



LIVE WELL WORK WELL

OCTOBER 2016

PARENTS SUPPORT EXPANDING HEALTH ED Bullying, Depression, & Stress Among Common Concerns

Teaching kids about drugs, alcohol, and sex appears to be less controversial than ever before, with the majority of parents in a new poll saying schools should teach these subjects.

Many parents want more, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. Researchers surveyed a nationally representative sample of parents with kids in middle or high school, and two-thirds of them said that schools should definitely cover emotional and mental health issues, including subjects such as depression, stress, and bullying; yet only a third of the parents say these topics are currently covered by their child's school.

"Most parents today support traditional health education topics like pregnancy prevention, drug abuse and other risk behaviors that used to generate more debate in years past. However, they clearly perceive a gap between what their children need and what they are receiving in the area of mental health education, as well as basic first aid and CPR," says Sarah Clark, M.P.H., co-director of the poll.

Mental health topics dominated parents' concerns in an August Mott Poll report on the top 10 child health concerns, with bullying, stress, suicide, and depression all making the list. Teen suicide is a growing health concern, recently moving from the third to the second leading cause of death for adolescents, according to the American Academy of Pediatrics.

"Most parents believe schools are on the right track with what kids are learning in health education, but recognize that today's youth face a growing set of issues impacting their health," Clark says. "School leaders may consider ways to incorporate health topics in the classroom."

TAKING THE WEIGHT OFF

Preventing Backpack Related Injuries

Over 5,000 children under the age of 19 suffered backpack-related injuries last year according to the U.S. Consumer Product Safety Commission. The vast majority of these injuries were caused by overloaded and incorrectly fitted backpacks.

While you may not have complete control over the weight of your child's backpack, purchasing a well-fitting, comfortable backpack can help them avoid a backpack-related injury. When shopping for a backpack, search for:

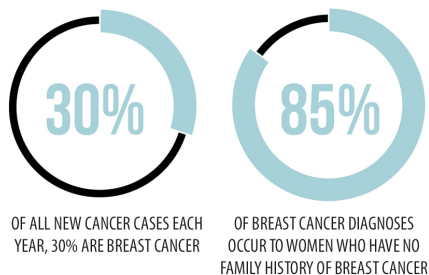
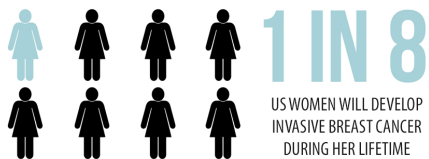
- The proper size (never wider or longer than your child's torso, never hanging more than 4" below waist)
- Padded back and shoulder straps
- Multiple compartments and a waist or chest strap to help balance the weight
- Reflective, lightweight material

Purchasing a good backpack for your child is just the first step towards preventing backpack-related injuries. Be sure to encourage them to always use both straps when carrying their backpacks and to only pack what is absolutely necessary to carry.



BREAST CANCER

Awareness Month



Breast cancer is the second most common type of cancer and the second leading cause of cancer deaths for women in the United States. Top risk factors include age, race, and a family history of breast cancer, which are, unfortunately, things you cannot change. However, regardless of your personal risk factors you can use these prevention strategies to reduce your risk of breast cancer:

- Maintain a healthy weight
- Exercise regularly
- Avoid exposure to carcinogens and radiation
- Abstain from drinking alcohol or limit intake to one drink per day

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor.

For more information on risk factors, prevention tips, and breast cancer screening, visit www.cdc.gov/cancer/breast/

LAUGHTER-BASED EXERCISE

Elicits Health Benefits

A new study has found benefits to incorporating laughter into exercise routines. In this study, adults residing in four assisted-living facilities participated in a moderate-intensity group exercise program called LaughActive that incorporates playful simulated laughter into a strength, balance, and flexibility workout. In simulated laughter exercises, participants initially choose to laugh and go through the motions of laughing. The exercises facilitate eye contact and playful behaviors with other participants, which generally transition the laughter from simulated to genuine.

