

Health & Nutrition Flash



GOOD HEALTH...A Basic Foundation for Teaching and Learning

September 2009

Welcome Back! Students are Ten Minutes Away from Stronger Minds and Bodies!

Without a doubt, students will need time to re-adjust to the classroom schedule and being inside for the majority of the day. You can help them adjust to the new routine by building ten minute physical activity breaks during the day. These quick and fun breaks will get students through the mid-morning or afternoon slump, improve overall concentration, behavior, and academic performance, and will increase the time students spend "on-task" (Robert Wood Johnson Foundation).

Several Central Ohio school districts have asked teachers to begin incorporating health and wellness programming into their curriculum each week. There are several resources available that can help teachers promote wellness and physical activity such as:



Energizers- Energizers are classroom based physical activities that integrate physical activity with academic concepts which are already being taught. They are tailored for elementary and middle school grade levels, and there are over 45 energizers that can be used in K-5 curriculum. There are Energizers for healthful living, language arts, math, music, science and social studies for middle school students. Teachers can **download or order free copies** of the energizers by visiting <http://www.ncpe4me.com/energizers.html>.

Take 10!- The Take 10! program is another physical activity-based classroom program for Pre-K children and elementary school students. It was created by teachers and integrates academic learning objectives, such as math, social studies, language arts, science, and health with age-appropriate movement. The program comes with a teacher toolkit and resources. To learn more about the Take 10! Program, visit <http://www.take10.net>.

Other ideas to incorporate more physical activity into the school day include:

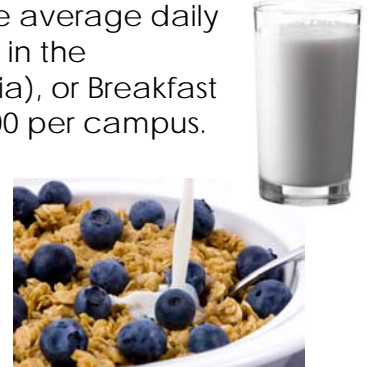
- Have students get up and stretch, jump or dance for five minutes between subjects.
- Start or end each day with ten minutes of activity such as stretches or aerobic activities.
- Give students pedometers to help them track their steps throughout the school day. Encourage students to walk or run extra steps during recess.
- Reward students with physical activity by having extra recess, dancing to music in the classroom for a few minutes or allowing students to earn other extra physical activity time for good behavior during the week.
- Use classroom parties as an opportunity to dance, hold relays, offer active scavenger hunts or challenge another classroom to an activity.
- Use lessons that integrate physical activity across all content areas (such as Energizers and Take 10!).



News You Can Use

DAIRY MAX: SCHOOL WELLNESS THROUGH EXPANDING BREAKFAST GRANT PROGRAM

Dairy MAX grants are available to schools participating in the National School Breakfast Program. The goal of the grants are to help schools increase average daily breakfast participation by 50 percent or more by creating a Breakfast in the Classroom program, Grab 'n Go Breakfast (served outside the cafeteria), or Breakfast after 1st Period program. Schools will be awarded a maximum of \$1000 per campus. Please visit http://www.dairymax.org/expanding_grants.aspx to download an application form. *Grant applications will be accepted through December 1, 2009, however funds are limited, so apply now!*



4th Annual Worksite Wellness Workshop—Save the Date!

Mark your calendars for October 2, 2009! The Heart Health Network will be hosting its 4th Annual Worksite Wellness Workshop at the Dublin Community Recreation Center from 8:30am-3:30pm. Topics covered will include how to increase employee access to fresh produce without grocery shopping, how businesses can work with their health insurance broker to make the most of their wellness benefits, how to encourage employees to be smart consumers of the health care system, how to increase active transportation to and from work, how the Franklin County Physical Activity Plan can be implemented in worksites, and free resources for employee wellness programming from the American Cancer Society. For more information and registration details, contact Jen Morel at 645-6055 or jemorel@columbus.gov.

Low Fat Apple Oat Bran Muffins

Heart Healthy Recipe of the Month

Source: <http://www.allrecipes.com>

Number of Servings: 12

Serving Size: 1 muffin

Ingredients:

1 1/2 cups wheat bran
1 cup low fat buttermilk
1 cup all purpose flour
1/3 cup packed brown sugar
1 tsp. baking soda
2 egg whites
1 apple grated

Directions

1. Combine wheat bran and buttermilk. Let it soak for 10 minutes.
2. Preheat oven to 350 degrees and grease muffin pan.
3. In a large bowl mix flour, baking soda and brown sugar. Stir in wheat bran mixture and egg whites. Fold in grated apple.
4. Bake for 16 to 18 minutes. Allow muffins to cool before serving.

Nutrition Content:

Calories: 85
Total fat: .6g
Cholesterol: <1mg
Sodium: 137 mg
Total fiber: 3.5g
Protein: 3.5 g
Carbohydrates: 18.9g



