

Childhood Obesity and Portions

Obesity has become a major health problem for children in the United States. Too much TV and too little exercise are major causes of extra weight. Another factor leading to overweight children is large portion sizes.

MyPlate (www.ChooseMyPlate.gov) helps parents know **how many** servings a child needs daily and **how much** food counts as a serving.

Food group servings suggested for 4- to 5-year olds (servings for 1- to 3-year olds are 2/3 of the following), daily:

2 to 3 Dairy or Dairy Products
One serving = 3/4 cup milk or yogurt; 3/4 ounce cheese; or 1/2 cup cottage cheese or pudding.

5 Vegetables and Fruits
One serving = 1/2 cup raw, cooked, or canned vegetables or fruit; 1 medium piece of fresh fruit; or 1/2 cup 100 percent fruit juice.

6 Grains
One serving = 1 slice bread or tortilla; 1/2 bagel, muffin, or roll;

1/2 cup rice, pasta, or cooked cereal; 1/2 cup dry cereal; or 4 to 6 plain crackers.

2 Proteins

One serving = 4 to 5 tablespoons chopped meat, fish, or poultry; 1 egg; 2 to 4 tablespoons dried beans; 2 tablespoons peanut butter.



Serve less than you think your children will eat, but assure them that they can have more. Studies show that children who are served more food, eat more food.

Don't force children to clean their plates. All children, just like adults, have times when they aren't hungry. Allow children to decide how much to eat. Adults are responsible for **what** a child is presented to eat. A child is responsible for **how much** to eat.

Avoid waiting too long to feed children once they state they are hungry. Studies show that hungry children prefer high calories that are filling and quickly satisfying.

Muffin-Bagel Toppers



Try these lowfat spreads on English muffins, toast, or bagels.

Apple Spread

1/4 cup dried apples, diced
1 tablespoon 1 percent milk
1/2 cup lowfat cottage cheese
1/8 teaspoon ground cinnamon

Blend until smooth. Refrigerate. Will keep for 1 week in a refrigerator.

Peach Butter

1/2 cup dried peaches, diced
1/4 cup sugar
1 cup orange juice

Bring ingredients to boil. Cover and simmer on low about 15 minutes. Remove lid to stir every 5 minutes. Cool. Blend 1 minute. Refrigerate. Will keep 1 week in a refrigerator.

Pregnancy Websites

The best source of information for a pregnant woman is her health care provider. But many women use the internet to find answers to their health and nutrition questions. Reliable websites for information on pregnancy include:

- American Academy of Pediatrics: www.healthychildren.org/prenatal



- March of Dimes: www.marchofdimes.com
- Food and Nutrition Administration: www.choosemyplate.gov
- United States Library of Medicine and National Institutes of Health: www.nlm.nih.gov/medlineplus
- Centers for Disease Control and Prevention: www.cdc.gov/pregnancy

Old Freezers and Refrigerators

To a child, an old empty freezer or refrigerator is a good place to hide while playing. Children also crawl into picnic coolers and older model clothes dryers. But, within 10 minutes of closing the door, a child can be dead.



Before you throw away an old

appliance, take off the door. If the door can not be removed, do one of the following:

- Glue thick wooden blocks to the door so it won't close.
- Wrap strong tape over the door and around the whole item.
- Wrap a chain through the handle and around the door. Lock the chain with a padlock.

Problem Solving Games

Grid Game: Cut from construction paper different shapes such as a circles, squares, diamonds, and stars. Use different colors for each shape, such as red, blue, green, and yellow. Arrange shapes on the floor or table in a grid pattern (Tic-tac-toe is a grid). Leave one space open. Ask your child what is missing. Keep changing the grid by taking away new shapes. Remove two or three shapes to make the game harder for older children.

Touch and Tell: For this game you need a shoe box and household items such as string, a spoon, sponge, comb, toothbrush, or a mitten. Place items in the box and tape it shut. Cut a hole in one end. Make the hole large enough for your child's hand. Have your child put his hand in the box and guess what the item is. Once an object is identified take it out of the box.

Feeding Picky Eaters

It's normal for toddlers to be picky eaters. Some days they like a food, another day they don't. Overall a child will eat what he needs. Parents of picky eaters should not become short order cooks, serving only what a child likes. A child needs to select what he likes from what is served. If there is nothing he likes, assure him there will be a snack offered in a few hours and another meal soon.

