

# HANDS-ONHealth

Health Wave Newsletter, September 2009

## Welcome Back to the 2009-2010 School Year



We hope everyone had a relaxing, yet physically active summer. Although weather patterns remained somewhat unpredictable, the summer months provided ample opportunity to enjoy outdoor sports, water, and leisure activities.

As the new school year gets under way, Health Wave is offering reduced shipping fees to our current clients. Do you have new teachers or new classes starting this year? Do you need replacement manuals or other items for your staff?

Call 800-374-7953 or check our website [HealthWaveInc.com](http://HealthWaveInc.com) for an updated list of materials for each grade level.

Orders can be faxed to (203) 975-7946, or call (800) 374-7953 to speak to a representative.

## H1N1 (Swine) Flu Update

Guidance from the Centers for Disease Control and Prevention was announced at a joint news conference in August by Health and Human Services Secretary Kathleen Sebelius, Education Secretary Arne Duncan, Homeland Security Secretary Janet Napolitano, and CDC Director Thomas R. Frieden, M.D., M.P.H.

These updated federal guidelines offer state and local public health and school officials a range of options for responding to 2009 H1N1 influenza in schools, depending on how severe the flu may be in their communities. The guidance says officials should balance the risk of flu in their communities with the disruption, potential safety risks, and other consequences that school dismissals could cause in edu-

cation and the wider community.

The school guidance is a part of a broader national framework to respond to novel H1N1 influenza, which includes encouraging people to be vaccinated against the virus and to take other actions to avoid infection. The CDC anticipates more illness after the school year starts, because flu typically is transmitted more easily in the fall and winter.

"We can all work to keep our children healthy now by practicing prevention, close monitoring, and using common sense," Secretary Duncan said. "We hope no schools have to close. But if they do, we need to make sure that children keep learning."

Click on the following link to read the entire press release and additional

### In This Newsletter:

**Flu Update** This school year will present challenges for the educational community with the anticipated spread of the H1N1 flu. Familiarize yourself with the latest federal guidelines and where to find the latest information. (see pages 1-2) We encourage you to read, *Action Steps for Teachers to Prevent the Spread of Flu* from the CDC and located at the end of this newsletter. (see pages 6-7)

**Fruits and Veggies – More Matters** September marks the beginning of the school year and it's also Fruits & Veggies — More Matters™ month.

Learn how easy it is to increase consumption of fruits and vegetables to 5 or more servings a day to improve your health. (see pages 2-4)

Find out what parents can do to lead the way. (see page 5)

resources, including "Preparing for the Flu: A Communication Toolkit for Schools."

<http://www.ed.gov/news/pressreleases/2009/08/08072009.html>

The purpose of this Toolkit is to provide basic information and communication resources to help school administrators implement recommendations from CDC's *Guidance for State and*

*Local Public Health Officials and School Administrators for School (K-12) Responses to Influenza during the 2009-2010 School Year.*

Attached at the end of this newsletter is a fact sheet from this toolkit, *Action Steps for Teachers to Prevent the Spread of Flu*. We encourage you to read, print out and share this fact sheet—and other fact sheets found in this toolkit—with your colleagues.

For more information, visit [www.flu.gov](http://www.flu.gov).

## Fruit & Vegetables—More Matters month: September 2009

### About the National Fruit & Vegetable Program

The National Fruit & Vegetable Program is a national partnership to increase consumption of fruits and vegetables by all Americans. Eating a diet rich in fruits and vegetables every day will promote good health and may help reduce the risk of stroke, high blood pressure, diabetes, and some cancers.

In March 2007, 5 A Day program became the National Fruit and Vegetable Program and launched a new public health initiative, Fruits & Veggies—More Matters, in order to reflect the new dietary guidelines, which recommend more than 5 servings of fruits and vegetables for some Americans. The National Program is a public private partnership. It is confederation of government, not-for-profit groups and industry working collaboratively and synergistically to increase the consumption of fruits and vegetables for improved public health.

The CDC has outlined the following information on the benefits of eating more fruits & vegetables; what counts as a cup; and using fruits & vegetables to manage weight.

### Benefits of Eating More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.



All fresh, frozen, dried, or canned fruits and vegetables count toward your fruit and vegetable goal. Fruits and vegetables (with the exception of olives, avocados, and coconut) are naturally low in fat. Canned, dried, and frozen foods are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

### Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

### Whole Foods vs. Supplements

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

### Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

## What counts as a cup?

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

**1 cup:** 1 small apple; 1/2 cup green beans; 1/2 large sweet potato;

**1/2 cup:** 1 small banana; 6 baby carrots; 16 grapes



## How to Use Fruits and Vegetables to Help Manage Your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

*To lose weight, you must eat fewer calories than your body uses.*



This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

### Breakfast: Start the Day Right

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.



- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

### Lighten Up Your Lunch

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

### Dinner

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.



- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate — not a platter; the total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

### Smart Snacks

- Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.



For more information on the Fruits and Veggies — More Matters health initiative, please visit PBH at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

You will also find activities and tips for getting children involved as well as more recipes.

# Parents, Are You Leading the Way?

## Fruits, Vegetables, and Physical Activity Action Steps Parents Can Take at Home

**1.** Keep a variety of ready-to-eat fruits and vegetables available. For example:

- Keep fresh fruit in a bowl on the counter. Choose items that are easy to grab and eat, such as apples, pears, plums, and grapes.
- Keep easy-to-eat vegetables in the refrigerator to grab as snacks, such as cherry tomatoes, sugar snap peas, baby carrots, and multi-colored bell pepper strips.
- Serve a fruit or vegetable with every meal and snack. You can put out a bowl of carrots and celery that kids can snack on while dinner is being prepared.
- Bring home a new fruit or vegetable every once in a while. Learn how to prepare it, and encourage your kids to try it. Have your kids ever seen papaya, kiwifruit, baby bok choy, flavored sprouts, butternut squash, or broccolini?
- Keep frozen fruits and vegetables and canned beans available as easy additions to dinner. It's easy and tasty to add some frozen peas to a pasta dish or some kidney beans to a soup.

**2.** Try to sit down for a meal with your children at least once a day. Research has shown that when kids eat on their own, they are less likely to eat healthy food, including fruits and vegetables. And mealtime is the perfect occasion to talk with your children about fruits and vegetables. You could ask, for example:

- How many servings of fruits and vegetables have you eaten so far today?
- How many are in the current meal?
- What fruits and vegetables should we have tomorrow night?

**3.** Include your kids in choosing fruits and vegetables, whether that means making the grocery list together or coming along to the store. For example:

- Ask your kids to select their favorite fruits and vegetables at the store. Put them in charge of making creative green salads or healthy fruit salads.

- Take your kids to a great farmer's market or a beautiful supermarket produce section. Talk about the wide variety that's available, and what you could do with different produce items. Take home a few new things and experiment together.
- Have your kids help prepare fruits and vegetables for meals and snacks. Kids can help wash fresh fruits and vegetables, add them to recipes, or make salads.



**4.** Understand the health benefits of fruits and vegetables, so that you'll be able to help your kids understand why it's so important to eat them.

**5.** Be physically active. Staying active and eating healthy go hand-in-hand – it's critical to do both in order to achieve better health.

- Children should get 60 minutes of moderate-intensity physical activity on 5 days of the week or more.
- Encourage kids to participate in activities that get them moving – like sports, dance, swimming, or outdoor games – instead of watching TV.
- Make physical activity part of family time. Play a game outside, or take a bike ride together to a local park for a healthy, fruit-and-vegetable-filled picnic.

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## Action Steps for Teachers to Prevent the Spread of Flu

Take the following steps ALL the time and not only during a flu pandemic to help keep your students and yourself from getting sick with flu.

- ▶ **Educate and encourage students to cover their mouth and nose** with a tissue when they cough or sneeze. Also, provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- ▶ **Remind students to practice good hand hygiene** and provide the time and supplies (easy access to running water and soap or alcohol-based hand cleaners) for them to wash their hands as often as necessary.
- ▶ **Be a good role model** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.
- ▶ **Keep an eye out for sick students and send them to the school health office for further evaluation.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- ▶ **Clean surfaces and items** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- ▶ **Teachers should also stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- ▶ **If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu,** you should **speak with your doctor as soon as possible** if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.
- ▶ **If you have children,** plan ahead for child care if your child gets sick or his or her school is dismissed.

- ▶ ***Be prepared in case the flu becomes more severe.***
  - ***Develop options for how school work can be continued at home*** (e.g., homework packets, Web-based lessons, phone calls), if school is dismissed or your students are home because someone in their household is sick.
  - ***Be prepared for sick students or staff stay home for at least 7 days***, even if they feel better sooner. Those who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away.
  - ***Allow high-risk students to stay home.*** These students should make this decision in consultation with their physician or other health professional.
  - ***Find ways to increase social distances*** (the space between people) in your classroom. For example, you might rearrange desks so that there is more space between students, consider cancelling classes that bring students together from different rooms, or postpone class trips.

**For more information:**

- ▶ **Visit: [www.flu.gov](http://www.flu.gov)**
- ▶ **Contact CDC 24 Hours/Every Day**
  - 1 (800) CDC-INFO (232-4636)
  - TTY: (888) 232-6348
  - [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)