

Healthy Weight

INITIATIVE

NEWSLETTER

SOCIAL MEDIA: NOT JUST FOR SOCIALIZING

In the beginning, most people used social media to, well, socialize. Have a burning desire to tell people you're at the local grocery store? Update your Facebook status. Want to needle your friend about the performance of their favorite football team? Jump on Twitter. Got a hilarious video of your cat falling off the kitchen counter? Upload it to YouTube and watch the hits pile up.

While social media networks may have seemed frivolous at first, the sheer number of people flocking to them caught the attention of businesses, not-for-profit organizations, and even government agencies like the Alabama Department of Public Health (ADPH). With over 900 million active users on Facebook, and over 140 million active users on Twitter, the potential audience is too good to pass up.

Chances are, some of those hundreds of millions of users are parents or children involved with your after school program. And, chances are, there are ways you can harness these tools to help promote and strengthen your own program.

At ADPH, we use a variety of social media networks to complement our website (adph.org), but our main focus is on Facebook and Twitter. Through these platforms we publicize the programs and services offered by our various departments, using quick messages to drive traffic back to our website where more information is available. We also use these outlets to share information related to our mission of improving public health. Some recent examples of our Facebook and Twitter posts include:

- Sharing the dates, times and locations of flu shot clinics offered by our county health departments.

- Sharing tips on proper food handling for National Food Safety Month.
- Providing tips on the prevention of childhood obesity.
- Publicizing upcoming webcasts from our Alabama Public Health Training Network.

After school programs might find that social media is a quick way to communicate with parents about schedule changes, upcoming activities, severe weather days and more. It could also be used to share things like field trips and special projects, and to commemorate achievements of the students and the program as a whole.

Yes, there are things to be mindful of, and program administrators will certainly want to consult with parents on the use of social media, especially when it comes to the use of students' names and photographs on Facebook and other outlets. However, as a form of communication that is quick in delivering messages and is easy (and cheap!) to use, social media has proven its worth to thousands of organizations around the world. Look up some of your favorite businesses, schools or charitable organizations to see how they are using social media. You can also check out more of ADPH's use of these outlets by the following links:

ADPH on Facebook:

<http://www.facebook.com/alabamapublichealth>

ADPH on Twitter: <http://twitter.com/alpublichealth>

ADPH on YouTube:

<http://www.youtube.com/alabamapublichealth>



SUGAR SWEETENED BEVERAGES: HOW THEY CAN IMPACT YOUR WEIGHT

Do the scales continue to tilt in the wrong direction every time you weigh yourself? Don't forget the beverages you drink throughout the day can contribute a significant amount of calories to your diet. The Centers for Disease Control and Prevention (CDC) encourages you to "Rethink Your Drink."

Many popular drinks contain calories and sugar that many people disregard or forget to take into account while trying to lose weight. Regular colas, sports drinks, juices, and other sugar sweetened drinks, often include high amounts of sugar which add to their likable taste. Unfortunately, the same sugar that makes the drinks taste good also makes them less healthy. According to the CDC

and the Academy of Nutrition and Dietetics (AND), the largest source of added sugars in the diet of American children are sugar sweetened beverages. These beverages add extra calories to the diet which can potentially lead to weight gain, increased disease risk, diabetes, and even some cancers. Alabama currently has the fourth highest rate of obesity as well as the highest prevalence rate of diabetes in the nation. Reducing your intake of sugar sweetened beverages could make it easier to tilt the scales in your favor and lead to a better report at your next physical. Below, Table 1 shows the 6 highest selling non-diet soft drinks of 2011. Notice the sugar content and picture the amount of sugar that is in each beverage.

Top 6 Selling Non-Diet Soft Drinks*	Grams of sugar per bottle	Number of sugar cubes per bottle**	Calories per bottle
1. Coca-Cola (20 oz bottle)	65 g	16	240
2. Pepsi (20 oz bottle)	69 g	17	250
3. Mountain Dew (20 oz bottle)	77 g	19	290
4. Dr. Pepper (20 oz bottle)	81 g	20	250
5. Sprite (20 oz bottle)	65 g	16	250
6. Fanta Orange (20 oz bottle)	74 g	19	270

Table 1 *Sales data from Beverage-Digest U.S. Beverage Results for 2011.