Children eat slowly and adults often are frustrated because they are in a hurry. Children need time to explore the feel of food and learn to use utensils. Remember, you are responsible for serving healthful food. Your child is responsible for how much and whether he eats.

Most children don't like new foods at first, but they will usually accept them in time.

Continue to offer

the food. Some children love to try new foods; others slowly add new foods to their diet as



they grow older. Some children never try new foods and become adults who are picky eaters; children have foods they dislike just as adults do.



ACTIVE KIDS, HEALTHY TEETH

The American Academy of Pediatric Dentistry has developed this brief guide to help parents and caregivers be prepared for the most common types of childhood tooth injuries.

WHAT TO DO IF...

A BABY TOOTH IS KNOCKED OUT



Contact your pediatric dentist as soon as possible. **QUICK ACTION** can lessen a child's discomfort and **PREVENT INFECTION**.



Rinse the mouth with water and apply **COLD COMPRESSES** to reduce swelling.



Spend time **COMFORTING THE CHILD** rather than looking for the tooth. Remember, baby teeth should not be replanted because of potential damage to developing permanent teeth.

A PERMANENT TOOTH IS KNOCKED OUT



Find the tooth. Rinse it gently in cool water. **DO NOT** scrub it or use soap.



REPLACE THE TOOTH in the socket and hold it there with clean gauze or a wash cloth. If you cannot put the tooth back in the socket, place the tooth in a clean container, preferably **with cold milk**. If milk is not available, put it in a container with the child's saliva, but **NOT IN WATER**.



Take the child and the tooth to your pediatric dental office **IMMEDIATELY** or call the emergency number if it is after hours.

A TOOTH IS CHIPPED OR BROKEN



Contact your pediatric dentist **IMMEDIATELY**. Fast action can save the tooth, **prevent infection** and reduce the need for extensive dental treatment.



Rinse the mouth with **WATER AND APPLY COLD COMPRESSES** to reduce swelling.



If a parent can find the broken tooth fragment, it is important to **TAKE IT TO THE DENTIST**.

AN ACTIVITY INVOLVES RISK OF FALLS OR COLLISIONS



Wear a **MOUTH GUARD** when activity involves a risk of falls, collisions or contact with hard surfaces or equipment.



Pre-formed mouth guards can be purchased in sporting goods stores, or **CUSTOMIZED MOUTH GUARDS** can be made by a pediatric dentist.

OUR PEDIATRIC DENTIST

Name _____

Phone Number _____

Visit MYCHILDRENSTEETH.ORG to locate a pediatric dentist near your home and to join AAPD's Monster-Free Mouths Movement.



TOOTH
D.K.



GINGER
BITE-US



TARTAR THE
TERRIBLE



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth



OCTOBER-PEARS

PEARS ARE ONE OF THE FEW FRUITS THAT DON'T BENEFIT FROM RIPENING ON THE TREE. IN FACT, PEARS LEFT UNPICKED TEND TO ROT FROM THE INSIDE OUT. PEARS CAN BE USED IN SWEET AND SAVORY DISHES. AN AVERAGE MEDIUM PEAR HAS ABOUT 100 CALORIES AND 6 GRAMS OF FIBER.



OCTOBER-FITNESS AND INJURY PREVENTION

THE MOST COMMON EXERCISE-RELATED INJURIES ARE SPRAINS, MUSCLE STRAINS, AND TEARS OF THE KNEE AND SHOULDER. TO AVOID AN INJURY, FOLLOW THESE IMPORTANT PRECAUTIONS WHEN YOU WORK OUT. FIRST, TALK TO YOUR DOCTOR, THEN CHOOSE YOUR WORKOUT CAREFULLY. LEARN THE PROPER TECHNIQUE, AND GET THE RIGHT GEAR AND START GRADUALLY. REMEMBER TO WARM UP, STAY HYDRATED, COOL DOWN, AND VARY YOUR WORKOUTS. IF AN ACTIVITY HURTS, STOP DOING IT RIGHT AWAY. GET HELP IMMEDIATELY IF YOU SUDDENLY FEEL DIZZINESS, SHORTNESS OF BREATH, OR CHEST PAIN.

