceptive and these products can closely resemble candy, gum, breath strips, cosmetic packages, etc. Adults need to be aware of these new products and packaging to be better prepared to discuss tobacco prevention with young people. A large, very informative display is included in the presentation. This allows participants to actually handle products and compare them to the non tobacco products they resemble.

The **Trends in Tobacco** display and presentation is available through Community Health Nurses, Community Health Promotion Specialists, and HHI Staff. Presentation lasts approximately 30 minutes and you want to allow 15-20 minutes for participants to interact with the display.



We are Here for You!!

Community Health Nurse and Promotion Specialist Contact Information

South Arkansas

Cheryl Lindly	Supervisor	Polk County Health Unit	479-394-2707
Cassie Lewis	CHNS	Great Rivers Coop	870-338-6461
Kim Hooks	CHNS	Arkansas River Coop	870-534-6129
Lisa England	CHNS	Southeast AR Coop	870-367-6202
Rosemary Withers	CHPS	Arkansas River Coop	870-534-6129
Tommie Rogers	CHNS	Dawson Coop	870-246-3077
Emily Lyons	CHPS	Dawson Coop	870-246-3077
Cheryl Byrd	CHNS	DeQueen/Mena Coop	870-386-2251
Rhonda McDonald	CHNS	South Central Coop	870-836-2213
Eddie Greenwood	CHNS	Southwest AR Coop	870-777-3076
Cynthia Wilborn	CHNS	Central Region	870-280-4950
Anna Haver	CHPS	Central Region	501-791-8551

North Arkansas

Nancy Green	Supervisor	Van Buren County Health Unit	501-745-2485
Marilyn Cone	CHNS	North Central Coop	870-368-7955
Laura Cook	CHNS	Crowley's Ridge Coop	870-578-5426
Vacant	CHPS	Wilbur D Mills Coop	870-882-8614
Karen Davis	CHNS	Northeast AR Coop	501-454-2871
Becky Lamb	CHNS	Wilbur D Mills Coop	501-882-8614
Mary Glasscock	CHNS	Arch Ford Coop	501-354-2269
Nancy Marsh	CHNS	Northwest AR Coop	479-267-7450
Vacant	CHNS	OUR Coop	870-429-9100
Sarah Brisco	CHPS	OUR Coop	870-429-9100
Christine Reifeiss	CHPS	Arch Ford Coop	501-354-2269
Miranda Curbow	CHNS	Western AR Coop	479-965-2192

www.healthy.arkansas.gov



ARKANSAS DEPARTMENT OF
Health
Keeping Your Hometown Healthy



A Healthier Holiday Party from Fruits & Veggies More Matters

Pear Nog

Preparation Time: 10 minutes

- 1 pear, peeled, cored, cut into chunks
- 1/2 cup skim milk
- 1/4 cup egg substitute
- 1 tsp brown sugar
- 1 large pinch cinnamon (about 1/4 tsp)
- 2 ice cubes, cracked

Peel, core, and cut pear. Place all ingredients in a blender. Blend at high for 15 seconds. Serve.

Serves: 1

Each serving provides: An excellent source of fiber, vitamin B2, calcium, phosphorus and selenium, and a good source of vitamins A, B1, B12, C, D, and K, iodine, iron, manganese, potassium, and zinc.

