



Helping Kids Stay Tobacco Free

On November 18th, 2010, the American Cancer Society celebrated the 35th anniversary of the **Great American Smokeout**. The good news is some great strides have been made in the last decade and the number of younger Americans who smoke has been going down since the late 1990s. The bad news is there has been no significant change in the current tobacco use of middle school students since before 2000 and thousands of people under the age of 18 still try their first cigarette each day. It is clear much more work needs to be done to keep children safe from the health effects of cigarettes and other tobacco products (OTPs).

According to the 2008 Ohio Youth Tobacco Survey, 11.2 percent of middle school students and 30.1 percent of high school students have used any form of tobacco products (cigarettes and OTPs) in the past 30 days. Among current users, 44.2 percent of middle school and 54.2 percent of high school students reported they wanted to quit. To keep our children tobacco free we must remind them that any form of tobacco product is addictive and can cause serious health problems.

Smoking related problems in kids:

- Coughing
- Shortness of breath
- More frequent headaches
- Respiratory illnesses
- Reduced physical fitness
- Worse cold and flu symptoms
- Poor lung growth and function
- Addiction to nicotine
- Teens who smoke are also more likely to engage in other harmful behaviors such as alcohol and illegal drug use



Here are some ideas you can use in the classroom:

- Use evidence-based curricula and/or methods that have been shown to be effective.
- Teach about the short and long-term consequences of tobacco.
- Address reasons why people might or might not use tobacco.
- Coordinate a tobacco free program with the Great American Smokeout.
- Teach them to say "no" to tobacco. According to the Ohio Youth Tobacco Survey, only 35.5 percent of middle school students and 17.3 percent of high school students reported they practiced saying "no" to tobacco in school.
- Send materials home. Teens who have discussions about the dangers of smoking with their parents are less likely to start smoking than teens who do not.

For more information, visit the American Cancer Society website at

<http://www.cancer.org/Cancer/CancerCauses/TobaccoCancer/ChildandTeenTobaccoUse/index>



News You Can Use

Ohio Farm-to-School Initiative: Connecting Ohio's Children, Families and Specialty Crop Producers Grant

The Ohio Farm-to-School program is expanding its program across the state to more directly target students, parents and families. The purpose of the Connecting Ohio's Children, Families and Specialty Crop Producers Grant is to develop sustainable and replicable models of family programming. Mini-grants are offered to schools or school districts interested in *developing farm-to-school programming focused on specialty crops that target the whole family.*

A total of \$10,000 has been allocated to this grant program, individual applications can request a minimum of \$500 and up to \$2,000 in funds. The purpose of these mini-grants is to increase knowledge about and consumption of specialty crops in addition to opening up new markets for producers. **Grants are due December 1, 2010.** To apply to the Children, Families, and Specialty Crop Producers Grant, [click here](#). Or go to http://www.agri.ohio.gov/public_docs/Forms/Grants/FarmToSchool//RFP.pdf

National Wildlife Foundation Report

The National Wildlife Foundation recently released a report titled, **Whole Child: Developing Mind, Body, and Spirit through Outdoor Play.** The report examines ways in which outdoor play nurtures a child's body, mind, and spirit and offers recommendations for parents, teachers, and other community leaders that can help children grow up healthy and strong. [Click here to download the report in PDF format.](#)



Active Recess Activity

Each month, the Health and Nutrition Flash (HNF) will offer teachers and recess monitors a different active recess activity that they can add to their activity boxes. For more information, refer to the [January 2010 edition of HNF](#). Add this Pass the Ball Activity to your Indoor Recess Toolbox.

Pass The Ball

Grades: K-6, indoor activity

Equipment: Soccer size nerf balls (one per relay team).

Formation: Teams of four to six children should line up at one end of the room.

Activity: On a signal, the first member of each team carries the ball to the opposite end of the room and back. The next team member carries the ball the same way. When all the team members have taken a turn, the team that has completed first, wins that round. Repeat another round using different ways of carrying the ball.

