



▶ CHILDHOOD OBESITY AND THE CONNECTICUT HEALTHY FOOD CERTIFICATION POLICY



▶ HEALTHY BONE GROWTH AND DEVELOPMENT



○ ISSUE 1 | ○ VOLUME 1 | ○ YEAR 07-08

Nutrition news

HARTFORD PUBLIC SCHOOLS—FOOD SERVICE DEPARTMENT
NOURISHING HARTFORD'S FUTURE

Obese Children May Face Heart Risks Later

Childhood Obesity

The pizza parties, candy, soda and fast food coupons are not helping the waistlines of students. About one third of U.S. children are overweight or obese. Increasing numbers of obese children are being diagnosed with Type 2 diabetes, high blood pressure, high cholesterol, and other obesity complications that were seldom seen in children ten years ago. When obese children become obese adults, it is harder for them to shed the weight

Researchers found that the more overweight a child was between age 7 and 13, the greater their risk of heart disease as adults. By the time today's teens are middle age, the rate of heart disease could be 16 percent higher because of the extra pounds they are carrying around now.

The Hartford System of Schools participates in the Connecticut Healthy Food Certification which has eliminated the sale of unhealthy food items to students during the school day. This program encourages healthy weights for children and staff.



What Children Need for Healthy Bones

Bone specialists say possibly millions of seemingly healthy children are not building as much strong bone as they should—a gap that may leave them more vulnerable to osteoporosis later in life.

Already there is evidence that U.S. children break their bones more often today than 40 years ago. Studies show that children who break an arm have lower bone density than their playmates who don't break a bone.

Too little milk, (or other high calcium foods), a lack of sunshine (vitamin D), and exercise is leading to rickets. Rickets is a deficiency disease that causes the bones to become so soft that the legs literally bow.



Breakfast Improves Academic Achievement

Eating a healthy breakfast is the key to jump-starting a day of effective learning. Studies have shown that children who eat breakfast have increased memory, better attention spans and improved cognitive performance when compared to those that skip the morning meal. Hartford System of Schools serve a comprehensive breakfast every school day, including bagels, yogurt, crackers, cereal bars, assorted cereal, juice and milk. A hot breakfast is also served at least once each week. Make sure to remind your students to start the day off right by eating breakfast. And feel free to stop by to purchase your own breakfast as well. Fewer hungry bellies in the classroom can mean increased learning and improved behavior.



5 Healthy Holiday Eating Tips



- 1) Focus on weight maintenance rather than weight loss. The average American adds on five pounds of excess weight between Thanksgiving and New Year's Day. Set your current weight as your goal and work to keep the status quo.
- 2) Be active every day. The holidays mean lots of time spent traveling or in the kitchen or driving from store to store. This year, reserve some time for physical activity. A 15-minute brisk walk can boost your energy and give you a chance to check out the decorations in your neighborhood.
- 3) Maintain your perspective. One day of overindulgence doesn't mean that you're destined to pack on the holiday pounds. Tomorrow is a new day to regain your focus on choosing healthier foods and adding some activity to your day.
- 4) Eat a little something before you arrive at a holiday party. A healthy snack prior to your arrival will help you moderate your intake of the calorie- and fat-laden treats that are so prevalent this time of year.
- 5) Think about what you drink. Remember that calories aren't exclusive to cookies and pies but can also be found in the beverages you choose. Eggnog, soda, fruit punch, and alcohol are all loaded with potential belt-busting calories.



Please call Susan Davis, M.S., R.D.
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to schedule Nutrition classes