

New Programs to Help Eatonville, Maitland and Winter Park

Think • Act • Be Healthy Communities

The Winter Park Health Foundation (WPHF) has awarded its first round of Think-Act-Be Healthy Communities initiative grants totaling \$300,000 to nine organizations for projects to improve the health of the Eatonville, Maitland and Winter Park communities, such as Healthy School Teams are focused on helping improve the health of local schools.

Healthy School Teams, launched in Winter Park Consortium Schools in 2002, receive financial support from WPHF to develop projects and programs that help the schools promote health and wellness among students and staff. This has resulted in a wide variety of activities such as Wellness Wednesdays, running clubs and Brain Smart activities that have changed the health culture of the schools.

WPHF launched the Healthy Communities initiative in November 2007 in an effort to inspire community projects that would change the environment and/or culture in ways that encouraged healthy behaviors. Individuals and groups were invited

to submit ideas that would promote physical activity, promote healthy eating and reduce tobacco use in the Foundation's three focus communities.

The goal was to empower others—like Healthy School Teams in schools—to come up with ideas that will help make our local communities healthier places to live, work and enjoy.

More than 100 ideas were submitted, and of these, 38 were identified as promising and the idea sponsors were invited to complete a formal proposal. The nine projects listed below will be supported via grants from the WPHF:

- Installation of Community Bike Racks in the City of Winter Park
- Fitness Trail at Lake Island Park in the City of Winter Park
- Community Fitness Trail at Lakemont Elementary School
- Start-up of a Farmers Market in the Town of Eatonville in partnership with Hebni Nutrition Consultants Inc.

- Club FYT (Fitness for Youth and Teens), an after-school health and fitness program by the YMCA at Dommerich and Lake Sybella elementary schools and Glenridge and Maitland middle schools

- The formation of an Interfaith Council on Health, a faith-based partnership of churches in Eatonville, Maitland and Winter Park

- Community Running/Walking Track and Health Awareness Program proposed by Hungerford Elementary in Eatonville

- Way-finding – community-based study by Metro Plan Orlando Inc. to assess the need for signs directing the community to places to be active

- Super Suppers and Nutrition Education program at the Winter Park Day Nursery – a program offering parents affordable, healthy family meals and lessons on how to prepare them

For more information on opportunities to engage in the Healthy Communities initiative and other WPHF work, continue to watch the Foundation's website at www.wphf.org

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In examining sleep, he recommended parents also take a look at how much their children are using cell phones and computers throughout the night. There should be guidelines that get lap top computers and cell phones out of bedrooms when it is time to sleep, he said.

In addition, parents can help by modeling healthy sleep behavior as well. If household activities wind down at bedtime, it makes it easier for kids to do the same and go to sleep.

This is all part of "taking back the night."

Summer might be a good time to get started.

For more information on sleep and related disorders you can go to these websites:

Centers for Disease Control and Protection: Sleep and Sleep Disorders
www.cdc.gov/sleep

National Sleep Awareness Roundtable
www.nsaft.org

The National Sleep Foundation
www.sleepfoundation.org

Sleep Education.com
www.sleepeducation.com

Laureate Eating Disorders Program
www.eatingdisorders.laureate.com

Healthy Recipes to Try This Summer

Chicken in a Pita

Ingredients:

- ½ cup light mayonnaise or salad dressing
- 1 tablespoon light soy sauce
- ¼ teaspoon ground ginger
- 1 tablespoon fat-reduced peanut butter
- 1 cup cooked, chopped chicken
- ½ cup pea pods, cut in half
- ½ cup chopped red or yellow sweet peppers
- ¼ cup roasted peanuts
- 3 whole grain pita pockets, cut in half

Directions:

Mix mayonnaise or dressing, soy sauce, ground ginger, and peanut butter until well blended. Add chicken and vegetables and refrigerate 1 to 4 hours. Stir in peanuts and spoon into pockets.

Serving Size: ½ pita bread

Nutrient analysis: Calories--265; Protein--13 grams; Fat--14 grams; Fiber--2 grams.

Oven French Fries

Ingredients:

- 2 lbs potatoes
- ¼ cup parmesan cheese, grated
- 2 tablespoons olive oil

Directions:

Preheat the oven to 400 degrees. Coat a large baking pan with cooking spray. Scrub the potatoes and peel them. Cut them lengthwise into strips for French fries. Set aside. Put the grated parmesan cheese into a plastic food storage bag. Add the potato strips. Close the bag and toss to coat. Turn the potatoes out onto the prepared pan and drizzle evenly with the olive oil. Bake for 30 minutes, turning the potatoes halfway through the baking time. Potatoes should be golden brown and crunchy outside, yet soft inside. Serve immediately.

