**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.
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:

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

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:

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

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:

- Hearts Put child-resistant latches on cabinets containing non-food products.
- Hearts Store poisons in cabinets away from food or drinks.
- Hearts Keep products in their original container.
- Hearts 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!
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 “Scruba 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”

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**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.

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For more information, visit morehealthinc.org or call 813-287-5032.