

2018

more info

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



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MORE HEALTH

Our Lessons &
Sponsors

A Letter
from **MORE HEALTH**

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Founding Partner: Tampa General 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 3.6 million school-aged children in the Tampa Bay area. **MORE HEALTH** is committed to providing innovative health and safety lessons to empower students and their families with the knowledge to make healthy and safe decisions 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, **Tampa General Hospital** has served as **MORE HEALTH's** major partner, investing more than 4 million dollars to support our organization over the past 26 years. With funding from **Tampa General** 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.

To learn more about our services and to donate to **MORE HEALTH**, please 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 3.5 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

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
26 YEARS!



**Tips for
Healthy
Family
Lifestyles**

Nutrition

According to the Centers for Disease Control 40% of American adults and 20% of adolescents (ages 6-19) are obese. These are the highest rates ever recorded in the United States! It is not difficult to understand why: the low price of unhealthy, highly-processed foods and lack of exercise. Obesity increases a person's risk for disease and other health complications such as heart disease, diabetes, stroke and osteoarthritis. Obese children also are at risk of becoming unhealthy adults.

In **MORE HEALTH's** "Fueled for Success" lesson, third graders learn how healthy choices help an individual to grow and glow. They explore how nutrients enter the body, provide energy, and contribute to overall health. Consider adding these nutritious food suggestions from the Academy of Nutrition and Dietetics to your daily meal routine:

- ♥ Vegetables, including dark green, red and orange, beans, peas and others
- ♥ Fruits, especially whole fruits
- ♥ Whole grains
- ♥ Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages
- ♥ Protein foods including seafood, lean meats, poultry, nuts, soy products, beans and peas
- ♥ Oils including canola, corn, olive, peanut, sunflower and soy

Thank you Tampa Bay Rays and Frozen and Refrigerated Foods of Central Florida for sponsoring the Nutrition Lesson.

Do not forget about the role physical activity plays in conjunction with proper nutrition in overall health. The American Heart Association recommends that kids receive at least 60 minutes of moderate-to-vigorous intensity aerobic activity every day. Think about increasing the activity level of the entire family by choosing to exercise together!



Sun Smarts

According to the Skin Cancer Foundation, one in five Americans will develop skin cancer in the course of a lifetime. Sadly, one person dies of melanoma (the most dangerous form of skin cancer) every hour.

Skin cancer is the abnormal growth of skin cells which most commonly develops in areas of skin exposed to ultraviolet rays from the sun or tanning beds. Sometimes genetics and environmental factors play a role. Additionally, anyone can get skin cancer, regardless of skin color. With prevention and early detection though, skin cancer is highly treatable. **MORE HEALTH** wants you to make good decisions when it comes to skin protection. Practice these healthy habits from the Skin Cancer Foundation to prevent the effects of sun damage in your family.

- ♥ Seek the shade, especially between 10 AM and 4 PM when the sun's ultraviolet rays are strongest.
- ♥ Do not burn.
- ♥ Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ♥ Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- ♥ Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside.
- ♥ Reapply every two hours or immediately after swimming or excessive sweating.
- ♥ Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- ♥ Examine your skin from head-to-toe every month.
- ♥ See your dermatologist every year for a professional skin exam.
- ♥ Avoid tanning and do not utilize tanning beds.

Thank you Couch Family Foundation for sponsoring the Sun Smarts Lesson.

Did you know that poisoning is now a leading cause of injury death in Florida? Poisons, though, can be stored safely in the home and accidental exposure can be avoided. Florida's Poison Control Centers recommend the following poison storage tips:

- ♥ Put child-resistant latches on cabinets containing non-food products.

- ♥ Store poisons in cabinets away from food or drinks.
- ♥ Keep products in their original container.
- ♥ Remove poisonous house and yard plants. Determine the names of plants. Find out if plants are toxic by calling 1-800-222-1222.

- ♥ Program the number for the poison center on your telephone, post on the refrigerator or place in your wallet to be ready in case of emergencies or questions.

For poisoning questions or emergencies, call **1-800-222-1222!**

Thank you Florida Poison Center for sponsoring our Poison Lesson.

Our Partners

FOUNDING PARTNER



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Florida Department of Law Enforcement
Florida Safe Routes to School
Tampa General Hospital Foundation

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School Based Health Alliance
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Tampa Housing Authority

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”
Pedestrian and Bicycle Safety 2 “Rules of the Road”
Poison Prevention 2 “Poison Patrol”
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”

SuperSitters 2018

March 10, April 14, May 12, June 9,
July 14, August 11, September 8,
October 13, November 10, December 8

The best babysitting class in town is educational and fun, focusing on safety and first-aid. Participants (ages 11-15) receive CPR instruction for infants and children. Classes are held 9:00AM – 1:00PM at TGH Community Health Education Center at TGMG Family Care Center Lois, 2106 South Lois Avenue, Tampa, FL 33629. The cost is \$35. Contact **MORE HEALTH** today at **813-287-5032** to enroll.

Focus on the Road;
Put Down the Phone.

Allstate Foundation



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**.



MORE HEALTH, INC.

3821 Henderson Blvd | Tampa, Florida 33629

813-287-5032 | morehealthinc.org