Suggested ways to carry the ball:

Round #1 – Between the knees

Round #2 – Behind the back

Round #3 – Under the chin

Round #4—Under the arm

Round #5— Dribbling the ball

Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed. Copyright 2008 by Lois Carnes. ECARNES@aol.com



Buckeye Best Tips

Coordinated School Health Model 103

The [September edition of Health and Nutrition Flash](#) discussed the Coordinated School Health Model as a way to improve students' capacity to learn through the support of families, schools and community working together. The [October edition](#), discussed how key education principles align with the Coordinated School Health components. This issue will tie the Coordinated School Health Model and Key Education Principles with the Ohio Improvement Process. [Linking these concepts together will allow health educators and school administration to speak the same language when discussing health and academics.](#)

The **Ohio Improvement Process** is the system that administrators use to change academic outcomes. The Key Education Principles are the framework on which the Ohio Improvement Process is built upon. The Ohio Improvement Process involves four stages in which processes, tools, and people are connected with the intent of helping districts to:

- Use data to identify areas of greatest need
- Develop a focused plan targeted at instructional practice and student performance
- Implement and monitor
- Evaluate the effectiveness of the improvement process by changing instructional practice and student performance

The Ohio Improvement Process aligns with the **Coordinated School Health Model, School Health Index and School Action Plans**

Additionally, the Ohio Department of Education use school improvement tools that align with health education tools and practices, including:

- The **Decision Framework Tool** assists districts in making informed decisions based on what data tells them. This tool provides guidance about where to spend time, energy and resources to make significant and substantial improvements in students' performance, instructional management, expectations and conditions as well as resource management. [This tool aligns with the School Health Index](#). The School Health Index is a self-assessment and planning tool that schools can use to improve their policies and programs for health and safety.
- The **Consolidated Comprehensive Improvement Plan** assists in creating building and district improvement plans. [This tool aligns with school action plans](#). School Action Plans are created to address the issues identified as a result of completing the school health index.

Addressing student health and wellness, along with the Ohio Improvement Process, can be done through Wellness Teams or Family and Civic Engagement Teams. These teams work to ensure all children have the support needed to graduate from high school prepared.



Staff Wellness

Preventing the Flu This Season

The flu is a contagious respiratory illness caused by the influenza virus. Flu season comes each year, yet is still very unpredictable. Depending on a number of factors there can be a lot of variation in timing, severity, and duration of the flu virus. On average, over 200,000 people in the US are hospitalized each year from flu complications and over 36,000 people die each year. Here is how you can keep yourself and others healthy this year.

Get Vaccinated

The best way to prevent the flu is to get vaccinated each year. Health experts recommend that everyone over the age of 6 months get a flu vaccine as soon as they become available. The 2010-2011 flu vaccine will protect against H1N1 and two other flu strains. It is also available in two forms – shot or nasal spray. Your healthcare provider can recommend which one is best for you.

Along with your vaccination, continue to practice everyday prevention strategies such as washing your hands, keeping your hands away from your face, and staying away from people who are sick.

For information about adult vaccinations, visit the Adult Immunization Coalition of Central Ohio website at <http://www.vaccine4me.com/>

Symptoms of the Flu:

- Fever (although not always!)
- Muscle or body aches
- Fatigue
- Sore throat
- Cough
- Runny or stuffy nose
- Headaches



Avoid Spreading the Flu

Healthy adults and children can infect others 1 day before they show symptoms and up to 5-7 days after. This means, the virus can get spread to another person before you even know you are sick. If you feel symptoms coming on, stay home and limit contact with others as much as possible.

For more information, visit the Center for Disease Control and Prevention website at <http://www.cdc.gov/flu/index.htm>.

Get vaccinated. Keep you and your loved ones safe and healthy this season.

**Creating Healthy
Communities
Network**

Funded by the Preventive Health and Health Services Block Grant from The Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP009042-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC

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