

2017

more info

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



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Presenting Partner: Johns Hopkins All Children's Hospital

All About MORE HEALTH

Dear Parents,

Healthy, safe, strong children, teens and adults is the vision that has guided **MORE HEALTH** since 1989, reaching over 3.5 million school-aged children in the Tampa Bay area. **MORE HEALTH** is committed to providing innovative health and injury prevention lessons to empower students and their families with the knowledge leading to a lifetime of overall well-being. We believe prevention begins with education.

Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Research shows a link between the health outcomes of young people and their academic success. For this reason, **Johns Hopkins All Children's Hospital** has served as **MORE HEALTH's** major partner in Pinellas County for the past 11 years. With this funding and in the spirit of additional local partnerships, **MORE HEALTH** provides cost-free exciting lessons to help students form habits for healthy living, leading to a lifetime of overall well-being. There are no barriers of access to obtaining **MORE HEALTH** education. To learn more about our service offerings please visit morehealthinc.org or contact us directly at **813-287-5032**. We would love to hear from you!

We appreciate the opportunity to provide unsurpassed health and safety education to students in our communities.

Karen Buckenheimer, RN, BSN
Executive Director



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.

THANK YOU
Tampa General Hospital
for helping us keep children
healthy safe and strong for
25 YEARS!



**Tips for
Healthy
Family
Lifestyles**

Heart Health

Heart disease is the leading cause of death in the United States and cardiovascular health begins early in life. Unfortunately, according to the American Heart Association, few kids meet the criteria for a healthy heart. Obesity now affects 1 in 6 children and adolescents in the United States. (CDC) Less than 1% of children aged 2-19 years meet the criteria for a healthy diet. (AHA) And tobacco use is established during adolescence. (CDC) Ideal heart health for kids focuses on: no tobacco use, a healthy weight, at least 60 minutes of exercise a day, a healthy diet score and normal blood pressure, total cholesterol and blood sugar. We are never too young or too old to begin taking care of our hearts! Embracing a healthy lifestyle and establishing good habits at an early age can go a long way toward avoiding heart disease and other illnesses over the course of a lifetime.

Resolve to prevent heart disease in your family today.

- ♥ Choose healthy, nutritious foods - visit www.choosemyplate.gov to learn more about healthy food choices, heart-healthy foods are low in saturated and trans fats, and lots of fruits, vegetables, whole grains and fish
- ♥ Do not smoke - smoking is the leading cause of lung cancer, and tobacco damages the lungs, and the heart, by making it difficult to breathe
- ♥ Exercise and maintain a healthy weight - for children, the American Heart Association recommends at least 60 minutes of moderate-to-vigorous intensity aerobic activity every day,
- ♥ Limit alcohol consumption
- ♥ Keep stress in check

Thank you
OneBlood for
sponsoring the
Heart Lesson.



Firearm Safety

Forty percent of all American households have a firearm, and eight children aged 19 and younger are killed every day in the United States by a bullet! Most of these deaths are preventable. Additionally, because children are exposed to firearms through the media (television, video games, online), they may be receiving inaccurate information about firearm safety.

Thank you Florida
Department of Law
Enforcement for
sponsoring both
Firearm Safety 1 &
Firearm Safety 2
Lessons.

What parents need to know:

How can I protect my children?

Ask if firearms are stored where your children visit or play, including the homes of family members. Talk to your children about guns. Many children, and even adults, cannot differentiate between a toy gun and real gun. Therefore, tell your children to treat every firearm as though it is real, never to touch guns, and to locate an adult immediately when they find one. Make sure that they know that firearms are never allowed in a school environment, and to tell a teacher if he/she suspects that someone may possess a firearm.

How do I practice responsible firearm ownership?

Lock the unloaded firearm and keep it out of reach of children. Hiding the weapon is NOT enough! Store and lock the ammunition separately from the firearm. Keep the key(s) to the locked firearm and ammunition out of reach. Make sure all firearms are equipped with child-resistant gun locks. And keep firearm cleaning supplies locked and away from children as well. These chemicals can be harmful.

How should I dispose of my firearm?

If you should decide that you no longer want a gun in your home, make sure to dispose of it in a safe way. Please call your local law enforcement office to inquire about proper disposal protocols.

What simple phrase resonates with children regarding firearm safety?

Hold! Hands Off! Get Out! Get Help! Practice this phrase often with them.

♥ Aim to eat a variety of at least **5 servings of fruits and vegetables every day.** Fruits and vegetables provide nutrients for a strong, healthy body. And buying fresh produce in season will be less costly and at peak flavor.

♥ **Unplug from electronics.** The American Academy of Pediatrics recommends children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. For children ages 6 and older, implement consistent limits on media time and the types of media utilized. Plan media-free time and take a family walk or bike ride instead.

♥ **Skip the sugary beverages.** Choose sugar, sodium and calorie-free sparkling water as a healthy option. Consider adding fresh fruit to still water for a festive twist.

♥ **Create new family traditions involving physical activity.** The American Heart Association recommends that kids get at least 60 minutes of moderate-to-vigorous-intensity aerobic activity every day.

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

Thank you
Tampa Bay Rays
for sponsoring
our Nutrition
Lessons.

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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 "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"

Focus on the
Road; Put Down
the Phone.

Allstate Foundation



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