

2016

more info

on **MORE HEALTH, inc.**
Leading the Nation in Health and Safety Education

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www.morehealthinc.org



All About MORE HEALTH

A Letter from All Children's Hospital

Dear Parents,



Today your child took part in a **MORE HEALTH** lesson. All Children's Hospital Johns Hopkins Medicine is pleased to partner with **MORE HEALTH** to bring hands-on health education and injury prevention lessons to students.

As part of Johns Hopkins Medicine we offer the latest treatments and therapies for children from across Florida. Our Johns Hopkins All Children's institutes provide the highest quality care focused on children's heart disease and heart surgery, neuroscience, cancer and blood disorders, premature infants and mothers with high-risk pregnancies. We are also training a new generation of leaders in children's health care who will help us continue to make advances.

At our hospital in St. Petersburg we care for children with the most complex medical problems. At the same time, we address children's health, wellness and safety through concussion treatment and education, Safe Sitter® and parenting classes, and our community programs like Fit4Allkids, Healthy Start, the Florida Suncoast Safe Kids Coalition, and Safe Routes to School. In 2015 All Children's was honored as a top performer in pediatric asthma—recognizing our efforts to help families better manage a child's asthma and prevent repeat hospital stays. We also bring care closer to home with a network of All Children's Outpatient Care locations.

We are doing all we can to keep kids healthy. We are pleased to have **MORE HEALTH** and you, as parents, working with us to improve children's health. Ask your child about today's lesson to see for yourself the benefit of the All Children's partnership with **MORE HEALTH**.

Jonathan Ellen, M.D.

President and Physician-in-Chief
All Children's Hospital
Vice Dean and Professor of Pediatrics
Johns Hopkins University School of Medicine



Bicycle Helmets

Florida State Law mandates all kids under the age of 16 must wear a helmet when riding a bike. Call **MORE HEALTH** about receiving a free helmet at 813-287-5032.

What is MORE HEALTH?

We are a nonprofit organization that provides high-energy, interactive health and safety education lessons in public and private schools in Florida. We have 25 lessons on topics such as bones, dental, nutrition and fitness, skin cancer prevention, firearm safety, heart, pedestrian and bike safety, and trauma.

What is the MORE HEALTH mission?

Our mission is to provide health and safety education to children, teens, and adults.

How many students has MORE HEALTH taught?

MORE HEALTH instructors have educated over 3.2 million individuals on how to identify and adopt healthy habits since 1989!

Why is health education SO important?

- ♥ Healthy children learn BETTER
- ♥ Childhood obesity rates have more than tripled since 1970
- ♥ Children spend an average of 3 hours watching television per day
- ♥ 1 in 5 Americans develop skin cancer during their lifetime
- ♥ Florida ranks sixth in the nation for teen pregnancy rates

Bottom Line: A child's health plays an important role in their success, so it is critical that we do everything in our power to promote health and safety education in our community.

MORE HEALTH lessons teach important LIFE SKILLS such as:

- ♥ Goal setting
- ♥ Making healthy choices and good decisions
- ♥ Reducing or avoiding health risks
- ♥ Influencing others to make healthy choices

How much does it cost for your child to receive MORE HEALTH education?

IT'S FREE! Thanks to our generous community partners, we are able to bring health education to life without any costs to you.

MORE HEALTH is now on amazon smile

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase directly to **MORE HEALTH, Inc.**

It's simple...you use the same account on Amazon.com and AmazonSmile. Your shopping cart, wish list, registries and other account settings are also the same.

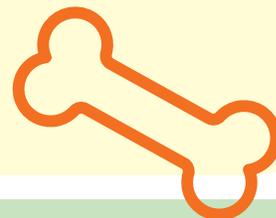
Visit smile.amazon.com today, select **MORE HEALTH, Inc.** as your charity of choice, and shop away!

Bone Health

Did you know that the bones in your body are growing, living tissue (like hair, skin and blood cells) composed of the mineral calcium? These hard-working, rigid organs protect other organs, give the body shape, allow for mobility, and store calcium and other minerals for use in the body. Bones also act as a blood factory, making more than 2 million new red blood cells every second! Unfortunately, our bones are susceptible to disease. According to the National Osteoporosis Foundation, osteoporosis is a bone disease that happens when you lose too much bone, make too little bone or both. Osteoporosis literally means “porous bone.” And as a result, bones become weak and break easily.

The bones of children and teenagers continue to grow and become denser until peak bone mass is attained. After peak bone mass is reached, usually between the ages of 18 and 25, bone density may decrease. The more bone you have at peak bone mass, the less likely you will break a bone or develop osteoporosis. When considering a healthy lifestyle, sustaining bone health and preventing osteoporosis should be at the top of the list!

- ♥ **Exercise to keep bones healthy and strong.** The American Heart Association recommends that kids get at least 60 minutes of moderate-to-vigorous intensity aerobic activity every day. Also, weight bearing exercises that work against gravity promote bone health.
- ♥ **Eat healthy foods that contain calcium and vitamin D** such as milk, yogurt, cheese, leafy green vegetables and frozen yogurt.
- ♥ **Avoid smoking.**
- ♥ **Limit alcohol and caffeine consumption.**
- ♥ **Protect the skull from injury by wearing a helmet** while riding a bicycle, scooter, or skateboard.
- ♥ **Wear protective gear while playing contact sports** such as football, lacrosse, or hockey.



