

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER September 2014



Do I Really Need to Eat Breakfast?

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It is not easy to find time to eat breakfast unless you make it a priority! But, is it really that important anyhow? Yes, it is! It can make a difference in your whole day.

Eating breakfast, gives your body and brain the fuel it needs to get going! Your body has gone several hours without food while you were sleeping. So, when you awake; it needs fuel. That is where the word Breakfast came from- break the fast!

It is recommended that you eat within two hours of getting out of bed and that your breakfast contain about 20-35% of your daily calories. It is estimated that 12-34 percent of children and adolescents miss breakfast. We need to change this statistic.

When you eat a healthy breakfast, those foods restore the glucose levels in your body. Your brain needs that to function. Studies show that you will have more energy, improved memory and concentration levels.

In addition to providing you with energy, a good, nutritious breakfast will provide lots of nutrients such as calcium, protein, iron and fiber. When selecting breakfast foods, try to include one from each of the following food groups- whole grains, milk and milk products and fruit and vegetables. Fruits and vegetables are a great source of vitamins. Adults, try to replace or accompany that morning cup of coffee with a glass of low fat milk or 100% orange juice.

If you are worried about your weight, eating breakfast is a good idea. Those who eat breakfast are less likely to be overweight compared to breakfast skippers. This is possibly due to those who skip breakfast getting hungry in mid-morning and are then more likely to grab high calorie snacks as a replacement.

Did you know that eating breakfast can make you happier too? It often improves a person's mood and lowers stress levels. In studies done with children, it has improved their behavior and has also been linked to them getting better grades. Your body will work at its best when it has fuel! Growing children require a lot of energy. Boys typically require a bit more than girls with boys ages 7-10 requiring about 1970 calories per day and girls of the same age, 1740 calories for optimal energy and growth. Adult men typically require about 2500 calories and women 2000. Amounts needed vary depending on the amount of physical activity completed.

Yes, eating breakfast is very important. But, it will take planning on your part. You may need to get up 15 minutes earlier. It will also help if you decide what you or your family is going to eat for breakfast the night before. If fruit needs to be cut up; even doing that simple task the evening before will make it more accessible to your family the next morning. The more accessible to them, the more likely they are to eat it. Yogurt with granola or oatmeal with a sprinkle of cinnamon are two other easy additions to breakfast.

If lack of time is a big factor for not eating breakfast at your house; nutritious breakfasts are now readily available at school too. But, wherever eating breakfast works for you and your family, please encourage everyone to make healthy choices! Helping our families to make healthy eating habits now will build healthy eating habits that will last a lifetime.

Sources: Shake UP your Wake Up! From the Agricultural and Horticulture Development Board, 2014. Why You Should Eat a Healthy Breakfast - Johns Hopkins Bloomberg School of Public Health. Kids eat right. Marisa Moore, MBA, RDN, LD.



Youth and The Tobacco Industry

The Tobacco Industry spends \$1 Million per hour to promote products in the retail environment. In 2011, they spent 87% (\$7.4 Billion) of their marketing budget on Point-Of-Sale Marketing.

72% of youth who use smokeless tobacco also smoke cigarettes. A CDC National Tobacco Study published in 2013 found that 76% of current young e-cigarette users also smoke regular cigarettes.

The percent of United States middle and high school students who tried e-cigarettes more than doubled from 2011 to 2012 according to the U.S. Centers for Disease Control and Prevention.

The tobacco industry is also increasingly promoting non-cigarette tobacco products, such as moist snuff, chew, dip and snus, dissolvable to tobacco, e-cigarettes, as well as little cigars and cigarillos. While cigarettes cannot be flavored, non-cigarette tobacco products can contain flavoring and come in flavors such as bubble gum, cotton candy, grape and chocolate.

Tweets from our Teens

The teen members of the Pennington & Red Lake Counties Wellness Coalition have been working with Helen Anderson with some input from a technical advisor to develop a Twitter account, which will be up shortly. You can access it at:

Twitter: @redpenn

The Facebook page is also being developed by Helen and Coalition member Alyssa Novak, and can be accessed at:

Facebook: Pennington/Red Lake Wellness



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September is National Preparedness Month

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. Making plans ahead of time and knowing what to do when a disaster occurs can help keep you safe during an emergency.

For more information look at the Get Ready campaign information found at: www.marchofdimes.org and at www.aphagetready.org. Some of their quick tips for preparing your family for emergencies are found below:

Parenting Tips

Experiencing a disaster is hard enough for adult: Just imagine what it must be like for children. Involving kids in your family's preparedness activities can be key to helping them stay safe and overcome their fears.

- Talk to your kids about disasters before they occur, and let them know you are prepared. Go over the types of disasters most likely to occur in your community.
- Let them know that there are many people who will be on hand to help in an emergency, such as police officers, firefighters and school and health officials.
- Build your emergency supply kit together. Involve your kids in making a list of what your family needs; shop for supplies together, explain why the items you buy will help them stay safe in an emergency.
- *Help your children become familiar with the emergency plan — hold practice drills and celebrate improvements.
- *Plan an emergency meeting place that everyone is familiar with in case you and your loved ones are separated.
- *Designate an emergency contact person.
- * Help your children memorize your work and cellphone numbers and how and when to call local emergency responders.
- *Learn about safety and evacuation procedures for your child's school or day care. Let your child know that the school can often be a community's safest place during an emergency.