

Home Life/Health

September at a Glance

- Leukemia & Lymphoma Awareness Month
www.thevaleriefund.org
- Ovarian Cancer Awareness Month
www.ovarian.org
- Child Passenger Safety Week
September 19-25
www.nhtsa.gov/Safety/CPS
- Director's Special Project:
Childhood Obesity and Nutrition
- Fruit and Veggies – More Matters Month
www.fruitsandveggiesmorematters.org

I hope that you all had a great summer and are ready to kick off a fantastic year with Juniors!

While it's sad to say goodbye to the warm weather and summer fun, there are so many great things that the change of season brings!

September is a busy month with back to school and gearing up for the holiday season *which will be here before we know it* but it is also the perfect time to start planning out your club year and there is a ton of great information and ideas out there that I look forward to sharing with you within these bulletins.

Please feel free to contact me if you have any questions or have something to share.

The strength of Juniors is in knowing that we are not alone. We can all benefit from sharing ideas and experiences of what has worked, what hasn't worked and what we've learned.

Happy Fall!

THIS MONTH WHY NOT....

- ❖ Schedule doctor's appointments for yourself and your family
- ❖ Join forces with the PTA on issues such as bullying, healthier school lunches and Internet safety
- ❖ Take the stairs instead of the elevator
- ❖ Go apple picking and bake with your family
- ❖ Replace the batteries in your smoke and carbon monoxide detectors

Every 4 minutes one person is diagnosed with a blood cancer.

Every ten minutes, someone dies from a blood cancer. This statistic represents nearly 146 people each day, or more than six people every hour. Leukemia causes more deaths than any other cancer among children and young adults under the age of 20.

Our 2010-2012 state project is the Valerie Fund. The Valerie Fund's mission is to provide support for the comprehensive health care of children with cancer and blood disorders.

For more information visit www.thevaleriefund.org



Ovarian cancer is a disease in which malignant or cancerous cells are found in the ovary. An ovary is one of two small, almond-shaped organs located on each side of the uterus that produce female hormones and store eggs or germ cells. In women age 35 to 74, ovarian cancer is the fifth leading cause of cancer-related deaths. In 2009, the American Cancer Society estimates that there were 21,550 new cases of ovarian cancer diagnosed and 14,600 women will have died of the disease.

Raising as much awareness and promoting as much education of ovarian cancer as possible is crucial in helping women to earlier diagnoses and to supporting our survivors. And, Making a Difference starts with action.

Visit www.ovarian.org for more information.

NHTSA

Child Passenger Safety Week

September 19-25, 2010



4 Easy Steps to Protect our Children:

Rear Facing: Infants from birth to at least 1 year old and at least 20 lbs

For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds.

Forward Facing: Toddlers - Age 1 & 20 lbs to Age 4 & 40 lbs

When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds).

Booster Seat: Children from about age 4 to at least age 8

Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).

Seat Belts: Tweens age 8 and older

When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

Always read the child seat instruction manual. Each manufacturer provides specific instructions regarding proper use and installation of their child seats.

Crashes are the leading cause of death for children from 3 to 14 years old. An estimated 8,959 lives were saved by child restraints from 1975 to 2008.

While installing and using child safety seats may appear to be easy enough, the National Highway Traffic Safety Administration has estimated that close to 3 out of 4 parents do not properly use child restraints ... and if you are one of them, that child safety seat may not protect your child the way it should.

To obtain materials to help you promote CPS Week and National Seat Check Saturday activities visit:

<http://www.trafficsafetymarketing.gov/planners/cpsweek2010>

Director's Special Project for 2010-2012: Childhood Obesity and Nutrition

The Problem:

On March 4, 2009, New Jersey Department of Health and Senior Services Commissioner Heather Howard said childhood obesity has reached epidemic levels not only in New Jersey, but around the country.

"Experts report that the current generation of children may be the first in our nation's history to live sicker and shorter lives than their parents. We must address childhood obesity aggressively now to stem the growing number of overweight young people and improve quality of life for future generations."

Following a national trend, obesity overall has been rising steadily in the Garden State since the early '90s, with almost 23 percent of residents considered obese and another 37 percent overweight, according to the CDC.

"There is no issue facing our state or nation more vital to the overall health and wellbeing of our youngest citizens," said Dr. Steven Kairys, chairman of Pediatrics, K. Hovnanian Children's Hospital at Jersey Shore University Medical Center.