Pedestrian & Bike Safety

Bicycle and pedestrian accidents are the number one cause of fatalities in children. According to the CDC, in 2012, a pedestrian was killed every 2 hours and injured every 7 minutes! Here in the Tampa Bay area, we are consistently in the top 5 nationally for injuries and deaths due to bicycle and pedestrian accidents. It only takes one time not following the rules of the road to have deadly consequences.

- ♥ **Always look left, right, left and back when crossing the street at an intersection.**
- ♥ **It is always safer to walk on a sidewalk.** If one is not available, walk on the shoulder against the flow of traffic. Whenever possible, cross the street at a designated crosswalk or intersection.
- ♥ **The Florida Department of Transportation recommends** that children under 10 years of age cross the street with an adult or an older sibling.
- ♥ **Never cross the street or play between parked cars.**
- ♥ **When crossing in front of a school bus,** students should cross at least 10 steps in front of the bus so that the driver can see them!
- ♥ **Always wear a helmet when riding a bike, scooter, roller blades, skate board and hover board..** It's the law! Be sure to consider other important situations in which a helmet is appropriate.
- ♥ **Ride a bike with the flow traffic.**
- ♥ **Do not walk or ride a bike when using an electronic device** (such as a cell phone) or while wearing a headset.
- ♥ **While walking or riding a bike at night,** always utilize appropriate lighting, reflectors and wear light-colored attire.



Tips for Healthy Family Lifestyles

- ♥ Aim to eat a variety of at least **5 servings of fruits and vegetables** every day.
- ♥ **Unplug from electronics** and choose instead to get moving outside, play a board game or cook a healthy meal as a family. Spend no more than 2 hours per day in front of the TV, computer or tablet.
- ♥ **Create new family traditions involving physical activity.** Take a walk together after dinner or plan a family bike ride. Whatever you do, aim for 60 minutes of activity each day.
- ♥ **Skip the sugary beverages.** Instead choose sugar, sodium and calorie free sparkling water. Think about adding sliced fruit to regular water for a festive flavor.

For additional healthy tips including great tasting recipes visit www.fit4allkids.org



Our Partners



PRESENTING PARTNER

All Children's Hospital

DIAMOND

Allstate Foundation
Community Foundation of Tampa Bay
Dental Trade Alliance Foundation
Florida Department of Law Enforcement
Florida Safe Routes to School
Tampa General Hospital Foundation

PLATINUM

Florida Orthopaedic Institute
Hillsborough County Sheriff's Department
OneBlood
Tampa Bay Lightning Foundation

GOLD

Birdies for Charities
DeBartolo Family Foundation
Feldman Orthodontics
George C. Forsythe Family Foundation
LifeLink
School District of Hillsborough County

SILVER

Couch Family Foundation
Ferman Motor Cars
Florida Blue
Frozen & Refrigerated Foods of Central Florida
Jeeves Law Offices
McDowell Orthodontics
Pepin Family Foundation
PNC Bank
The Walter Foundation
Wolters Kluwer

BRONZE

Alphagraphics
Florida Poison Information Center – TGH
Florida Poison Information Center Foundation
Rooms to Go Foundation

FRIENDS

CSX Transportation
Hillsborough County Medical Association
James and Amy Shimberg Charitable Trust
Tampa Housing Authority Youth Build
Upper Pinellas Dental Association
West Coast District Dental Association

To become a partner of **MORE HEALTH**, please contact Karen Buckenheimer or Carlene Lemaster at 813-287-5032

MORE HEALTH Lessons

KINDERGARTEN – GRADE 2

Bones 1 “Bo Wo Wones”
Bones 2: Bones & Osteoporosis Education “The Bone Zone”
Dental K “Wiggle, Wiggle, Brush, Brush”
Dental 1 “Super Smile”
Dental 2 “Tooth Town Showdown”
Five Senses “Five Alive”
Pedestrian and Bicycle Safety 1 “Safe Walkers & Safe Wheels”
Personal Hygiene “Scrubba Bubba”
Poison Prevention 1 “Bites, Stings, & Other Things”

GRADES 3 – 5

Brain “Mission Control”
Firearm Safety 1 “Respect Not Risk”
Heart “Walk-Through Heart”
Lung “Take a Breath”
Nutrition “Fueled For Success”
Poison Prevention 2 “Poison Patrol”
Pedestrian and Bicycle Safety 2 “Rules of the Road”
Safety & First Aid “S.A.F.E. Team”
Skin Cancer Prevention “Sun Smarts”

GRADES 6 – 8

Firearm Safety 2 “Responsibility, Respect, & Reason”
Fitness, Nutrition, & Bone Health “Fit For Life!”
Teen Pregnancy Prevention “Choice Not Chance”

GRADES 9 – 12

Your Sexual Health “Don't Risk It”
Nutrition & Fitness “Eat Healthy, Be Active”
Organ Education, Abuse, & Donation “Live Life, Give Life”
Trauma Education “Trauma Is No Accident”



A Healthy Mouth Promotes a Healthy Body

Did you know that teeth should last a lifetime? Yet tooth decay is the #1 medical problem facing children today. Learn about developing good oral health habits at www.areyoumouthwise.com

Check out our website at
[www.morehealthinc.org!](http://www.morehealthinc.org)