While 250 calories from a Dr. Pepper may not seem like much, just remember that in order to burn those calories through exercise, you will need to play tennis for 30 minutes or jog 2 ½ miles to burn the calories from one 20 oz bottle of Mountain Dew. If you walk for one hour, you will not burn the calories from a single 20 oz soft drink listed above.

While soft drinks are very popular and millions of people drink them every day, they are not the only sugary beverages to pay attention to. Many drinks served with breakfast or dinner can add a surprising amount of sugar and calories to your diet. Below, Table 2 shows some other common beverages that may surprise you.

	Grams of sugar	Number of sugar cubes**	Calories
Milo's Sweet Tea (Large = 32 oz)	74 g	19	360
McDonald's Sweet Tea (Medium = 21 oz)	45 g	11	180
Starbucks Caramel Macchiato (Grande = 16 oz)	32 g	8	270
Starbucks Caffè Mocha (Grande = 16 oz)	35 g	9	330
Gatorade Fruit Punch (32 oz bottle)	56 g	14	200
Gatorade G2 low calorie Fruit Punch (32 oz bottle)	20 g	5	80
PowerAde Orange (16 oz bottle)	30 g	8	130
Red Bull Energy Drink (11.8 oz can)	38 g	10	155
HI-C Flashin' Fruit Punch (6.75 oz box)	25 g	6	90
Capri Sun Pacific Cooler (6.75 oz pouch)	18 g	5	70

Table 2 All information gathered from manufacturer's websites ** Note one sugar cube typically 4 grams

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Looking at the amount of calories in each ounce of these beverages, Starbucks Caffè Mocha takes 1st place with 20.625 calories per ounce with the Caramel Macchiato a close 2nd at 16.875. Would you have guessed that HI-C Flashin' Fruit Punch came in 3rd with 13.33 calories per ounce? This is a very simple way of showing how sugar sweetened beverages can be packed with calories from sugar.

Don't panic though, there are some simple tips to help lower your sugar sweetened beverage intake.

- Choose water – A great no calorie option. Also, if you order water at a restaurant it is usually free. That will help you and your wallet feel better.
- Keep bottles or a refillable jug of cold water in the

fridge – You will be more likely to drink water if you have it already available.

- Limit the amount of sugar sweetened beverages you buy – This includes buying them at grocery stores, gas stations, movie theatres, sporting events, and vending machines.
- Pay attention to juices that are not 100% juice – These products are often loaded with additional sugars.
- Substitute regular colas and sports drinks with low calorie or diet products – This could drastically decrease your sugar and calorie intake. For example if you drink a 20 oz Dr Pepper three times every day and switch to Diet Dr Pepper, that is 750 less calories every day! That could add up to a weight loss of 1 ½ pounds per week!

TIPS FOR TEACHING PHYSICAL ACTIVITY TO STUDENTS WITH DISABILITIES

Each year the number of students with disabilities continues to rise along with an increased risk for health problems and physical inactivity. The Centers for Disease Control and Prevention recommends that all children should be active for 60 minutes a day, at least 5 days each week. Children with disabilities should engage in physical activity based on their abilities if they are not able to meet the physical activity guidelines.

After-school staff working with children with disabilities should make reasonable accommodations to lessen the impact of the disability in the teaching and learning environment. This includes reducing limitations, accessing services and removing barriers so the student can achieve the same goals as their peers.

Physical activities can and should be altered to be inclusive of all students. Adjusting equipment height, reducing speed in a game, eliminating distractions and considering mobility alternatives are just a few options to consider when making alterations. In addition, equipment can be adapted such as using deflated balls, changing the shape and texture of balls and using a basketball goal made of white plastic pipe. Think about ways to change the environment, instructions, equipment and rules to allow everyone to participate.

Keep in mind as you interact with students with disabilities that each should be treated as individuals. Use person first language, for example say students with cerebral palsy and not cerebral palsy students. Question students regarding abilities, challenges, needs, preferences and desires and avoid using derogatory language.

After-school programs allow students, including those with disabilities, to work towards the recommended 60 minutes of daily physical activity. It also provides an opportunity to practice what is learned in physical education during the school day among other benefits.

If you would like more information on adaptive PE/physical activity or would like to request a training, contact the Nutrition & Physical Activity Division, Alabama Department of Public Health at 334-206-5651.

Adapted from the Alabama Physical Education Instructional Guide: A Companion to the 2009 Alabama Course of Study: Physical Education.



