

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## Send Your Kids Back to School Prepared for a Safe and Healthy Year!

Heading back to school is an exciting time of year for students and families. As students go back to school, it is important that they eat a nutritious diet, stay active, are up to date on their immunizations, and know the signs of bullying for a healthier and safer school year.

- **Eat healthy and stay active-** Our children spend the vast majority of their day at school, so it's a place that can have a big impact in all aspects of their lives. Schools can help students learn about the importance of eating a more nutritious diet and being more physically active, which can lower the risk of becoming obese and developing related health problems. Prevention works. The health of students—what they eat and how much physical activity they get—is linked to their academic success. Early research is also starting to show that nutritionally balanced school lunches may help to lower obesity rates. Health and academics are linked – so time spent for health is also time spent for learning. The Dietary Guidelines for Americans recommend that children and adolescents limit their intake of solid fats, cholesterol, added salt, added sugars, and refined grains. Eating a nutritious breakfast is also associated with improved cognitive function. Young people aged 6-17 should participate in at least 60 minutes of physical activity every day. Research shows that physical activity can help cognitive skills, attitudes, concentration, attention and improve classroom behavior – so students are ready to learn.
- **Get vaccinated-** Getting your children and teens ready to go back to school is the perfect time to make sure they are up-to-date with their immunizations. Vaccination protects students from serious diseases and keeps them healthier and more prepared for success. The recommended immunizations for children birth through 6



years old as well as the recommended immunizations for preteens and teens 7-18 years old can be found on the CDC website. <https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html#diseases>

- **Heads Up: Concussions-** Each year, U.S. emergency departments treat an estimated 173,285 sports- and recreation-related traumatic brain injuries, or TBIs, including concussions, among children and teens, from birth to 19 years. (MMWR October 2011) A concussion is a type of TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.

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Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Children and teens are more likely to get a concussion and take longer to recover than adults. Concussion symptoms may appear mild, but the injury can lead to problems affecting how a person thinks, learns, acts, and/or feels. Concussions can occur outside of sports or during any sport or recreation activity, so all parents need to learn the signs and know what to do if a concussion occurs with the **ABC's** of concussions:

**A**ssess the situation, **B**e alert for signs and symptoms, and **C**ontact a healthcare professional.

- **Bullying**— is a form of youth violence and can result in physical injury and social and emotional distress. In 2011, 20% of high school students reported being bullied on school property and 16% reported being bullied electronically through technology, also known as electronic aggression (bullying that occurs through

e-mail, a chat room, instant messaging, a website, text messaging, or videos or pictures posted on websites or sent through cell phones) or cyberbullying. Victimized youth are at increased risk for mental health problems, including depression and anxiety, psychosomatic complaints such as headaches, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood. The ultimate goal is to stop bullying before it starts. Some school-based prevention methods include a whole school anti-bullying policy, promoting cooperation, improving supervision of students, and using school rules and behavior management techniques in the classroom and throughout the school to detect and address bullying and providing consequences for bullying.

Reference: <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/back-to-school/#>

## AUGUST IS CHILDREN'S EYE HEALTH & SAFETY MONTH

With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it's time to make comprehensive eye exam appointments for the kids. Conveniently, August is designated as Children's Eye Health and Safety Month!

A good rule of thumb is to have your children's eyes examined during an annual well-child visit, beginning around age three. Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as the following diseases:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

If you or your doctor suspects that your child may have a vision problem, you can make an appointment with your local ophthalmologist for further testing. There are some specific warning signs that may indicate that your child has a vision problem. Some of these include:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

Keeping your children's eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries. Help prevent your child from being one of the more than 12 million children who suffer from vision impairment by remembering a few basic rules of safety:

- All children should wear protective eyewear while participating in sports or recreational activities
- Purchase age-appropriate toys for your children and avoid toys with sharp or protruding parts (Source: HAP).

Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury.

Source: <https://yoursightmatters.com/august-childrens-eye-health-safety-month/>



# HELPING YOUTH COPE WITH STRESS



Children and adolescents often struggle with how to cope well with stress. Youth can be particularly overwhelmed when their stress is connected to a traumatic event—like a natural disaster (earthquakes, tornados, wildfires, etc.), family loss, school shootings, or community violence. Parents and educators can take steps to provide stability and support that help young people feel better.

- Maintain a normal routine
- Talk, listen, and encourage expression
- Watch and listen
- Reassure
- Connect with others

For more tips on how to help your child cope with stress please visit, [www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html](http://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html)

## AVMED WELLNESS TIP:

This is the perfect time to improve your own health as well. So why not get a jump-start to a healthier you by visiting AvMed's website to complete your Personal Health Assessment (PHA). This user-friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate healthcare costs. To get started visit [AvMed.org](http://AvMed.org). Scroll down and click on **Take your PHA** and log in to your account. Congratulations for taking this important step toward a healthier you!



# AUGUST EVENTS

Date	Time	Event	Location	Description
8/3/2019	7:00 am	<b>Fort De Soto Triathlon &amp; Duathlon Series</b>	Fort DeSoto Park, Pinellas County, Florida	Multirace is proud to present the 6th Annual Fort DeSoto Triathlon Series. Named America's top beach for the last two years by Trip Adviser, Fort DeSoto Park gives triathletes a beautiful Gulf Coast swim, an automobile-free bike course and a multi-terrain running course. Fort DeSoto Park, south of St. Petersburg, Florida is five interconnected islands that are home to beach plants, mangroves, wetlands, and over 300 species of birds. The natural beauty will inspire athletes along the course. Spectators and athletes will have a beautiful view of the Gulf of Mexico as they wait to begin the Fort DeSoto Triathlon & Duathlon. <a href="https://www.fortdesototriathlon.com/">https://www.fortdesototriathlon.com/</a>
8/17/2019	6:30 am	<b>Mack Cycle Key Biscayne Trilogy</b>	Marine Stadium, Key Biscayne, Miami, Florida	Be part of the oldest triathlon series in South Florida, the 16th annual Mack Cycle Trilogy Sprint Triathlon/Duathlon and International Distance Triathlon. The Mack Cycle Trilogy Series will be taking part at the newly renovated Miami Marine Stadium. All of the swimmers out there will be thrilled to hear that we will be featuring an Atlantic Ocean swim that is also protected. Get ready to set some personal records. The bike course features the Rickenbacker Causeway bridge. Make sure you begin incorporating some incline training into your workouts to get ready for this challenge. The run course will feature a flat course, just make sure you are paying attention to your nutrition as we are more than likely <a href="https://www.triathlontrilogy.com/general-info">https://www.triathlontrilogy.com/general-info</a>
8/25/2019	6:00 am	<b>Hammerhead Olympic &amp; Sprint Triathlons</b>	Camp Blanding 5629 State Road 16 West Bldg 2300, Avenue A Starke, FL 32091	The HOT is held annually at the Camp Blanding Military Reservation, located 30 miles Southwest of Jacksonville. The swim is in Kingsley Lake, one of Florida's pristine waterways (no salt water, no sharks!) and usually very smooth for a fast race. The bike course is entirely within Camp Blanding with little if any traffic, and offers a few rolling hills. The run is a flat out and back, and while it has little shade there are plenty of aid stations. <a href="https://runsignup.com/Race/FL/Starke/HammerheadOlympicSprintTriathlon">https://runsignup.com/Race/FL/Starke/HammerheadOlympicSprintTriathlon</a>

\*Note the CDC suggests staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy

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A Wellness Newsletter for AvMed Members

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