HOW TO TREAT EXERCISE INJURIES? APPLY AN ICE PACK FOR 15 TO 20 MINUTES, ABOUT ONCE AN HOUR, FOUR TIMES A DAY. BE SURE TO COVER THE ICE WITH A TOWEL TO PROTECT YOUR SKIN. AFTER 48 HOURS, YOU CAN PUT HEAT ON THE INJURY, REMEMBERING TO PROTECT YOUR SKIN. WRAP THE INJURED AREA IN AN ELASTIC BANDAGE. THE BANDAGE SHOULD BE SNUG, BUT NOT TOO TIGHT. AVOID USING THE INJURED AREA UNTIL IT HEALS. TALK WITH YOUR DOCTOR ABOUT TAKING OVER-THE-COUNTER MEDICATION TO HELP BRING DOWN SWELLING AND RELIEVE ACHES AND PAINS.

MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



BENEFITS OF QUITTING SMOKING

- **20 MINUTES:** Your heart rate drops.
- **12 HOURS:** Your blood's carbon monoxide level drops to normal.
- **2 WEEKS TO 3 MONTHS:** Your heart attack risk begins to drop, and your lung function begins to improve.
- **1 TO 9 MONTHS:** Your coughing and shortness of breath decreases.
- **1 YEAR:** Your added risk of coronary heart disease is half that of a smoker's.
- **5 TO 15 YEARS:** Your stroke risk is reduced to that of a nonsmoker's after quitting.
- **15 YEARS:** Your risk of coronary heart disease returns to that of a nonsmoker's.



BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

GETTING STARTED

Call 812.948.7674 for an appointment. No physician referral is needed.

WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

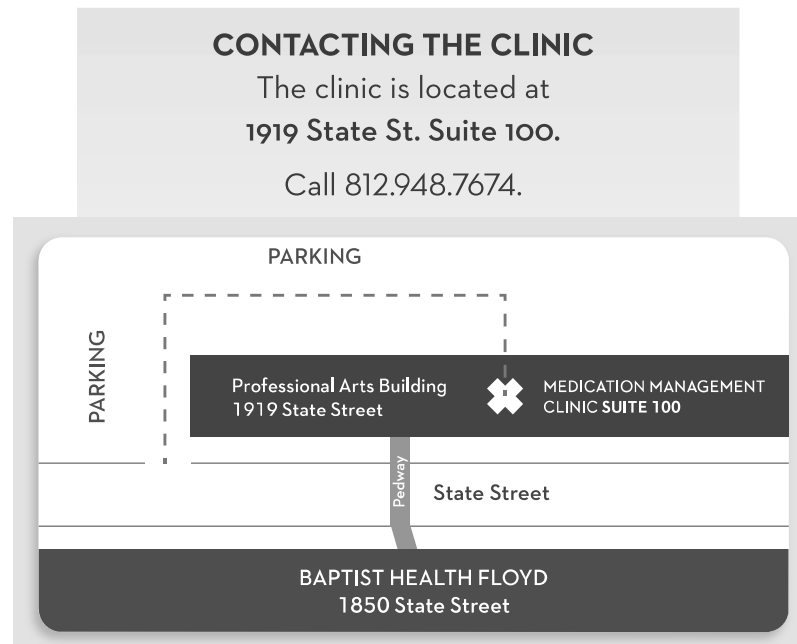
CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.

CONTACTING THE CLINIC

The clinic is located at
1919 State St. Suite 100.

Call 812.948.7674.





TOBACCO QUICK FACT

OCTOBER : LUNG CANCER

Take the True or False Lung Cancer Quiz:

- ✓ **If you've never smoked, you don't need to worry about lung cancer.**
False: 20% of people diagnosed have never smoked.
- ✓ **There's nothing people can do to lower their risk of lung cancer.**
False: Quitting smoking is the single most important thing people can do to decrease their lung cancer risk.
- ✓ **For people who smoke, much of the lung damage that can lead to cancer can be repaired, if they quit smoking.**
True: 2 weeks to 3 months after quitting your circulation improves and your lung function increases.

Did you know that when detected early, lung cancer patients have a greater chance of survival? Early detection is key to a high 5-year survival rate (Lung Cancer Foundation of America). Call Baptist Health Floyd at 812-981-6208 to speak with our Lung navigator today. For more information visit

WWW.BAPTISTHEALTH.COM/FLOYD/SERVICE/CANCER-CARE/SCREENINGS/LUNG-CANCER-SCREENINGS