FALL TWIST ON FRUITS AND VEGGIES

It is estimated that almost 90% of Americans do not consume enough fruits and vegetables in their diet. A national health initiative called Fruits & Veggies—More Matters is working hard to try and change this statistic by showing how easy it is to add fruits and veggies into your diet. Here are the top reasons why you should include more fruits and veggies in your daily routine.

- **Easy to Prepare.** Many fruits and veggies make great snacks or easy throw in options for your recipes.
- **Stay on Track.** Eating fruits and veggies may help you to stay at a healthy weight.
- **Any Form Counts.** Whether its fresh, frozen, canned, dried, or 100% juice, all of these forms can help you and your family stay healthy.
- **Colors of the Rainbow.** Fruits and veggies come in all colors so try them all out.

Quick and Easy Microwave Apples

Prep Time: 8 Minutes

Serves 2

- 2 Large Apples
- 2 Tbsp Brown Sugar
- 2 Tbsp Raisins
- 1 tsp nutmeg
- 1 tsp ground cinnamon
- 2 tsp margarine

Core apples, leaving the bottom intact. In a bowl, mix brown sugar, cinnamon, nutmeg, and raisins. Spoon the sugar mixture into the apples and place a teaspoon of margarine on top of sugar mixture. Place the apples in a deep casserole dish and cover with a lid. Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for 2 minutes before serving.

Nutrition Facts per Serving:

Calories: 250

Total Fat: 4.5g

Saturated Fat: 1g

% of Calories from Fat: 16%

% Calories from Sat Fat: 4%

Protein: 1g

Carbohydrates: 56g

Cholesterol: 0mg

Dietary Fiber: 7g

Sodium: 40mg

- **Still Got It.** Even canned and frozen vegetables have the same nutrients as fresh fruits and veggies.
- **Loaded with the Good Stuff.** Fruits and veggies are loaded with vitamins, minerals, and fiber that we can only receive from plants and are very important for good health.
- **Easy on the Budget.** Contrary to popular belief, a recent study found that buying fruits and vegetables is cheaper than buying high fat, processed foods.

Fall is a great time to incorporate this season's harvested plants. Some of the most popular fall fruits and veggies are apples, cranberries, yellow squash, pumpkins, and sweet potatoes. All of these fruits and vegetables will be available in your local grocery stores. Here are some easy recipes to help you mix up something savory and healthy in your home.

Snowboard Swooshin Squash

Prep Time: 20 minutes

Serves: 2

- 1 cup yellow squash, sliced
- 1 cup zucchini squash, sliced
- ¼ cup onion, chopped
- 2 tsp garlic, minced
- ½ tsp cumin
- 3 seconds cooking oil spray
- 2 tbsp canned green chilies, diced
- 1.4 cup frozen yellow sweet corn
- 2 tbsp fat-free sour cream

Lightly sauté the squash, zucchini, onion, garlic, and cumin until just soft with some cooking oil spray. Toss in the remaining ingredients. Place in a 1-quart casserole dish that has been sprayed with cooking oil. Microwave 3 minutes on HIGH or until heated all the way through.

Nutrition Facts per Serving:

Calories: 96

Total Fat: 2.5g

Dietary Fiber: 3g

Sodium: 30mg

For more information and recipes, go to fruitsandveggiesmorematters.org.



ALABAMA'S NEW PHYSICAL FITNESS ASSESSMENT

Every student enrolled in physical education (PE) from grades 2-12 will begin participating in the new Alabama Physical Fitness Assessment (APFA) this school year. This assessment was developed by the 2010 Quality Physical Education Task Force to help evaluate the health and physical fitness of all Alabama students. While Alabama's past fitness assessment had been norm-based comparing kids performance to their peers, the new APFA is a criterion-referenced assessment which will provide students, parents, and teachers with beneficial information regarding student health status.

The APFA is aimed towards identifying strengths and weaknesses, as well as monitoring and assisting students in improving overall health and fitness. All students in grades 2-12 will be tested October 1- November 1, 2012 and tested again in March 1 – May 1, 2013. The APFA measures four areas of health-related physical fitness which include aerobic cardiovascular endurance, muscular strength and endurance, abdominal strength and endurance, and flexibility. Students will be assessed in each component area and classified into a specific health-related fitness zone.

