

Healthy Kansas Kids

Volume 1 Issue 2

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Special Points of Interests:

- Stop the spread of germs... Handwashing
- Families need to keep up their health and record and family histories.

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Fit For Life - Autumn Reflection Walk

October is here! The weather is just perfect for being out and about. But our hurried lives can keep us from getting as much exercise as we need. A walk is great way for parents and children to enjoy some exercise together. Put on some comfortable clothes and walking shoes

and take a 30 minute walk. Reflect on the changes you see in nature. You can add more fun by making your walk a scavenger hunt! Before leaving on your walk, make a sticky bracelet out of masking tape (leaving the sticky side out). As children find autumn leaves of various

shades, they can stick them to their bracelet.



Cold and Flu Season is Here!

Flu is a serious contagious disease.

Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- **20,000 of those hospitalized are children younger than 5 years old.**
- 36,000 people die from flu.

Six Simple tips when dealing with colds and the flu...

1. Don't send your child to school or day care
2. Provide plenty of fluids and TLC
3. **Don't give your child aspirin**
4. Keep siblings and other family members at a distance
5. Don't send kids to

school or day care until the fever is gone (at least for a day)

6. Remain at home, away from the general public

For more info:

http://kidshealth.org/parent/h1n1_center/h1n1_center.html

<http://www.cdc.gov/h1n1flu/talkingtokids.htm>

Take Charge of Your Health

Wash your hands

Stop the spread of germs that make you and others sick!

Teach children proper hand washing techniques.

1. Wash hands with soap and warm water.
2. Remind children to get all the germs off their hands.
3. Encourage children to

sing the ABCs while washing and to keep washing until they finish the song.

Cover the coughs and sneezes.

1. Model covering the mouth and nose with a tissue when you cough or sneeze.
2. Show children how to

cough or sneeze into their upper sleeve, not their hands.

3. Remember to clean your hands after coughing or sneezing.

Source: Sedgwick County Health Department. For information, visit

www.sedgwickcounty.org



Wet hands



Apply soap & rub for 20 seconds



Rinse



Dry with paper towel



Use towel to turn off faucet

This Month's Snack

Applesauce



Simple Applesauce

Easy to prepare, this favorite is a delicious accompaniment for pork and chicken or eaten as is for an energy boosting snack.

Prep Time: 45 minutes
Cook Time: 15 minutes
Servings: 6

Ingredients:

- 6 Golden Delicious apples (or any good cooking apple, such as Braeburn, Fuji, Jonathan, or McIntosh)
- 1/2 cup cold water
- 1/2 cup sugar

Directions:

- Peel apples and cut into quarters. Remove the cores and then cut the apples into thick slices. Place slices immediately in water with lemon

juice to prevent browning. Soak for 5 or 10 minutes, do not over soak.

- Add cold water to a heavy 2-quart saucepan. Drain slices and add them to the saucepan. Bring apples and water to a boil over medium heat. Cover apples and reduce heat to low. For chunky sauce simmer apples for 8 to 10 minutes. For smoother applesauce, simmer for 12 to 15 minutes.
- Add the sugar during the last 2 or 3 minutes of cooking time. Stir sugar into the sauce and finish cooking to desired consistency.
- The applesauce can be served warm or chilled.

Before storing in the refrigerator, allow the applesauce to cool and then place in a sealed container.

Source: Recipetips.com



National Family Fitness Month

“Family Health Month” is a month-long campaign in which the AAFP and family physicians urge everyone to take a closer look at their health by conducting a personal health inventory. In addition to encouraging people to take a closer look at their families’ eating habits, physical fitness, stress and mental health, the focus is also on alerting families to be aware of the hazards of tobacco and alcohol use as well as possible hazards in the home. Your health and your family’s health should be a top priority.

All of the major causes of illness and death - cancer, heart disease, stroke, lung disease and injury--can be prevented by things you do.

The following areas should help enable you to take a closer look at your and your family’s overall health.

Proper Nutrition: Do you eat a balanced diet?

- See that your family eats appropriately. Heart disease, some cancers, stroke, diabetes and damage to your arteries can be linked to what you eat. Fiber, fruits and vegetables can help reduce your risk of some cancers.



Physical Fitness: Does your body feel in tune?

- Keep your family’s bodies in tune. Exercise can help prevent heart disease, high blood pressure, diabetes, osteoporosis, depression and, possibly, colon cancer, stroke and back injury. You’ll also feel better and keep your weight under control if you exercise regularly.

Lose Weight if Overweight: Are you carrying too much weight?

- Carrying too much weight increases your risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, some cancers, gallbladder disease and arthritis in the weight-bearing joints (like the spine, hips or knees). A high-fiber, low-fat diet and regular exercise can help you lose weight gradually and help you keep it off.

Partnership for Health: Do you have a regular doctor?

- Family physicians are experts in helping you set up the personal health program that not only gets you healthy but keeps you healthy. Establish a partnership with your family physician.

Disease: Are immunizations up to date in your household?

- Schedule periodic health screening exams and immunizations for your family.

Tobacco: Do you use tobacco?

- Using tobacco is one of the most dangerous things you can do. More preventable illnesses are caused by tobacco than by anything else.

Alcohol: Do you drink too much?

- Limit how much alcohol you drink.

Healthy families also have one thing in common: they talk. Families need to communicate. Many families are too busy to talk about health issues and concerns until there is a problem. Communication is the key to early detection and prevention for illness and injury. Talk about your health, make it a part of your family life.

If you are aware and know your family health history and your risk factors, you can help yourself stay well with preventive health care.

The main mission of “Family Health Month” is to encourage family communication, increase public awareness of family histories and health issues, provide information **to assist families in keeping up their health and record family histories.**

Don’t let your **family health** get lost in the chaos of every day life—make a commitment to communicate and be healthy and well!