Simulated laughter techniques are based on knowledge that the body cannot distinguish between genuine laughter that might result from humor and laughter that is self-initiated as bodily exercise. Both forms of laughter elicit health benefits, researchers said.

For 6 weeks, study participants attended two 45-minute physical activity sessions per week. These sessions included 8-10 laughter exercises lasting 30-60 seconds each. A laughter exercise was typically incorporated into the workout routine after every 2 to 4 strength, balance, and flexibility exercises. Because laughter helps to strengthen and relax muscles, the laughter exercises often involved the muscles being worked in various exercises to either prepare the body for exercise or to help it recover.

Significant improvements were found among exercise participants in mental health, aerobic endurance, and their outcome expectations for exercise (i.e. the perceived benefit of exercise participation). When surveyed about their satisfaction with the program, 96.2% found laughter to be an enjoyable addition to a traditional exercise program, 88.9% said laughter helped make exercise more accessible, and 88.9% reported that the program enhanced their motivation to participate in other exercise classes or activities.

Despite the health benefits of physical activity and the risks of physical inactivity, many adults don't engage in exercise enough to achieve health benefits. Adults should participate in a minimum of 30 minutes of physical activity at least five days per week to achieve desirable health outcomes, according to the *U.S. Department of Health and Human Services' 2008 Physical Activity Guidelines*. However, maintaining the motivation to adhere to regular physical activity is a challenge for many older adults.

"The combination of laughter and exercise may influence older adults to begin exercising and to stick with the program," said Celeste Greene, lead author of the study and a master's degree graduate from Georgia State's Gerontology Institute. "We want to help older adults have a positive experience with exercise, so we developed a physical activity program that specifically targets exercise enjoyment through laughter. Laughter is an enjoyable activity and it carries with it so many health benefits, so we incorporated intentional laughter into this program to put the fun in fitness for older adults."



Georgia State University. "Laughter-based exercise program has health benefits, study finds." ScienceDaily. www.sciencedaily.com/releases/2016/09/160915120524.htm (accessed September 16, 2016).

HALLOWEEN SAFETY TIPS

Stay Safe While Having Fun!

For many Americans, Halloween is a highly anticipated holiday. Unfortunately, it can also be very dangerous. Use the following suggestions to help keep your child safe this year.

Costume Safety Tips:

- Choose fire-resistant costumes, wigs, and accessories.
- Avoid potentially dangerous props, like hard swords.
- Opt for non-toxic face paint or makeup instead of masks.
- Decorate costumes and treat bags with reflective tape if your child will be out after dark.

Trick-Or-Treating Safety Tips:

- Accompany children under 12 at all times.
- Insist that trick-or-treating only be done in familiar areas.
- Pre-plan a route if older children are going alone.
- Designate a specific time for children to return home.
- Instruct children to never enter a stranger's car or home.
- Remind children to always look both ways before crossing a street, to be aware of their surroundings, and to use sidewalks whenever possible.
- Instruct children not to eat any treats until they return home.
- Discard treats that appear to be open or tampered with.



OCTOBER RECIPE

Perfect Pumpkin Pancakes

- 2 cups flour
- 6 tsp. brown sugar
- 1 Tbsp. baking powder
- 1 ¼ tsp. pumpkin pie spice
- 1 tsp. salt
- 1 egg
- ½ cup canned pumpkin
- 1¾ cup low-fat milk
- 2 Tbsp. vegetable oil

Combine the flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large bowl. In a medium bowl, combine the egg, canned pumpkin, milk, and vegetable oil. Mix well. Add the wet ingredients to the flour mixture and stir just until moist. The batter may be lumpy. Lightly coat a griddle or skillet with cooking spray and heat on medium. Pour ¼ cup of the batter onto hot griddle or skillet. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Repeat with remaining batter.

Yield: 12 pancakes. Each serving provides 127 Calories, 3 g of Fat, 21 g of Carbohydrates, 2 g of Saturated Fat, 115 mg of Sodium, 1 g of Dietary Fiber, and 4 g of Protein. Percentage daily values are based on a 2,000 calorie diet. Source: USDA