

Habits for Health

School Tips brought to you by Healthy Kids Challenge and AstraZeneca, Partners in Health

Habits for Health is a new educational campaign designed to teach children about healthy habits both at home and school. As part of the campaign, a toolkit will be distributed to 250 schools across the country to offer healthy eating and physical activity tips that can benefit all children.

The toolkit, brought to you by Healthy Kids Challenge and AstraZeneca, was developed to create awareness of healthy eating and regular physical activity, which are a balancing act for a healthy lifestyle.

Healthy eating and physical activity can help kids:

- Become more fit and ready to learn.
- Be able to reach their highest potential.
- Enjoy healthy living as a preferred lifestyle.

Embracing healthy habits has benefits beyond fighting childhood obesity. Healthy eating and physical activity can help fight common childhood diseases such as asthma and diabetes, and may even reduce symptoms of gastroesophageal reflux disease (GERD).

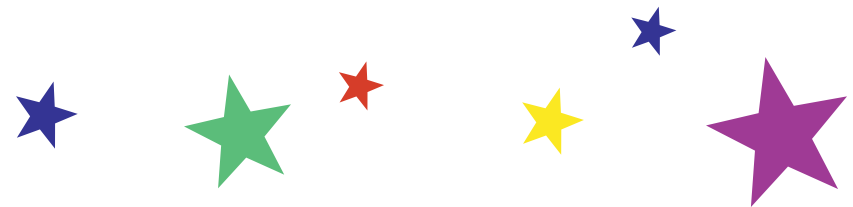
GERD not only affects adults, but is also common in children. While the exact prevalence of GERD in children is unknown, the condition can lead to potentially serious complications such as difficulty gaining weight and inflammation with erosions of the esophagus (a condition known as erosive esophagitis). Symptoms associated with GERD can also have a significant impact on children's everyday lives. The toolkit will also provide tips and resources specific to families with children who are experiencing symptoms associated with GERD.

What is GERD?

- Almost everyone has occasional heartburn, but if these symptoms occur two or more days a week it may be a sign of GERD.
- Heartburn occurs when acid backs up into the esophagus causing a burning sensation.
- GERD is a chronic condition that may lead to more serious medical conditions if left untreated.
- Symptoms in children with GERD may vary according to age. In addition to heartburn, children with GERD may experience sour or bitter taste in the mouth, difficulty swallowing, weight loss, vomiting, regurgitation and abdominal pain.
- For more information, visit www.healthykidz.com

The healthy tips below can help children, including those experiencing GERD symptoms, live healthier lives:

- ☺ Eat small, more frequent meals, starting each day with breakfast.
- ☺ Include healthy snacks as a part of the small frequent meal plan.
- ☺ Enjoy active play every day!



Habits for Health provides schools with easy-to-use ideas for a healthy school environment and tips for parents. Resources are also included to support kids and families experiencing GERD.

Use the following tips to integrate fun learning activities into your school's core curriculum or within other daily practices.

Quick Tips for Healthy School Changes

- ☺ Role model healthy choices and offer physical activity as a reward! In many schools, a 'Walk with the Principal' is viewed as a reward and provides great opportunities for communication!
- ☺ "Market" healthy habits. Fun bulletin boards and food or physical activity trivia catch kids' attention and create appeal for healthy habits!

WOW! TRY COMBO OF READING AND HEALTHY CHOICES

Connect reading with healthy eating and physical activity. It is a perfect combo for a win/win with literacy and healthy kids.

For ideas...The Michigan Team Nutrition Booklist <http://tn.fcs.msue.msu.edu/Booklist.pdf>

Make it an event! Send a healthy message and connect with parents by choosing healthy eating and physical activity related books for a Family Reading Night!

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COOK-UP MATH AND ACTIVITY!

Walk the distance of a football field, count the number of steps taken, and record the time. Have each person record the number of steps taken (in 100 yards) and calculate the number of steps it would take to walk a mile. Discuss healthy goals for enjoying 60 min. of physical activity most days.

For younger kids, as you practice math facts, use a "pop up" or "sit down" response for concepts such as whole numbers divisible by 2 or 5.

CREATE INTEREST WITH DISPLAYS!

Interactive displays at health fairs, parent open houses and in the cafeteria get kids and parents involved in the healthy message. Increase the effectiveness by including simple goal setting!

For a wealth of ideas see Healthy Kids Challenge *Setting up for Success* booklet and Web site www.healthykidschallenge.com

USE A RECIPE FOR HEALTH AND LEARNING!

Help kids learn how to read recipes and create their own healthy snack recipes. This activity provides many opportunities to integrate core curriculum skills. Kids learn how to follow directions, practice math concepts and learn skills for cooking!

Connect with parents by sending the healthy snack recipes home!

USE THE SCHOOL CAFETERIA AS A LEARNING LAB!

Use the school cafeteria as a learning laboratory. It is a great place for healthy displays. In addition, the school food service provides an opportunity for many lessons that can be connected to the core curriculum.

Discover all the tools available to determine portion sizes! Talk about volume vs. weight measures! Read recipes! Practice math by recalculating measures to vary the number of servings.