



September is National Whole Grains Month!

According to health experts, grains are part of a healthy diet, and at least half (3 ounces) of the grains that a person eats should be whole grain.

Grain foods like bread, oatmeal, tortillas, breakfast cereals, and pasta can be made from refined grains or whole grains. Refined grains have been processed and some of the most nutritious parts of the grain have been removed. **Nutrients are added back in enriched refined grains such as white bread and white rice.** Whole grains have more dietary fiber, B vitamins and iron. Eating whole grains reduces the risk of heart disease, some cancers, and weight management, making them the better choice.

Whole Grains Month is a great time to encourage students to eat more whole grains. To get whole grains, choose foods that name one of the following whole grain ingredients first on the label ingredient list:

- Brown rice
- Bulgur
- Whole grain barley
- Graham flour
- Oatmeal
- Whole grain corn
- Whole Oats
- Whole Rye
- Whole wheat
- Wild rice



Try these fun activities to promote whole grains in the classroom:

- Buy three different [loaves of whole-grain bread](#) and compare the nutrition label on each. Let students taste all of them to see which one they like best.
- Take a field trip to a health food or grocery store to look at all of the different grains in bins.
- Send students home with a list of [easy whole grain recipes](#) to try with their family.
- Encourage students to let the Whole Grain Council know what they are doing to celebrate Whole Grains Month. All students that submit an idea will receive a coupon for a whole grain product and will be entered to win a basket of whole grain goodies! Entry forms will be available on the [Whole Grain Council's website](#) on September 1st.

Encourage families to try these activities at home to eat more whole grains:

- Serve bulgur wheat or brown rice instead of potatoes with dinner.
- Look for the [Whole Grain Stamp](#) every time they grocery shop.
- Try a new [breakfast cereal](#) with at least 16 grams of whole grain per serving.
- Try [whole-wheat pasta](#).
- Cook a pot of steel-cut oatmeal over the weekend and serve it for breakfast
- Make pizza with whole wheat pita as the crust.
- Make cookies with half whole wheat flour and half white flour next time.
- Serve hamburgers with whole wheat buns.

For more information about whole grains, visit <http://www.mypyramid.gov/pyramid/grains.html>.



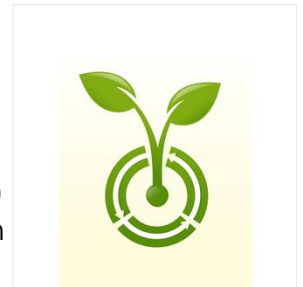
News You Can Use

2010 Subaru Healthy Sprouts Award

Deadline: October 1, 2010

Funded recipients must plan to garden in 2011 with at least 15 children between the ages of 3 and 18. Winning applications will demonstrate the relationship between the garden program and education related to environmental, nutrition and hunger issues in the United States. This year, 30 awards will be presented to thirty schools or community organizations. Each program will receive:

- \$500 gift certificate to the [Gardening with Kids](#) catalog to purchase basic gardening supplies and supporting educational materials
- The National Gardening Association's [Eat a Rainbow Kit](#), containing nutrition lessons, literature, seeds, potting soil, pots and labels- a \$44.95 value!



For additional information and to apply, visit:

<http://www.kidsgardening.com/grants/healthysprouts.asp>

New Health and Academic Achievement Resources from the Centers for Disease Control and Prevention

The newly released 2009 national Youth Risk Behavior Survey (YRBS) data indicate a strong link between student health and academic achievement. To learn more, download the fact sheets and PowerPoint slides at

http://www.cdc.gov/healthyyouth/health_and_academics/index.htm. The slides can be copied into presentations and the fact sheets can be used as handouts.

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 (<http://publichealth.columbus.gov/cardiovascular-health.aspx> and click on Forms and Publications). Add this Frisbee Golf Activity to your Outdoor Recess Toolbox.

Frisbee Golf

Grades: 2-6, outdoor activity

Equipment: one Frisbee per child, hoop or cones to be used as targets, and cones for starting and finish lines.

Formation: Use a play area such as a playground or grassy area. Scatter targets around the play area. Place cones to form a starting line for each target.