The statistics regarding obesity and children in New Jersey highlight the problem.

In a 2004 survey by the U.S. Centers for Disease Control and Prevention, New Jersey had the highest percentage of overweight and obese children under age 5, almost 18 percent. And a study conducted in 2003 by the New Jersey Departments of Health and Senior Services and Education found that 20 percent of sixth-graders evaluated were obese and another 18 percent were overweight.

Ideas for clubs:

- ✓ Ask a nutritionist or dietician to host a brown-bag seminar for your members to discuss easy ways to get the recommended daily servings of fruit and vegetables.
- ✓ Post information about one fruit or vegetable each week on your website with a quick and easy recipe to share.
- ✓ Partner with your local farmers market to offer fruit and vegetables for sale to your members at a discounted price.
- ✓ Host a cooking demonstration using fruit and vegetable-inspired recipes.
- ✓ Work with schools to promote healthier lunches and snacks
- ✓ Start a family walking club
- ✓ Host a healthy dessert baking contest

Take Action! Help your child make healthy choices:

- ⇒ Shop, cook and plan for healthy meals.
 - Buy and serve more fruits, vegetables and whole grain foods. Here are some tips and ideas:
 - Always read the nutrition label on packages to help you make healthy choices.
 - Let your child pick out healthy foods to try.
 - Give children age 2 and older fat-free or low-fat milk or water instead of soda or juice. Children under age 2 can drink whole milk.
- ⇒ Eat healthy
 - Sit at the table and eat together as a family.
 - Children eat more fruits and vegetables and less junk food when families eat together. Plan healthy, affordable meals and enjoy them as a family. Let children help shop for healthy foods, prepare meals, and set the table.
 - Give your kids a chance to stop eating when they feel full.
 - Don't forget breakfast. Skipping breakfast can make your child hungry, tired, and more likely to snack on junk food later in the day. Give your kids whole-grain cereal with fat-free milk and fruit instead of sugary cereal.
 - Make healthy snacks. Snacks give kids important nutrients and help control hunger between meals.

Help Your Child Stay at a Healthy Weight – The healthy habits your child learns now can last a lifetime.



What can I do to help my child stay at a healthy weight?

- Help your child stay at a healthy weight by balancing what your child eats with physical activity. One of the best ways to prevent overweight and obesity in your child is to improve the eating and activity levels of your whole family.
- Parents are often the most important role models for children. When you eat right and are physically active, your child will be more likely to make these choices, too. Plus, getting active and eating healthy as a family will help you spend more quality time together.

Why do I need to worry about my child's weight?

- Americans are becoming heavier. Today, most adults are overweight or obese. Children are becoming heavier, too.
- Overweight and obesity in children can lead to serious problems, like: Type 2 diabetes, Asthma, Heart disease, Sleep problems, Low self-esteem and bullying
- Being overweight as a child increases the risk of being overweight or obese as an adolescent and young adult. In other words, many kids don't "grow out of" being overweight.

Is my child at a healthy weight?

- Children grow at different rates, so it's not always easy to tell if your child is at a healthy weight. Overweight is defined differently for children and teens than it is for adults. Ask your child's doctor or nurse to tell you whether or not your child is at a healthy weight.

What if my child is overweight or obese?

- With the right help, kids with weight problems can lose weight. Successful weight-loss programs for kids include help with diet and physical activity as well as counseling. Talk to your child's doctor or nurse for more information.

**What is your club doing to raise awareness about Childhood Obesity?
We'd love to hear from you!**

Every September is Fruit and Veggies – More Matters Month

It's a great time to promote the health benefits of eating fruit and vegetables.

Fruit and vegetables are an important part of a healthy diet that can help protect you from:

- Heart disease
- Bone loss
- Type 2 diabetes
- High blood pressure
- Some cancers, such as colorectal cancer

Check out www.MyPyramid.gov to find out how many servings of fruit and vegetables you need based on your age, weight, level of physical activity and gender.

For some great information, including recipes, visit:

www.fruitsandveggiesmorematters.org

Top 10 Reasons to Eat MORE Fruits & Vegetables

- 10) Color & Texture. Fruits and veggies add color, texture ... and appeal ... to your plate.
- 9) Convenience. Fruits and veggies are nutritious in any form - fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
- 8) Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- 7) Low in Calories. Fruits and veggies are naturally low in calories.
- 6) May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- 5) Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- 4) Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!
- 3) Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
- 2) Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!
- 1) Fruits & Veggies are Nutritious AND Delicious!

