

The mission of the Tri-County Heart Health Coalition is to improve the heart health habits of at-risk residents in Fulton, Henry, and Williams Counties.

Cardiovascular Health

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Partnering agencies include Community Hospitals and Wellness Centers Inc, Fulton County Health Center, Henry County Hospital, the OSU Extension offices of the three counties, the American Heart Association, and American Cancer Society

Healthy Eating Tips for Families

Good nutrition and a balanced diet help kids grow up healthy. Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.

Family Meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, or drink alcohol.

In addition, family meals offer the chance to introduce your child to new foods and to act as a role model for healthy eating.

Teens may turn up their noses at the prospect of a family meal—not surprising because they’re trying to establish independence. Yet studies find that teens still want their parents’ advice and counsel, so use mealtime as a chance to reconnect.

What counts as a family meal? Anytime you or your family eat together—whether it’s takeout or a home-cooked meal. Strive for nutritious food and a time when everyone can be there—a little later after sports practice or a Sunday brunch.

Stocking Up on Healthy Foods

Kids, especially younger ones, will eat mostly what’s available at home. That’s why it’s important to control the supply lines—the foods that you serve for meals and have on hand for snacks.

- Work fruits and veggies into the daily routine.
- Make it easy to choose healthy snacks. Keep fruits & veggies, low-fat yogurt, peanut butter & celery, or whole-grain crackers & cheese on hand.
- Serve lean meats and other good sources of protein such as fish, eggs, beans, and nuts.
- Limit fat intake by avoiding deep-fried foods. Grill, broil, roast, and steam instead.

- Choose whole-grain breads and cereals for fiber.
- Limit fast food and other low-nutrient snacks such as chips and candy.
- Limit sugary drinks such as soda and fruit-flavored drinks. Serve water & low-fat milk instead.

How to Be a Role Model

The best way for you to encourage healthy eating is to eat well yourself.

- Eat fruits and veggies and don’t overindulge in less nutritious stuff.
- Limit portion sizes and don’t overeat.
- Don’t “diet” or complain about your body image. Keep a positive approach about food.

Don’t Battle Over Food

- Establish a predictable schedule of meals and snacks.
- Don’t force kids to clean their plates. Doing so teaches kids to override feelings of fullness.
- Don’t bribe or reward kids with food.
- Don’t use food as a way of showing love. Give kids a hug, some of your time, or praise instead.

Get Kids Involved

Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal. Some might even want to help shop for ingredients and prepare the meal. At the store, teach kids to check out food labels for nutrition information. In the kitchen, select age-appropriate tasks.

There’s another important reason why kids should be involved: it can help prepare them to make good decisions on their own about the foods they want to eat. That’s not to say that your child will suddenly want a salad instead of french fries, but the mealtime habits you help create now *can* lead to a lifetime of healthier choices.

Source:
www.kidshealth.org





Above, participants from Summer Day Camp '07 examine a "jar of tar" during a tobacco prevention session.

Be Heart Smart!

This July the Henry County Heart Health Coalition will be sponsoring the fourth annual Be Heart Smart Summer Day Camp for Henry County Youth ages 7 - 11. The event will be held from 9:00am to 11:00am on Thursdays in July at Oakwood Park. As part of the summer camp, children will learn about nutrition, physical activity,

and tobacco while having FUN! Each week there will be new activities and guest speakers from the Henry County Hospital, the Henry County Health Department, and the American Cancer Society. Children will also have the opportunity to make a healthy snack at each session. To help our youth stay fit and healthy, the Henry County

Health Department encourages you to register your children for the Be Heart Smart Summer Day Camp. To register, call the Henry County Health Department at 419-599-5545 by July 3, 2008. The summer camp is FREE, but is limited to 25 children so register early!

Henry County Schools Receive Awards

Several schools in Henry County were awarded for their efforts to create a healthier environment for students and staff. Buckeye Best recognizes schools that show a dedication to the health and

wellness of their students and staff through the institution of programs and policies that promote better nutrition, increased physical activity and tobacco prevention.

Schools receiving a Silver Award was Napoleon Middle School. Receiving a Bronze Award were Central Elementary School, C.D. Brillhart Elementary School, Napoleon High School and Holgate Elementary School.

CVH Quick Tip: Move It!

Growing old often means slowing down. But only if you're sedentary! Professor of orthopedics at the University of Pittsburgh, Vonda Wright, MD, decided to follow folks who kept working out as they grew older – only to be happily surprised by what she and fellow researchers discovered.

Exercise staves off more signs of aging than anyone suspected, protecting muscles as well as muscle enzymes necessary for good athletic performance. But you need to know how to train, perform useful exercise, and work out regularly. "Train hard and train often," says Hirofumi Tanaka, an exercise physiologist at the University of Texas.

He recommends regular interval training, going all out repeatedly, then easing up and going all out again. This kind of workout routine trains the body to increase oxygen consumption, "one of the major determinants of endurance performance," he adds. "You have to make training as intense as you can."

It's never too late to start exercising. One man who became a runner at 62 ran his first marathon a year later in three hours and 25 minutes, for example. Imme Dyson, a 71-year-old who took up running in her late 40s says, "Working consistently really is the recipe." But if you haven't exercised for a while, talk with your healthcare provider or a fitness trainer about the best ways to get started again.

