

Healthy Kids

Resources:

- **KidsHealth**
www.kidshealth.org
Health information about children from before birth through adolescence.
- **Keep Kids Healthy**
www.keepkidshealthy.com/index.html
Resources for parents and teachers
- **Mayo Clinic Children's Health**
www.mayoclinic.com/health/childrens-health/CC99999
Information about managing health, understanding child development and exploring parenting issues.
- **Get Kids Moving**
www.getkidsmoving.com/
Resources and information on preventing childhood obesity
- **BAM from the Centers for Disease Control**
www.bam.gov/
Information about fitness, disease prevention, body and mind
- **American Academy of Pediatrics**
www.aap.org/
Information on optimal physical, mental and social health
- **Colgate's Kids World**
<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>
Dental, nutritional information and games
- **Dole 5 a Day**
<http://www.dole5aday.com>
Information about nutrition and foods
- **FDA's Kid's Home Page from the Food and Drug Administration**
<http://www.fda.gov/oc/opacom/kids/default.htm>

Energy drinks:

A health hazard?

Popular drinks may have harmful side effects

Bad reactions to energy drinks have been reported to U.S. poison control centers. Patients reported nausea and vomiting, high blood pressure, tremors, dizziness and numbness. Popular with teens and young adults, some consider energy drinks a gateway to other substances. In one study, college students who consumed energy drinks were more likely to later use stimulants for recreational use. Another danger is that some people mix alcohol and energy drinks, which can result in them feeling alert enough to drive even if they are inebriated.



The amount of caffeine found in energy drinks is considerably higher than that of brewed coffee and other drinks with significant amounts of caffeine, as shown below:

Caffeinated beverage	Milligrams of caffeine per serving
Brewed coffee	200/12-ounce serving
Mountain Dew	54/12-ounce serving
Pepsi	38/12-ounce serving
Coke	34/12-ounce serving
Red Bull	80/8.3-ounce serving
Monster and Rockstar	160/16-ounce serving
Fixx	500/20-ounce serving
Wired X505	505/24-ounce serving

Keep in mind that the U.S. Food and Drug Administration regulates the caffeine content in soft drinks, but not in energy drinks. For colas, the FDA has set the maximum concentration of caffeine at 65 milligrams per 12-ounce serving.



Healthy eating

Top 10 foods for heart health and the nutrients they contain

- **Salmon or fish oil supplements:** omega-3 fatty acids, vitamins B6 and B12
- **Oatmeal:** soluble fiber, folate, vitamin B6
- **Legumes** (black beans, kidney beans, lentils, garbanzo beans, etc.): soluble fiber, folate, magnesium, potassium, vitamins B6 and B12
- **Flaxseed:** magnesium, omega-3 fatty acid, soluble fiber
- **Sweet potatoes:** soluble fiber, magnesium, potassium, vitamin B6
- **Almonds:** monounsaturated fat, magnesium, potassium, soluble fiber, vitamin B6
- **Avocados:** monounsaturated fat, soluble fiber, vitamin B6, potassium
- **Broccoli:** soluble fiber, potassium, folate, vitamin B6
- **Olive oil:** monounsaturated fat
- **Fortified whole grains:** folate, vitamins B6 and B12, magnesium



Fight back against the flu

There are several ways to decrease the risk of getting the flu, including:

- Get a flu shot.
- Be sure to cough or sneeze into a tissue. Use your upper sleeve if you don't have tissue. Don't cough or sneeze into your hands.
- Wash hands frequently, especially after coughing or sneezing, after using the bathroom and before eating.
- Stay away from others who are sick.
- Get enough sleep, eat nutritious foods and exercise.
- Don't share personal items (glasses, utensils, toothbrushes or towels).
- Teach children not to touch their eyes or noses or put things in their mouths.
- Clean objects such as phones, door knobs, etc.



Source: Channing Bete Co.

Keep the environment healthy, too

Because storm drains found in streets and yards lead directly to lakes and streams, four quarts of oil can form an eight-acre oil slick if dumped or spilled down a storm drain. There are several ways to decrease pollution in the drains:

- Take cars to the car wash, where dirty water is treated before it gets into lakes and streams.
- Wash cars on the lawn or direct dirty water toward the lawn and away from storm drains.
- Keep cars properly tuned.
- Recycle used fluids, and never dump them down a storm drain.

Don't get caught dirty handed

Hand washing is one of the best ways to prevent the spread of infection, according to the federal Centers for Disease Control and Prevention. The germs carried on hands can spread illnesses such as diarrhea, colds and other more serious, sometimes even life-threatening, diseases. Proper hand washing can help people stay healthy and avoid spreading and receiving germs.

Remember these tips:

- Use soap and warm water.
- Wash all surfaces thoroughly (wrists, palms, back of hands, fingers and under fingernails).
- Rub hands together for at least 15-20 seconds (about the time it takes to sing "Now I Know My ABCs" at a moderate tempo).
- Use a clean or disposable towel when drying hands.
- Apply hand lotion after washing to help prevent or soothe dry skin.