The health-related fitness zones are separated into three levels: Needs Improvement Zone (N), Healthy Fitness Zone (H), and High Fitness Zone (HFZ). If a student's results fall into the Needs Improvement category, it indicates they could be at risk for potential health-related problems. The good news is that with appropriate physical activity, students can improve their level of fitness to reduce their risk. The goal is for students to fall into the Healthy

Fitness Zone for good health and physical fitness benefits or the High Fitness Zone for even greater benefits.

Data collected from the APFA is kept private and treated as confidential information. However, both parents and students will receive assessment results.

The new assessment was developed to be inclusive of all students. Assessment modifications may be made by PE teachers to accommodate students with special needs or students with medical concerns.

The APFA is not only designed to be implemented during PE at school, but may also be applied during after school programs. After school organizations are considering this assessment with their current physical activity programs in order to measure and compare the results of after school participants with the general school population. This will help identify both areas of strengths and improvement for Alabama children, and allow greater communication with educators and after school program providers. It can also help parents and guardians with additional resources that can help improve the health and fitness level of each child. The Alabama Physical Fitness Assessment is a tool that can be used to better the health and fitness levels of students for today and in the future.

For more information about APFA, contact Laurie Eldridge-Auffant at the Alabama Department of Public Health. Her phone number is 206-5651 and email is Laurie.Eldridge-Auffant@adph.state.al.us.

RAINBOW CROSSING

Try this fun game with students to get them active! It's easy to play and requires little to no equipment.

Getting Ready

Mark off a large, square area for the game to be played. It can be played inside or outside. Designate each student to be a color of the rainbow. Divide the students into equal parts for blue, yellow, green, red, etc.

Getting Started

Have all students stand on one side of the play area. Pull out approximately 4-5 students to stand in the center of the play area to be "It". The teacher calls out a color. All the children designated by that color will cross the play area and try to reach the other side without being tagged by an "It".

If a student is tagged, they switch roles with the "It" that tagged them and the "It" then becomes that color. Continue until all colors have been called out and all students have crossed to the other side.

The teacher can call RAINBOW at any time and all the colors try to cross at one time.

Game Variations

The teacher can add a locomotion skill for the students to use as they cross the play area. For example, skipping, hopping, or fast walking.

The teacher can add a pot of gold and place it within the play area. The pot contains fun prizes for the kids to grab as they cross. Whoever can get to the pot of gold and to the opposite side without being tagged by an "It", gets to keep the prize they grab. If they are tagged, they must return the prize to the pot of gold.

This game has been adapted from the Catch Kids Club program. For more information about Catch Kids Club, go to www.catchinfo.org.



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NEWS AND EVENTS

NATIONAL BULLYING PREVENTION MONTH - JOIN THE MOVEMENT!

The End of Bullying Begins with Me: that's the message during PACER's National Bullying Prevention Month in October. It's a time when communities unite to raise awareness of bullying prevention through events, activities, outreach, and education. Resources from PACER's National Bullying Prevention Center make it easy to take action.

There are a variety of resources to use during October — and throughout the year — to engage, educate, and inspire others to join the movement and prevent bullying where you live. Check out all of the different events and activities and make plans to get involved. Remember, the End of Bullying Begins With You! Visit www.pacer.org/bullying for more information.

When: October 2012
Where: Nationwide

OBESITY TASK FORCE MEETING

Attend the state obesity task force meeting to network with partners across the state working on obesity issues in adults and youth. Hear about programs and strategies that create healthier lifestyles and environments. Task force meetings are open to the public.

When: November 13, 2012
Where: Alabama Power Company, Clanton
What time: 9:00am until noon

NATIONAL DIABETES MONTH

Raising awareness about diabetes is one of the main efforts behind the mission of the American Diabetes Association. American Diabetes Month® (ADM) is designed to focus the nation's attention on issues surrounding diabetes and the many people who are impacted by the disease.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®! Visit www.diabetes.org and click on "In My Community" for more information.

When: November 2012
Where: Nationwide



SCALE BACK ALABAMA 2013

Scale Back Alabama is just around the corner! Scale Back is a statewide contest held in January each year to encourage Alabamians to lose weight, exercise, and have fun while doing it. The 2013 contest begins the week of January 21st and we encourage you to participate.

There is no cost to take part in Scale Back Alabama. The contest is for adults age 18 and older. Visit www.scalebackalabama.com for more details.

When: January 21- 25, 2013
Where: Statewide, weigh in locations will be on the web in January