



May is Blood Pressure Awareness Month!

High blood pressure (also known as hypertension) is usually thought of as an adult illness. Overweight is on the rise in youth younger than 18 years. a decade after the increase in childhood obesity, the prevalence of high blood pressure in youth has increased as well. In 2002, an estimated 4% of kids had high blood pressure, and about 10% of kids had prehypertension (WebMD Health News).

Blood pressure is the pressure the blood exerts against the blood vessel walls as the heart pumps. It is the combination of two measurements— one from the heart as it pumps blood into the arteries and through the circulatory system (systolic pressure, or top number), and the other from the arteries as they resist this blood flow (diastolic pressure, or bottom number). Blood pressure changes from minute to minute and is affected by activity and rest, body temperature, diet, emotional state, posture, and medications.

When someone has high blood pressure, their heart must pump harder and the arteries are under greater strain as they carry blood. If high blood pressure continues for a long time, the heart and arteries may no longer work as well as they should. Other organs that are receiving the blood, like the kidneys and brain, may also be affected. Having high blood pressure puts someone at a higher risk for having a stroke, heart attack, kidney failure, loss of vision, and atherosclerosis (hardening of the arteries).

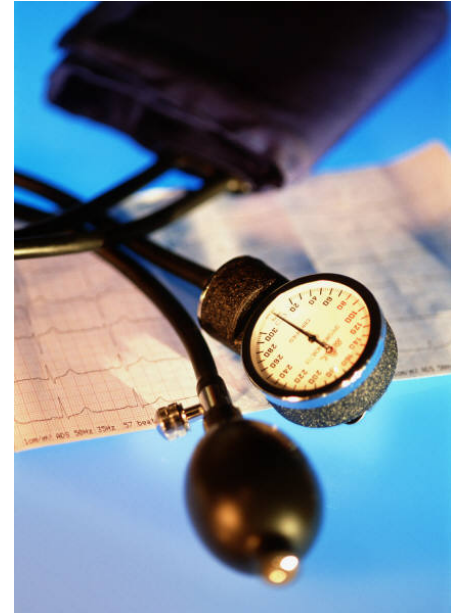
Blood pressure guidelines are different for children than adults and can be a challenging concept to teach to children. While adult blood pressure readings can easily be compared to simple published values for what is considered to be normal and abnormal, such easy comparisons aren't possible for children. Because children's bodies change so quickly early in life, blood pressure readings must be adjusted for height, age, weight, and gender.

However, you can still teach your students about blood pressure, how it affects their cardiovascular system, and what students can do to avoid high blood pressure without mentioning the standard guidelines for adults. You can also use this opportunity to remind students to have their blood pressure checked by a healthcare professional once a year. Students can help to avoid high blood pressure by:

- Following a healthy eating plan, including limiting the amount of salt that you eat. An example of a healthy eating plan is the National Heart, Lung, Blood Institute's **Dietary Approaches to Stop Hypertension (DASH)**.
- Being physically active regularly. A rule of thumb is "an hour a day to play."
- Avoiding tobacco use
- Learning to deal with stress in a healthy manner.

For more information about high blood pressure in children, download the National Heart, Blood and Lung Institute's *Fourth Report on the Diagnosis, Evaluation and Treatment of High Blood Pressure in Children and Adolescents* at

http://www.nhlbi.nih.gov/health/prof/heart/hbp/hbp_ped.pdf



News You Can Use

Promoting Healthy Youth! A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home.

Ohio Action for Healthy Kids is pleased to announce the release of *Promoting Healthy Youth: A Parent Toolkit for Enhancing Nutrition and Physical Activity in Schools and at Home*. Developed in partnership with Ohio PTA, this guide gives individuals and parent groups tools to begin student wellness projects in schools. It also contains tips to help parents raise healthy children through nutrition and physical activity at home. To download a copy of this new resource please visit:

http://www.OhioActionforHealthyKids.org/news_resources/ParentsToolKit.htm.

Save the Date! 2nd Annual Bike Columbus, Saturday May 30th!

Columbus Mayor Michael B. Coleman, the City of Columbus Institute for Active Living and Consider Biking present the 2nd annual Bike Columbus event. This fun filled day is perfect for families and all cyclists-young, old, beginner and experienced. The event will take place from 8am-1pm at COSI and include a 7, 20, and 50 mile ride. For more information, visit

www.considerbiking.org.



Is Wellness Part of Your School's Game Plan? Order Your FREE 2009-2010 Wellness Activation Kit Today!

Fuel Up to Play is the comprehensive school wellness program brought to schools **free of charge** by the National Dairy Council®, your local Dairy Council? and the National Football League! **Fuel Up to Play** will inspire students to "get up and play" for 60 minutes a day and to "fuel up" with the foods kids don't get enough of — low-fat and fat-free dairy foods, fruits, vegetables, and whole grains. When you enroll in **Fuel Up to Play**, your school will receive an easy to implement wellness activation kit including a menu of activities to support healthy eating and physical activity, colorful display materials customized with local NFL insignia, online marketing tools and bonus goodies, and school wellness e-newsletters for all school staff who enroll. For more information about the Wellness Activation Kits, please visit

<http://www.schoolwellnesskit.org/>.