Source: Taste for Life, March 2008



**Williams County Schools
Buckeye Best
2007-2008
Award Recipients**

Healthy Students make better learners!

The Governor's Buckeye Best Healthy School Awards Program is designed to recognize those schools whose policies and practices reflect a high priority on health outcomes for children including improving nutrition, increasing physical activity, and stopping or preventing the use of tobacco. The program is sponsored by the Ohio Department of Health in partnership with the American Cancer Society.

An interdisciplinary team of school health professionals score each application based on responses to the questions using the standard as defined in the Healthy People 2010 Objectives.

Gold award winners receive a Buckeye Best Healthy School flag that can fly outside the school building.

The Williams County Heart Health Coalition is proud to congratulate all our local award winners. All seven Williams County public schools were recipients of a Buckeye Best Award.

School	Award
Lincoln Elementary School~ Bryan	Bronze
St. Patrick Elementary~ Bryan	Silver
Washington Elementary~ Bryan	Bronze
Bryan Middle School	Bronze
Bryan High School	Bronze
Edgerton Elementary School	Bronze
Edon Northwest Elementary School	Recognition
Edon Northwest Middle School	Recognition
Edon Northwest High School	Recognition
Montpelier Elementary School	Gold
Montpelier Middle School	Silver
Montpelier High School	Gold
North Central Elementary School	Bronze
North Central High School	Bronze

Busy Life De-railing Your Goals?

To achieve or maintain a healthy weight, we all know it is important to make wise decisions about eating and physical activity every day. It sounds simple enough. But in today's hectic world, too many people see their best intentions lost out to other daily demands. At America On the Move (AOM), we encourage you to make small, realistic changes that best fit into your busy lifestyle.

It's not as difficult as you might think. To avoid weight gain, start by adding just 2,000 extra steps to your daily routine and choose wise ways to eat 100 fewer calories each day. Make incremental changes that you can stick with for the long-term. We'll help you succeed with free online tools and resources, AOM's personalized program, community support, and fun events. Why wait? Challenge yourself and get involved today.

For more information go to www.americaonthemove.org (Source America on the Move)

TRI-COUNTY

**Join Us For The 2008
Bridging The Gap To Heart Health
5K Run/Walk - 10K Run -
1 Mile Kids Run**

**Saturday, October 4th
9:30 AM
Lockport Bridge to Goll Woods**

For more information:
www.williamscountyhealth.org
419-485-3141



Intergenerational Walk & Day of Play

Remember the days of going outside to play with friends *all day*? Many of today's children do not have that opportunity, either because parents are concerned for their child's safety, play areas are not available, or kids have just gotten caught up in "playing" inside on video games and watching TV.

Physical play is essential to the development of the whole child. Children learn to socialize, problem solve, and use their imagination during free play. And, with childhood obesity rates tripling in the last 20 years, we see that children are not getting the recommended 60 minutes of moderate intensity physical activity each day to maintain a healthy weight and lifestyle.



Tin can stilts are a hit with kids of all ages

Fun with giant bubbles



The Fulton County Heart Health Coalition, in partnership with Harrison Lake State Park, conducted an Intergenerational Walk & Day of Play on Saturday, July 5, 2008.

Kids, parents, and grandparents joined us for a scenic walk around the park, sighting Great Blue Herons and other native wildlife. The participants, ranging in age from 3—?, included holiday weekend campers and Fayette residents.

Adults helped and supervised kids as they moved through several "stations", enjoying a variety of activities that encouraged physical activity and outdoor fun this summer. "Walking Tall" challenged balance and coordination as kids made tin can stilts and clanked and clattered in the Beach Shelter House. At "Go Fly A Kite!", everyday materials were transformed into flying objects. Kids raced through "Boot Camp", an obstacle course that challenged speed and agility. Everyone enjoyed "The Write Stuff" with classic chalk games and a few new ones too. There was no "Clowning Around" as making homemade hacky sacks became serious business filling balloons with play sand. And finally, "Water Works" was a big splash with a variety of water games, bubble painting, and giant bubble blowing. Every child took home a Healthy Ohio backpack, stuffed full with the items they made, activity cards, and information about staying active and fit.

Throughout the holiday weekend, campers and visitors to Harrison Lake State Park also ventured off in search of Healthy Ohio signs, in hopes of claiming a prize in the Scavenger Hunt.

Special thanks to park employees and volunteers for their help in coordinating this event and to the Healthy Ohio and Cardiovascular Health Programs through ODH for the funding of prizes and materials.



Intergenerational Walk at Harrison Lake State Park

Fulton County 2008 Buckeye Best Award Winners

GOLD

Evergreen Elementary School

SILVER

Evergreen Middle School

Evergreen High School

Fayette High School

Franklin Elementary School

Pike-Delta-York Middle School

BRONZE

Archbold Middle School

Archbold High School

Park Elementary School

Pettisville Elementary School

Pike-Delta-York High School

Swanton Middle School

RECOGNITION

Archbold Elementary School

Delta Elementary School

York Elementary School

CONGRATULATIONS

and thank you for
promoting wellness in
your schools!