Buckeye Best Tips

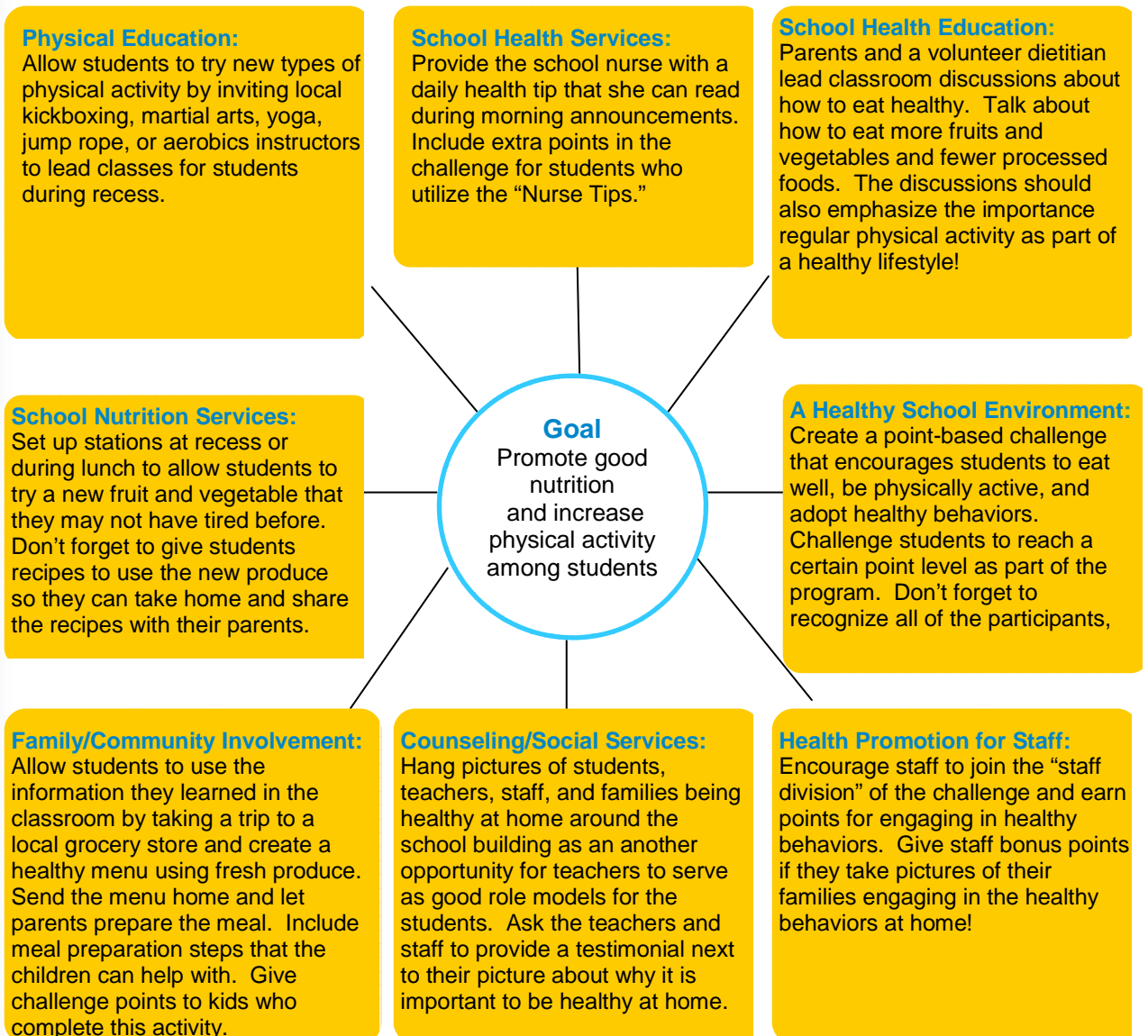
In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention’s School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach.

This month’s Health and Nutrition Flash highlights Clinton Elementary School’s challenge for their students to “Eat Like a Caveman”. Each grade discussed the importance of eating diets that are low in processed foods and high in fiber, such as fresh fruits and vegetables and the importance of being physically active. The classroom education was followed by a week-long challenge that rewarded students for practicing good nutrition and being physically active at school and at home. Challenge activities included giving students samples of a new fruit and vegetable during recess, trying new types of physical activity during recess, and taking a field trip to the produce department of a local grocery store. Students created a meal plan with produce found in the store, and helped their families prepare the recipe. Great Job Clinton Elementary-the Heart Health Network applauds you for your hard work and a job well done!

Below are some ideas for activities that your school can use to promote good nutrition and physical activity.

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model





Staff Wellness

September is National Cholesterol Education Month

Decrease your LDL Levels by Eating More Soluble Fiber

Cholesterol is a fat-like substance (lipid) that circulates through a person's blood. Most of the cholesterol in the body is made by the liver, however, a person's diet can also contribute to how much cholesterol is in the body. Cholesterol is used by the body to give strength to cell membranes, insulate neurons, and help make steroid hormones, like estrogen and testosterone. However, too much cholesterol can clog arteries and cut off blood flow to the heart. It is important for your cholesterol to stay at normal levels to prevent heart problems. There are two types of cholesterol:

- **LDL** (bad) cholesterol stands for low-density lipoprotein. It can cause cholesterol to build up in arteries and can cause them to become clogged. **LDL levels should be less than 100 mg/dL.**
- **HDL** (good) cholesterol stands for high-density lipoprotein. It helps keep cholesterol from building up in your arteries. **HDL levels should be more than 40 mg/dL for men and more than 50 mg/dL for women.**



According to the National Heart Lung and Blood Institutes, soluble forms of dietary fiber can reduce LDL cholesterol levels. On average, an increase in soluble fiber of 5–10 grams per day can lead to a 5 percent reduction in a person's LDL level. Foods that are high in soluble fiber include:

- Fruits such as apples, bananas, oranges, and berries
- Dried beans and legumes
- Peas
- Broccoli
- Carrots
- Whole wheat grains
- Nuts
- Oatmeal

Other ways you can lower your cholesterol include:

- Eating less high-fat foods such as egg yolks, fatty meats, butter, whole milk and cheese.
- Baking, broiling, roasting or grilling meats instead of frying.
- Using less gravy, cream sauces or cheese sauces.
- Quitting tobacco use
- Being active for at least thirty minutes a day on at least five days a week. Activity can be broken into three ten minute segments to help you meet this goal. Taking walks, doing house work, and playing outside with your children are all easy ways to become more active.



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