Chicken Salad

Heart Healthy Recipe of the Month

Use this recipe from the DASH eating plan to help lower your blood pressure!

Source: Your Guide to Lowering your Blood Pressure with DASH, *National Heart, Lung, and Blood Institute*

Number of Servings: 5

Serving Size: 3/4 cup

Ingredients:

3 1/3 C boneless, skinless chicken breast, cooked and cubed
1/4 C celery, chopped
1 Tbsp. lemon juice
1/2 tsp. onion powder

Directions

1. Bake chicken, cut into cubes and refrigerate.
2. In a large bowl, combine the rest of the ingredients, and mix well before serving

Nutrition Content:

Calories: 176
Total fat: 6g
Saturated fat: 2g
Cholesterol: 77 mg
Sodium: 120 mg
Total fiber: 0g
Protein: 27 g
Carbohydrates: 2g

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 focuses on how to promote bike safety to students and staff!

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model

Physical Education:

Challenge students to bike to a destination of your choice by logging how many miles they ride their bikes. Create a map to the destination and as students log their miles, track them on the map so they can see how far they've gone. When the students reach the destination, let them choose the activities for the next few PE classes!

School Health Services:

Hold a Bike Helmet Fitting Clinic to make sure student and staff's helmets fit correctly. Click on the link below to use these easy 5 steps to see if a bike helmet is properly fitted for the rider, <http://www.cincinnatichildrens.org/svc/alpha/r/bike-helmet/fitting.htm>.

School Health Education:

Use this interactive sample lesson from the Safe Routes to School Program to teach students about the importance of wearing a bike helmet and making sure it fits properly. Visit <http://www.saferoutestoschools.org/lessonplans.shtml> for more information.

School Nutrition Services:

Put together a list of healthy snacks that students and staff can easily bring with them on longer bike rides such as trail mix, fruit and vegetables. Include some information about why it's important to make sure the body is properly nourished and hydrated during physical activity events that are longer in duration. Don't forget to remind students and staff to drink water.

Goal
Promote bike safety for students and staff

A Healthy School Environment:

Schools can add safe, secure and covered bike parking as well as bike crossing signs to the parking lot to encourage students and staff to bike to school.

Family/Community Involvement:

Ask local businesses to provide safe, secure and covered bike parking outside of their stores. Bike riders can also bike to their destination and take the COTA bus back and put their bike on the bus' bike rack! Schools can also ask local businesses and parents to donate bike helmets to the bike helmet drive (see Counseling and Family services)

Counseling/Social Services:

Hold a bike helmet drive at your school so students who cannot afford helmets can receive one and abide by the Columbus Youth Bicycle Helmet Ordinance. School counselors can ask students to bring their bike helmets to schools to make sure they fit properly. Schools can recruit community members to help with the fittings!

Health Promotion for Staff:

Put together a team from the school to participate in a bike event such as Bike Columbus or the Great Ohio Bicycle Adventure (GOBA). Staff can train together and ride together on race day! For more information about Bike Columbus, see page 3. For more information about GOBA, visit <http://www.goba.com/>.

Staff Wellness

DASH to a Healthier Heart!

Blood pressure is the force of blood against artery walls and rises and falls during the day. When it stays elevated over time, then it's called high blood pressure. High blood pressure is dangerous because it makes the heart work too hard, and often has no warning signs or symptoms. If uncontrolled, it can lead to heart and kidney disease, stroke, and blindness.

If someone you know has high blood pressure, they can take steps to help control it by eating a diet consistent with the **Dietary Approaches to Stop Hypertension (DASH)** eating plan. Use this chart to guide your food choices:

Using the DASH eating plan along with other lifestyle changes can help you prevent and control blood pressure. If your blood pressure is on the border of being too high, you may be able to control it by changing your eating habits, losing weight if you are overweight, getting regular physical activity, and cutting down on alcohol. Have your blood pressure checked annually and talk to your healthcare provider about the best options for you.

The DASH eating plan also has other benefits, such as lowering LDL ("bad") cholesterol, which, along with lowering blood pressure, can reduce your risk for getting heart disease.

To download a complete DASH diet guide, visit

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.

Following the DASH Eating Plan

Food Group	Daily Servings	Serving Sizes
Grains*	6-8	1 slice bread 1 oz dry cereal [†] 1/2 cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw leafy vegetable 1/2 cup cut-up raw or cooked vegetable 1/2 cup vegetable juice
Fruits	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice
Fat-free or low-fat milk and milk products	2-3	1 cup milk or yogurt 1 1/2 oz cheese
Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry, or fish 1 egg [†]
Nuts, seeds, and legumes	4-5 per week	1/3 cup or 1 1/2 oz nuts 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds 1/2 cup cooked legumes (dry beans and peas)
Fats and oils[§]	2-3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing
Sweets and added sugars	5 or less per week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

[†] Serving sizes vary between 1/2 cup and 1 1/4 cups, depending on cereal type. Check the product's Nutrition Facts label.



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