Yield: 4 servings

Nutrient analysis: Calories--261; Protein--6.7 grams; Fat--8.7 grams; Fiber--3.6 grams.

The recipes have been provided by Sherri Flynt, registered and licensed dietitian at Florida Hospital and co-author of the book, "SuperSized Kids: How to Rescue Your Child From The Obesity Threat."

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Middle & High School Edition

Healthy Kids Today

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Healthy Kids Today is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybella and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School and Winter Park Tech.

HealthyKidsToday.org



Click Here For Health

A Service of the Winter Park Health Foundation

Got Sleep? You Need it— And So Do Your Kids

Teens will be able to grab some extra sleep next school year now that the Orange County School Board has voted to flip the starting times for middle and high schools to save money and cope with severe budget cuts.

The controversial shift will mean a lot of adjustments for schools and families, but a byproduct could be improved academic performance for teens, whose body clocks are better suited to the later start times.

Sleep, however, is not just an important health issue for teens.

All of the discussion serves as a wake-up call on the importance of sleep and the impact it has on the health of students and everyone else.

"Sleep is something our bodies need to do: it is not an option," according to the National Heart Lung and Blood Institute in a letter to parents in its Star Sleeper website focused on children and sleep. (The web address is at the end of the story.)

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Earn Money for Your School By Completing a CVI Survey

We want and need your feedback!

Each year, the Winter Park Health Foundation (WPHF) provides more than \$1 million to support comprehensive student health services in Winter Park, Maitland and Eatonville area schools designed to help students be the healthiest and most academically productive possible.

The free programs, part of the Coordinated Youth Initiative (CYI) launched nine years ago, touch the lives of thousands of local students and continue to have a major impact on them.

In an effort to make the programs the best that they can be, WPHF would like your feedback. Parents are invited to complete the electronic survey posted on the website, www.healthykidstoday.org,

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Yet sleep could be considered the "Rodney Dangerfield" of health habits, never seeming to get the respect it deserves.

This seems to be changing, with new research on sleep's impact on health appearing regularly in the news.

For example, a recent American Academy of Sleep Medicine story reported youths who sleep less during

the school week are more likely to be overweight.

Research at the University of Texas Health Science Center in Houston pointed out the negative impact of chronic insomnia on 11- to 17-year olds, and noted insomnia is linked to future physical and psychological problems among adolescents.

It also has been linked to Attention Deficit Hyperactivity Disorder and traffic accidents.

The issue of sleep deprivation also has become important enough for the Centers for Disease Control and Prevention (CDC) to launch a website dedicated to sleep and public health late last year. (This website link, and other helpful resources, are listed at the end of this article.)

Even more recently, sleep deficiencies have been linked with eating disorders, particularly anorexia.

Craig Johnson, Ph.D., director of the eating disorders program at Laureate Psychiatric Hospital in Tulsa, Oklahoma, and a long-time

leader in the eating disorders field, was in Orlando recently and discussed this link at the International Association of Eating Disorders Professionals symposium.

While polls show many Americans are sleep deprived, the impact is perhaps greatest on young people.

Dr. Johnson notes

- Pediatric sleep disorders affect 25 to 40 percent of children and adolescents
- 14 percent of teens are late to school as a result of sleep difficulties
- 28 percent of high school students fall asleep in school

What makes this so dangerous is that childhood sleep difficulties are a strong predictor of the onset of anxiety disorders in adolescence.

Johnson, who spoke about the importance of parents "taking back the night" and making sleep a priority for children, notes the connection between sleep and anorexia has been previously overlooked.

He notes that while teens require about nine hours of sleep, the teens in his eating disorders program averaged 4.8 hours of sleep the two weeks before their enrollment.

Young women who develop anorexia seem to have an "Iron Man" mindset, believing they don't need to eat as much as others, and they appear to feel that way about sleep as well.

But sleep is important.

Dr. Johnson notes that as participants are discharged from his program, they now receive a detailed sleep plan along with an eating plan and they are asked to commit to both.

And he offers a message to their parents—that the kids are overwhelmed and that sleep needs to be as much a priority as a healthy plan of eating.

The message, he said, applies to all parents.

While sleep loss is easy to overlook in children and teens, particularly when they appear to be functioning well, it is important for every parent to step back and evaluate how much sleep children actually get, and then take steps to make sure adequate sleep is a family priority, he said.

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SIGNS YOUR TEEN NEEDS SLEEP

Want to know if your teen needs more sleep?