Home Life/Health

October at a Glance

- Unicef
- National Fire Prevention Week
10/3 - 10/9
- Breast Cancer Awareness Month
Mammography Day (10/15)
- World Food Day (10/16)
- Dental Hygiene Month
www.adha.org
- Director's Special Project:
Childhood Obesity and Nutrition
- Halloween Safety Month

*Never doubt that a small group of thoughtful,
committed citizens can change the world.
Indeed, it is the only thing that ever has"*
- Margaret Mead



You can follow in the footsteps of 60 years of kids, toting the iconic orange box from door to door, and there's much more you can do too! Check out their website for more ideas and to order free boxes online and/or a free fundraising kit or visit any Toys"R"Us® or Babies"R"Us® store nationwide beginning September 15th to pick-up your boxes.

<http://youth.unicefusa.org/trickortreat/participate/>

THIS MONTH WHY NOT....

- ❖ Make an appointment for a Mammogram (*and remind all of the important women in your life to do the same!*)
- ❖ Plan a family fire drill. Plan an escape: Know how you will get out of your home should you wake up to smoke and fire. Know a second way out in the event the main door is blocked by heat and smoke. Practice your escape with everyone in the household and pick a common meeting place. In a fire, time is the enemy. Tell the arriving firefighter if everyone is out or if they are trapped and where! Contact your local fire dept. for more tips.
- ❖ Go Pumpkin Picking



American Cancer Society Recommendations for Early Breast Cancer

The ACS recommends the following guidelines for finding breast cancer early in women without symptoms:

Mammogram: Getting a mammogram is one of the best things a woman can do to protect her health. This simple test can find breast cancers early, when they're smaller, easier to treat, and chances of survival are higher. Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health. While mammograms can miss some cancers, they are still a very good way to find breast cancer.

Clinical breast exam: Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, preferably every 3 years. After age 40, women should have a breast exam by a health expert every year. It might be a good idea to have the CBE shortly before the mammogram. You can use the exam to learn what your own breasts look and feel like.

Breast self-exam (BSE): BSE is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any changes in how their breasts look or feel to a doctor or nurse right away.

The most important thing is to see a doctor right away if you notice any of these changes: A lump or swelling; Skin irritation or dimpling; Nipple pain or the nipple turning inward; Redness or scaliness of the nipple or breast skin; A discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

Women at high risk: Women with a higher risk of breast cancer should talk with a doctor about the best early detection plan for them. This might mean starting mammograms when they are younger, having extra screening tests, or having more frequent exams. There are charts called risk assessment tools that a doctor can use to figure out whether you are at high risk.



a focus for year-around action

WORLD FOOD DAY USA
OCTOBER 16



World Food Day (WFD) is a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger. It is observed each October 16th in recognition of the founding of the UN Food and Agriculture Organization (FAO) in 1945. The first World Food Day was in 1981. In the United States the endeavor is sponsored by 450 national, private voluntary organizations. 2010 will be the 30th observance of World Food Day!

REMEMBER . . . WORKING TOGETHER WORKS!!!

Collect Non-Perishable items at your next meeting and/or event for your local food bank *(make sure to contact them first to see what they are in most need of).*



Brushing your teeth for two minutes at least twice a day remains a critical component to maintaining a healthy smile. Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis.

GlaxoSmithKline is generously donating up to 100 product samples (sample size Aquafresh toothpaste) per request/project, to be used for Community Service Projects through the month of November. If you would like to request samples for your project, please complete the product request form. http://www.adha.org/ndhm/aquafresh_frm.htm



*America's Move to Raise a
Healthier Generation of Kids*

Simple Steps to Success

Community organizations are well positioned to initiate and coordinate activities to encourage healthy living and well being. We can empower families and our communities to make better choices to improve the health of our nation's children.

Help Parents Make Healthy Choices

Parents and community members can model healthy decisions about physical activity and nutrition. But in today's busy world, healthy choices aren't always easy. Parents and caregivers need a community of support. Here are some ways community organizations can provide that support.

Ideas to Promote Healthy Choices

Pick one or two ideas that make sense for your community and brainstorm additional ideas to improve the health of your community. Ensure success by building on successful steps and expanding efforts over time.