Activity: In groups of two or three, each child stands behind the starting line and tosses a Frisbee at a target. After each throw, the child picks up the Frisbee and throws from that point at the target. Each child counts the number of throws it takes to reach the target. The child that takes the fewest number of throws to hit the target wins that hole. The group proceeds to a new target.

Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed.

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Buckeye Best Tips

Coordinated School Health Model 101

Students cannot learn if they are not healthy. Many barriers to learning include absenteeism, discipline, violence, truancy and drop-out. All of these factors can be linked to a students' (and their families') physical, social and emotional health.

The Coordinated School Health Model improves students' capacity to learn through the support of families, schools and community working together. The model integrates eight components that work together to develop and reinforce health-related knowledge, skills, attitudes, behaviors, and make health an important priority at school. The eight components of the Coordinated School Health Model include:

1. **Health Education**—A planned, sequential curriculum that addresses the physical, mental, emotional and social dimensions of health.
2. **Physical Education**— A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas.
3. **Health Services**— Services provided to students to assess, protect and promote health.
4. **Nutrition Services**— Access to a variety of nutritious and appealing meals that accommodate health and nutrition needs of all students.
5. **Counseling, Psychological and Social Services**— Services provided to improve students' mental, emotional and social health. These services often include individual and group assessments, interventions and referrals.
6. **Healthy School Environment**— The physical and aesthetic surroundings and psychosocial climate and culture of the school.
7. **Health Promotion for Staff**— Opportunities for staff to improve their health status through activities such as health assessments, health education and health-related activities.
8. **Family and Community Involvement**— An integrated school, parent, and community approach for enhancing the health and well being of students.



Research shows that there is a connection between health disparities and academic indicators. **It's important that as health professionals advocate for healthier students, health issues are discussed through an academic lens.** For example:

- Academic gains can be made with screenings to identify vision issues
- Providing school breakfasts and programs that manage asthma in school reduces absenteeism
- Teen pregnancy prevention programs reduce drop out rates
- Safe schools improve school climate and connectedness
- Tobacco use often increases the likelihood a student will use other drugs

Schools cannot and should not be expected to change the health of students alone. The October edition of HNF will link the Coordinated School Health Model principles to school-based systematic solutions to help health advocates and school administrators speak the same language to achieve outcomes.

For more information about the coordinated School Health Model, please visit:

<http://www.cdc.gov/healthyyouth/CSHP/>



Staff Wellness

September is National Cholesterol Education Month!

Have you had your cholesterol levels checked recently?

High cholesterol affects over 65 million Americans and is a serious condition that increases a person's risk for heart disease. When there is too much cholesterol in the blood, it builds up on the walls of arteries and slows or blocks blood flow to the heart.

The higher a person's cholesterol level, the greater their risk of a heart attack. Many people with high blood cholesterol do not know their levels are too high because there are no symptoms associated with high cholesterol. It is important to find out what your cholesterol numbers are to reduce your risk of heart attack.

Everyone older than twenty should have their cholesterol measured at least once every five years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test is done after a nine to twelve hour fast and gives information about:

- **Total cholesterol**
- **LDL (bad) cholesterol** – the main source of cholesterol buildup and blockage in the arteries
- **HDL (good) cholesterol** – helps keep LDL cholesterol from building up in the arteries
- **Triglycerides** – another form of fat in your blood

See how your cholesterol numbers compare to the tables below.

Total Cholesterol Level

| | |
|---------------------|-----------------|
| Less than 200 mg/dL | Desirable |
| 200-239 mg/dL | Borderline high |
| 240 mg/dL and above | High |

LDL Cholesterol

| | |
|---------------------|-----------------|
| Less than 100 mg/dL | Optimal |
| 100-129 mg/dL | Near optimal |
| 130-159 mg/dL | Borderline high |
| 160-189 mg/dL | High |
| 190 mg/dL and above | Very high |

HDL cholesterol protects against heart disease, so higher HDL numbers are better. An HDL level less than 40 mg/dL is low, and levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also increase heart disease risk. Some people with levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment.

For more information, visit the National Heart, Lung and Blood Institute's website at <http://hp2010.nhlbihin.net/cholmonth/>.

Know your numbers. Ask your doctor about your cholesterol levels.

Creating Healthy Communities Network

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