Here are some signs provided by SleepEducation.com:

- "Catching up" on sleep on weekends
- Oversleeping in the morning
- Arriving late for school
- Getting bad grades at school
- Getting into trouble at school
- Falling asleep when riding in a car or driving
- Falling asleep at home after school or in the early evening
- Falling asleep in a movie theater or while watching TV
- Lacking motivation and acting sluggish
- Drinking high-caffeine beverages to improve alertness
- Making mistakes
- Being forgetful
- Gaining weight
- Getting sick frequently
- Showing signs of depression or mood swings

Prescription Drug Dangers at Home

If you watch TV, you may have run across the ad featuring the lonely drug dealer, pacing on a street corner with no buyers in sight. Business is off, he whines. Kids are getting high for free—from the medicine cabinet at home. "If things go south with your kids, don't look at me, man," he says.



The good news in this is parents can do something to eliminate the temptation of drugs found in the home.

A good first step is to take an inventory of the prescription and over-the-counter drugs kept in your house and eliminate those that have expired and/or are no longer used. In Winter Park, the best way

to dispose of the medicine is to take it to the local fire station. They will add the pills to their biohazard waste for disposal.

In other areas, people can call the local poison control center at 1-800-222-1222 to find out the best way to discard expired medicines in the community. Experts say it is not a good idea to just toss the medicine in the trash where a child or pet could find it.

To learn more about the dangers associated with prescription and over-the-counter drug abuse, go to www.theantidrug.com

Plan Ahead for School & Sports Physicals

It's never too early to plan ahead for school and sports physicals your children may need before the start of the next school year.

Through the two Student Health Centers supported by the Winter Park Health Foundation, pediatric nurse practitioners provide these services for free, which are aimed at all students who attend schools within the Winter Park Consortium of Schools and whose families don't have adequate health care coverage or access to a health care provider for their children. (The Consortium includes Winter Park High School and its elementary and middle feeder schools.)

The recently issued report from the Office of National Drug Control Policy noted the most commonly abused prescription drugs include pain killers, sleeping pills or anti-anxiety drugs and stimulants—mainly used to treat attention-deficit hyperactivity disorder.

According to the U.S. Office of National Drug Control Policy, more teens abuse prescription drugs than any illicit drug other than marijuana—and they get them primarily from friends and relatives.

Every day, 2,500 youths between the ages of 12 and 17 abuse a prescription pain reliever for the first time, according to a report from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The Student Health Center at Winter Park High School, 2100 Summerfield Rd., Winter Park, FL 32792, will offer free physicals and

treat illnesses Monday-Friday beginning July 14. To schedule visits, which are by appointment only, call 407-622-3200, ext. 2201.

Student Health Center at Winter Park High School Monday-Friday beginning July 14

Student Health Center at Glenridge Middle School Monday-Friday beginning August 11



and provide thoughts and suggestions. Your child's school will receive \$1 for each completed survey, to be used for healthy school activities.

CYI programs include the School Nursing Initiative (SNI), Student Health Centers, the CHILL program and Healthy School Teams.

In addition, WPHF produces the Healthy Kids Today newsletter sent home to the families of students three times a year. Additional health news, updated weekly, and more complete information about CYI programs, can be found on the website developed and maintained by WPHF—www.healthykidstoday.org

Please take time to complete the survey on www.healthykidstoday.org by June 15. Please complete no more than one per family per school.

We look forward to your input!

Sleep Tips for Students

Here are some student tips for getting a good night's sleep from the American Academy of Sleep Medicine. Parents can use them to help their child or teen develop healthy sleep habits.

Go to bed early

Students should go to bed early enough to have the opportunity for a full night of sleep. Teens need about nine hours of sleep each night. Younger students need up to 11 hours of nightly sleep.

Get out of bed

If you have trouble falling asleep, get out of bed and do something relaxing until you feel sleepy.

Stay out of bed

Don't study, read, watch TV or talk on the phone in bed. Only use your bed for sleep.

Limit naps

If you take a nap, keep it brief. Nap for less than an hour and before 3 p.m.

Wake up on the weekend

It is best to go to bed and wake up at the same times on the weekend as you do during the week. If you missed out on a lot of sleep during the week, then you can try to catch up on the weekend. But sleeping in later

on Saturdays and Sundays will make it very hard for you to wake up for school on Monday morning.

Avoid caffeine

Avoid caffeine in the afternoon and at night.

Adjust the lights

Dim the lights in the evening and at night so your body knows it will soon be time to sleep. Let in the sunlight in the morning to boost your alertness.

Wind down

Take some time to "wind down" before going to bed. Get away from the computer, turn off the TV and the

cell phone, and relax quietly for 15 to 30 minutes. Parents should keep TVs and computers out of their child's bedroom.

Eat a little

Never eat a large meal right before bedtime. Enjoy a healthy snack or light dessert so you don't go to bed hungry.