- **Make Community Meals Healthier:** At community meals or potlucks, provide healthy selections, like fresh fruits, vegetables and whole grains. People may unknowingly eat larger amounts when presented with a larger portion. Reduce portion sizes by eliminating buffet-style meals or simply using smaller plates.
- **Support Groups:** Challenge members of your community to form a support group for parents and caregivers who want to learn more about healthier food shopping or improving eating habits.
- **Community Cookbook:** Create a community cookbook that features healthy, locally grown food. Encourage all members to contribute their favorite healthy recipes or come up with a healthy twist on a classic dish.
- **Serve Healthy Drinks and Snacks:** Switch from sugar-sweetened beverages to 100% juice in education, child care or after-school programs. Replace sugary drinks in vending machine with water, 100% fruit juice or low-fat or fat-free milk.
- **Teach Healthy Living to Kids:** Utilize youth education curriculum to encourage healthy habits connected with teachings in your community.

Take the Pledge

*We believe every kid has the
right to a healthy
childhood.*

*We can't let this be the first
generation in our history to
grow up less healthy than
their parents. The
ingredients...better food +
more activity... are clear.
Let's Move isn't just noble,
it's a necessity. It's not
just a slogan, **it's our
responsibility.***

*Join in America's movement
to raise a healthier
generation of kids.*

About Let's Move

The Let's Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight. Let's Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better and get healthy.

www.letsmove.gov

OCTOBER IS HALLOWEEN SAFETY MONTH!

Halloween is an exciting time for kids—and parents too! But none of us want to see our children injured or in unsafe conditions.

Have The Talk--First!

Make sure you talk with your kids about the safety tips below from the National Safety Council and the American Academy of Pediatrics.



Check and Double Check!

- Make sure that an adult or an older responsible youth will be supervising children under age 12.
- Plan and discuss the route Trick-Or-Treaters intend to follow.
- Instruct your children to travel only in familiar areas and along an established route.
- Tell your youngsters NOT to eat any treat until they return home.
- Teach your children to stop only at houses or apartment buildings that are well-lit and **never** to enter a stranger's home.
- Establish a return time.



Costume Design!

- Masks can obstruct a child's vision. If masks are worn, they should have nose and mouth openings and large eye holes.
- Use only fire-retardant materials for costumes.
- Costumes should be loose so warm clothes can be worn underneath.
- Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.)
- Pin a slip of paper with your child's name, address and phone number inside a pocket in case he/she gets separated from the group.



Accessories!

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective.
- Flashlights will help children see better and be seen more clearly.



Home, Safe Home!

- Remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Restrain pets so they do not jump on or bite Trick-Or-Treaters.

Cool Club Idea!

Holding a **Trunk-or-Treat**

Halloween activity is a great way to keep Halloween safe.

What is a Trunk-or-Treat? It's when several families get together at large parking lot, park their cars in the parking lot, open up the trunks of their cars, and kids come around to each car to Trunk-or-Treat instead of going house to house to Trick-or-Treat.

You can just have the Trunk-or-Treat part outside or you can have a combined indoor/outdoor party.

Trunk-or-Treat

- Let people know the estimated number of children that will be there so they can know how much candy to bring.
- Those who don't have trunks (or cars) can also hand out candy by standing in-between the cars.
- People can even decorate their cars!

Keep it club members only or open it up to the community and partner with a local church so you can use their parking lot and ask trunk-or-treaters to bring items for the local food pantry as their admission.

Healthy Halloween

A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.

Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.

Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.

Try to ration treats for the days following Halloween.

Home Life/Health

November at a Glance

- One Warm Coat
www.onewarmcoat.org
- American Diabetes Month
www.diabetes.org
- Lung Cancer Awareness Month
www.lungcanceralliance.org
- Great American Smokeout
11/18
- Director's Special Project:
Childhood Obesity and Nutrition
- Habitat for Humanity
- Prematurity Awareness Month



ONE WARM COAT®

One Warm Coat started out in 1992 as a Thanksgiving Weekend coat drive in San Francisco.

Since then, more than 1 Million coats have been donated in thousands of local communities across North America. Each coat drive has the same intent -- to collect coats that will be GIVEN to those in need.

Many of us have been in a situation at some point when we were cold and didn't have on the right clothing to stay warm. It's an uncomfortable and disorienting feeling that leaves you unable to think about much else, other than how cold you are.

