



Healthy Lifestyles

April 2013

Hi everyone! As we are getting closer to the end of the year I hope that everyone has enjoyed our new Healthy Lifestyles program. It is a new position on Council and I have enjoyed working with everyone to bring something new to PTAs that really focuses on both children and adults. Education of families is really what PTA is all about. It is also a great time for PTAs to start this program because it seems everywhere you go health has become the focus for so many people and organizations.

On May 31st Council will hold a free Healthy Lifestyles training at NAC (Northside Activity Center) from 10:00 – 11:00 am. This will be similar to others I have done. If you will be continuing in your position next year please let me know so that I can put you on my email list for the 2013 – 2014 school year. I hope to hear from many of you! If you will not be continuing please ask the person taking over your role to send me an email or call me with their contact information.

Have a great spring!

*Donna Smith
Healthy Lifestyles Chair
Northside ISD Council of PTAs*

GET HEALTHY TEXAS **Healthy Texas Week** **April 8-14, 2013**

SUMMARY

Healthy Texas Week is an annual initiative in which IT'S TIME TEXAS (ITT), together with its Founding Allies, Blue Cross Blue Shield of Texas and H-E-B, celebrates the health of all Texans. During this week, Texans are encouraged to eat better, move more, and live well. Healthy Texas Week will become the healthiest week of the year—uniting motivated individuals, institutions, and organizations in communities across Texas to advance the cause to make healthy the norm in the Lone Star State.

HOW IT WORKS

Commit to support Healthy Texas Week: It is easy to get involved. Simply visit HealthyTexasWeek.com to commit your action using the "Commit to Take Action" form. Promote your commitment: Use our toolkit to tell everyone you know that you've made a commitment and that you'd like them to join, too! Grow the cause: Spark healthy conversation, motivate others, spread the word about your favorite healthy shopping habits. Through social media, it's easy to grow the cause daily!

KEY COMPONENTS

Healthy Texas Week includes several key components designed to engage and mobilize people through three pillars of health as defined by Healthy at H-E-B: Eat Better, Move More, and Live Well.

Eat Better

Ready, Set, Cook! » Target Audience: Families, Organizations, Community Groups

Bring healthy habits to the dinner table. Running from April 1 – May 26, the Ready, Set, Cook! Challenge encourages Texans to cook and eat from home.

Resources to make it easy:

- Healthy Recipes on heb.com/healthy

Each week tasty and quick recipes will go up on the website. Visit to get new ideas.

Continued next page

PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

Healthy Lifestyles

April 2013

GET HEALTHY TEXAS *Continued from page 1*

- My Texas Table Cookbook. Available at H-E-B stores beginning April 1st, this cookbook is made up of over 100 of Texas' favorite recipes—all with a light twist.
- Good News Circular. Each week, this publication features six recipes, shopping lists and other information about leading a healthy lifestyle. Find it at all H-E-B stores and on heb.com/healthy.

Healthy House Party » Target Audience: Families, Organizations, Community Groups

Families, groups of friends, and neighbors will be encouraged to gather together for healthy potluck meals. Leading up to the week, participants can compile healthy recipes to prepare and share during the Week's event.

Move More

School Rally » Target Audience: Schools

Schools are encouraged to use at least one day during the week to celebrate health. School leaders should focus on encouraging healthy habits—including physical, nutritional, and emotional habits.

Workplace Rally » Target Audience: Organizations, Business Professionals, and Community Groups

Employers will be encouraged to support employees' participation in physical activity at the office, while employees will be encouraged to motivate others within their workplace to participate

Neighborhood Rally » Target Audience: Families, College Students, Organizations and Community Groups

Participants will be encouraged to gather their neighbors for at least one evening of healthy celebration. As large groups take to the streets together to walk, run, or ride their bikes, entire neighborhoods will find increased appreciation of and a shared bond over health and physical fitness.

Live Well

Volunteer for Health » Target Audience: Organizations, Community Groups, Business Professionals

Participants are encouraged to dedicate time within the Week's celebrations to volunteer with local, health-based non-profits and their local Parks department. Through key partnerships, IT'S TIME TEXAS will promote volunteer opportunities. All health-based nonprofits will have the chance to post volunteer opportunities.

KICKOFF + CULMINATING EVENTS

Healthy Texas Week will kick off on Monday, April 8th on the steps of the Capitol in Austin. Participants will find a group workout, and a lively celebration of health in Texas. The event will be open to the public and will bring together members of the Texas legislature, teachers, parents, and students from Texas schools, employees from surrounding employers, and community members. Additionally, a culminating event, hosted by H-E-B, will be held on April 12th.

