

2018

# 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 3.6 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, **Johns Hopkins All Children's Hospital** has served as **MORE HEALTH's** major partner in Pinellas County for the past 12 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.

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**  
**Johns Hopkins**  
**All Children's Hospital**  
for helping us keep children  
healthy, safe and strong for  
**12 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  
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

## PRESENTING PARTNER



## FOUNDING PARTNER

Tampa General Hospital

## DIAMOND

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

## PLATINUM

OneBlood  
Tampa Bay Lightning Foundation

## GOLD

Couch Family Foundation  
George C. Forsythe Family Foundation  
Hillsborough County Public Schools  
Hillsborough County Sheriff's Office  
LifeLink  
Tampa Bay Rays  
The Walter Foundation

## SILVER

Amerigroup  
Birdies for Charities  
Blue Wave Orthodontics  
Children's Board of Hillsborough County  
Ferman Motor Cars  
Frozen and Refrigerated Foods of Central Florida  
Jeeves Law Group  
Kids Smiles Pediatric Dentistry  
New York Yankee Foundation  
Suncoast Cardiovascular Research and Education  
Foundation, founded by Helen Harper Brown  
Tampa Police Department  
United Way

## BRONZE

Alphagraphics of Tampa-Westshore  
Florida Poison Center - TGH  
Florida Poison Center Foundation  
Regions Bank  
Bank of Tampa

## FRIENDS

Dykas Linden Public Relations  
Hillsborough County Medical Association  
James and Amy Shimberg Charitable Trust  
Richard and Jeannie Kouwe  
School Based Health Alliance  
Staples  
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"  
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"



## 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**.

Focus on the  
Road; Put Down  
the Phone.

Allstate Foundation



**MORE HEALTH, INC.**

3821 Henderson Blvd | Tampa, Florida 33629

813-287-5032 | [morehealthinc.org](http://morehealthinc.org)