One Warm Coat drive is an easy and convenient way to help people in need in your community. Their goal is to provide any person in need with a warm coat, free of charge. They can help organizations create successful and fun events.

www.onewarmcoat.org

THIS MONTH WHY NOT....

- ❖ Plan a road trip to check out the fall foliage
- ❖ Check in on an elderly neighbor
- ❖ Plan a coat drive
- ❖ Kick off the start of the holiday season with our troops in mind. It's not too early to start working on sending cards or care packages to our troops. Partner with your local girl or boy scouts
- ❖ *Give thanks for all that you have!*



How will you Stop Diabetes®? The future is in your hands.

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications. In 2009, the Association launched a national movement to Stop Diabetes® – with the audacious goal of gathering the support millions of Americans to help confront, fight and most importantly, stop diabetes.

- Nearly 24 million children and adults in the United States have diabetes.
- Another 57 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- One out of every 3 children (and 1 in 2 minority children) born in the United States today will face a future with diabetes if current trends continue.

The Toll on Health: The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined.

Drastic action is needed. From everyone.

ACT

- Attend a local community activity to learn more about diabetes and how you can stop it.
- Take control of your health. Request your free copy of “Top Five Ways to Stop Diabetes and Get Healthy Right Now!” or “What Can I Eat?” booklet by calling 1-800-DIABETES.
- Download your own Check Up Checklist at www.stopdiabetes.com and bring it to your next health care provider’s visit.

LEARN

- Become a part of the movement by learning more about diabetes.
- Learn how to survive the holidays with the “Celebration Survival Guide” available at www.stopdiabetes.com or 1-800-DIABETES.

Lung Cancer Facts

Lung cancer is the leading cause of cancer death in the United States among every ethnic group...
1 in every 3 cancer deaths.



Lung cancer will kill:

- More people than the next four deadly cancers... combined.
- Over three times as many men as prostate cancer.
- Nearly twice as many women as breast cancer.
- An average of 437 people a day.

Percent of New Lung Cancer Cases

- Over 60% of new cases are never smokers or former smokers, many of whom quit decades ago.
- One in five women and one in twelve men diagnosed with lung cancer have never smoked.



Great American Smokeout – November 18th

The American Cancer Society is marking the 35th Great American Smokeout on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

For more information please visit the following website:

www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking

*Parenting to Prevent Obesity:
Become a Better Health Model*

Here are simple things you can do to help yourself and set a good example for your kids.

- ✓ Make gradual changes: Drink one more glass of water every day. Walk 10 minutes longer every week. Cut down one less indulgent food or drink every week.
- ✓ Balance bad habits with good ones: Watch TV while you're on the treadmill. And don't go cold turkey on your favorite foods—it's ok to have an occasional treat. You'll be more likely to stick to your commitment if you don't feel that you are depriving yourself.
- ✓ Start walking: Take the stairs instead of the escalator. Park at the back of the parking lot and walk instead of cruising for the closest spot.
- ✓ Drink more water and less soda: You can't expect your kids to cut back on soda if you won't.
- ✓ Listen to when you're full: Ban the "clean your plate" rule. Push your plate away when you're no longer hungry; don't eat until you're stuffed. An adult's stomach is the size of a loosely clenched fist, so it doesn't take much food to fill it.
- ✓ Grocery shop on a full stomach: It really helps prevent buying unhealthy snacks on an impulse.
- ✓ Slow down! It takes 20 minutes for your stomach to tell your brain you've been fed. By slowing down your eating your brain will realize you are fuller sooner and you won't eat as much. Try little tricks to slow yourself down such as putting your fork down between every bite.
- ✓ Be positive: Don't talk about your weight or put yourself down in front of your kids. You don't want them to think that a healthy lifestyle is only about how much they weigh. And try not to complain about how much you may dislike exercising or eating healthy foods—your kids will hear you.
- ✓ Focus on the why as well as the how: Knowing why being healthy is important will lead to meaningful change. When you learn something new or a little tip that works for you, share it with the family.

Physical Activity

Children need 60 minutes of active and vigorous play every day to grow up to a healthy weight. To increase physical activity, today's children need safe routes to walk and ride to school, parks, playgrounds and community centers where they can play and be active after school, and sports, dance or fitness programs that are exciting and challenging to keep them engaged. So, Let's Move to increase opportunities for kids to be physically active, both in and out of school and create new opportunities for families to be moving together. The Alliance for a Healthier Generation's Fitness for Kids & Teens tips will help get kids moving, and parents can even get help creating healthier schools.