LEGISLATIVE PROCLAMATION

IT'S TIME TEXAS and its partners will work to secure a proclamation from the Texas Legislature, officially recognizing the 2nd week in April as Healthy Texas Week.

BUILDING THE CAUSE

IT'S TIME TEXAS is a cause that unites and empowers Motivated Texans to make healthy the norm in communities across the state. Healthy Texas Week helps build the cause by providing a focused and actionable opportunity for increased awareness, enlistment, and mobilization.

PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

Healthy Lifestyles

April 2013

America's Move to Raise A Healthier Generation of Kids

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools, ensuring that every family has access to healthy, affordable food, and helping children become more physically active. At the launch of the initiative, President Barack Obama signed a Presidential Memorandum creating the first-ever Task Force on Childhood Obesity to conduct a review of all programs and policies relating to child nutrition and physical activity and develop a national action plan to maximize federal resources and set concrete benchmarks toward the First Lady's national goal. The Task Force recommendations focus on the five pillars of the First Lady's *Let's Move!* initiative:

1. Creating a healthy start for children
2. Empowering parents and caregivers
3. Providing healthy food in schools
4. Improving access to healthy, affordable foods
5. Increasing physical activity.

For more information and to sign up for newsletters go to www.letsmove.gov.

PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

5 Truths about children who drown . . .



Supervision is Essential



Barriers Protect



CPR Saves



Swimming Skills are Smart



Life Jackets Make a Difference

For water safety tips please visit
Safe Kids USA at:
www.usa.safekids.org/water

Keeping Children with Special Needs Safe in the Home

Safe Kids and the [MetLife Foundation](http://www.metlife.com) have partnered to bring you a series of safety videos highlighting how you can take precautions in the home to help prevent injuries to children with physical, developmental or cognitive disabilities. To see the videos and for more information go to: <http://www.safekids.org/safety-basics/special-needs/>

Healthy Lifestyles

April 2013

Did you know?

The *Dietary Guidelines for Americans* are the cornerstone of Federal nutrition policy and nutrition education activities.

The *Dietary Guidelines for Americans* are jointly issued and updated every 5 years by the [Department of Agriculture \(USDA\)](#) and the [Department of Health and Human Services \(HHS\)](#). They provide authoritative advice about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

Recommendations from the *Dietary Guidelines for Americans* are intended for Americans ages 2 years and over, including those at increased risk of chronic disease. The Guidelines encourage Americans to focus on eating a healthful diet — one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.

The *2010 Dietary Guidelines for Americans* are the 7th edition released since 1980 and remain the current edition until the [2015 Dietary Guidelines for Americans](#) are released.



Mayor's Fitness Council
City of San Antonio

For information on healthy eating, physical activity events and more, go to www.fitcitysa.com



PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.



U.S. Food and Drug Administration

Protecting and Promoting *Your Health*

Medicines in My Home (MIMH)



Medicines in My Home (MIMH) is a multimedia educational program to teach consumers from adolescence through adulthood how to choose over-the-counter medicines and use them safely.

“Rooms” of the program contain presentations, print materials, and resources that teachers, students and adults can use online or download. Be sure to visit our newest room, the [Video Room](#).

Taking Acetaminophen Safely

FDA releases new video explaining how to take acetaminophen safely.

Spring has arrived and allergy sufferers begin their annual ritual of sniffing and sneezing, often taking medications that contain acetaminophen to treat their symptoms. FDA has released a new video, [Taking Acetaminophen Safely](#), to remind consumers to always check the Drug Facts labels on all their medications to help them prevent accidentally taking too much acetaminophen. Acetaminophen is a common medication used for relieving pain and reducing fever that's found in hundreds of prescription and over-the-counter medicines, including those used to treat allergies.

[Taking Acetaminophen Safely](#) is the newest video in the [Medicines in My Home](#) educational program. It provides background about acetaminophen and the many different types of medicines that might contain this active ingredient, the danger of taking more than is directed, how to learn if acetaminophen is contained in a product by looking at the Drug Facts label, and how to take it safely. It also encourages consumers to contact their healthcare professionals if they have questions or concerns.

Please share this [Taking Acetaminophen Safely](#) video, or any related FDA materials, on your websites and social media channels. Visit <http://www.fda.gov/otcpaininfo> or <http://www.knowyourdose.org> for additional information and materials, including articles, public service announcements, fact sheets, widgets, and tutorials.