Underestimating Obesity in Children

Overweight moms often don't notice their children's chubbiness, and overweight young people are likely to underestimate their own weight, too, according to two studies. In one, mothers of 3 to 6 year olds were shown nine silhouettes, representing different ages, genders, and body mass indexes. Overweight mothers of overweight children were less likely to pick a body shape that accurately depicted their child. The other study found that 61 percent of overweight boys and 31 percent of overweight girls with an average age of 12 listed their weight as normal or underweight.

Sources: Pediatrics, July 2009;
BMC Public Health, June 12, 2009

About the Alliance

The Alliance for a Healthier Generation works to address one of the nation's leading public health threats—childhood obesity. The goal of the Alliance is to reduce the prevalence of childhood obesity by 2015, and to empower kids nationwide to make healthy lifestyle choices. Founded in 2005 by the American Heart Association and William J. Clinton Foundation, the Alliance works to positively affect the places that can make a difference in a child's health: homes, schools, doctor's offices, and communities.

Habitat for Humanity seeks to eliminate poverty housing and homelessness from the world and to make decent shelter a matter of conscience and action.

To date, they have built over 350,000 houses around the world, providing more than 1.75 million people in 3,000 communities with safe, decent, affordable shelter.

Through volunteer labor and donations of money and materials, Habitat builds and rehabilitates simple, decent houses alongside homeowner (partner) families.

Habitat is not a giveaway program. In addition to a down payment and monthly mortgage payments, homeowners invest hundreds of hours of their own labor (sweat equity) into building their Habitat house and the houses of others. Habitat houses are sold to partner families at no profit and financed with affordable loans. The homeowners' monthly mortgage payments are used to build still more Habitat houses.



Verona Juniors participating in a Women Build on 8/28 in Newark, NJ

To hear about the Verona Juniors' experience or for more information, please contact:

Susan Fenker-Warner
Public Affairs Chairwoman
publicaffairs@jerseyjuniors.com

What is the Women Build training program?

Local Habitat affiliates teach women volunteers how to construct decent, affordable housing. This training program is available in most areas. Contact womenbuild@habitat.org to find out about the next Women Build training offered in your area.

What are all the ways to get involved with the Women Build program?

If you do not have any construction skills, don't worry! Many women come to Women Build sites with no construction skills at all and still make a great impact. Training is provided.

You can get involved with Women Build and never enter a construction site. Local Habitat affiliates can use your help with training, travel or office support for Women Build events.

You can coordinate a Women Build Workday with your friends and family. Together, you will gain construction skills while working on a Habitat house. A Women Build Workday is a great build-up to constructing an entire Women Build house.

If your nearest Habitat affiliate is planning an upcoming Women Build event, you can help them prepare for the next Women Build house. Connect with Habitat in your community.

If there are not any Woman Build projects near you, organize your own! Contact womenbuild@habitat.org for help with training, organizational and promotional materials.



The March of Dimes Prematurity Campaign

Prematurity is the leading killer of America's newborns. Those who survive often have lifelong health problems, including cerebral palsy, mental retardation, chronic lung disease, blindness and hearing loss.

Prematurity has been escalating steadily and alarmingly over the past two decades. In 2006, nearly 543,000 infants were born prematurely. In 2005, the United States as a society paid at least \$26.2 billion in economic costs associated with preterm birth (medical and educational expenses, loss in productivity).

Preterm delivery can happen to any pregnant woman. In about four out of every 10 cases, the causes are unknown.

The March of Dimes has taken on this devastating problem—to find out what causes it and how it can be stopped.

The March of Dimes Prematurity Campaign was launched on January 30, 2003. The Campaign has two goals: (1) to raise public awareness of the problems of prematurity and (2) to decrease the rate of preterm birth in the U.S. The campaign:

- Funds research to find the causes of premature birth
- Encourages investment of public and private research dollars to identify causes and to identify and test promising interventions
- Educates women about risk-reduction strategies and the signs and symptoms of premature labor
- Provides information and emotional support to families affected by prematurity
- Advocates to expand access to health care coverage to improve maternity care and infant health outcomes
- Helps health care providers to improve risk detection and address risk factors
- Generates concern and action around the problem

Contact your local March of Dimes chapter for volunteer and other opportunities in your community.

www.marchofdimes.com/newjersey