

# Healthy Students = Healthy Schools

Monthly Newsletter

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## Dr. Pat Cooper visits Dollarway School District & Arkansas River Education Service Cooperative (ARESC) in Pine Bluff

Dollarway School District staff turned out in numbers to attend the professional development meeting where Pat Cooper, Ed.D, Superintendent of the McComb School District in Mississippi, spoke about the Coordinated School Health (CSH). The CSH process that has been instituted in the McComb School District since 1997.

Dr. Cooper presented on the power of community partnerships and common vision for schools. Dr. Cooper reports that the implementation of this process in McComb is allowing each school to become a nurturing family utilizing CSH. Data being derived from the implementation of the process is indicating gains in academic and social behaviors. Dr. Cooper's support of CSH is resulting

in improving student attendance, test scores, and teacher productivity as well as reducing dropout, suspension, and expulsion rates.

The event was also well attended by representatives from Arkansas, Grant, Jefferson, Phillips, Pulaski, and Sevier counties.



## Kids Who Sleep More Weigh Less

Researchers at Northwestern University in Evanston, IL, found that children who do not get enough sleep are more likely to be overweight than those who get plenty of sleep. Over 2,000 children ages 3 to 12 years old were followed for 5 years. Sleep experts recommend children ages 5-12 sleep 10 to 11 hours a night and adolescents sleep for 8-9 hours a night. Some study participants averaged less sleep than the age group recommendations.

How many hours they slept, when they

went to bed, and when they woke up were recorded in diaries. Their height and weight was also recorded. The reasons why children in the study who slept less tended to weigh more are not clear. "Staying up an hour later at night may provide more opportunity to eat and not getting enough sleep may leave a person more tired and that can cut down on exercise," says lead researcher Emily Snell. Snell added that not getting enough sleep may affect hormones that influence hunger, too. Source: [www.msnbc.msn](http://www.msnbc.msn).

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### March is National Nutrition Month!

Visit [www.eatright.org](http://www.eatright.org) for more info



# Cooking Skills by Age

Match kids' skill levels with various tasks for safe kitchen fun. Here are some suggestions for age-specific tasks:

## 3-Year Olds

- o Wash fruits and vegetables
- o Stir ingredients in a bowl
- o Tear lettuce
- o Pour liquids

## 4-Year Olds

- o Grease pans
- o Open packages
- o Peel oranges or hard-cooked eggs
- o Snip fresh herbs with dull scissors
- o Mash bananas with a fork

## 5-to 6-Year Olds

- o Measure ingredients
- o Cut soft foods with a blunt knife
- o Set the table
- o Garnish food

## 7- to 8-Year Olds

- o Help plan the meal
- o Roll and shape cookies
- o Beat ingredients with a whisk
- o Find ingredients in a cabinet or spice rack
- o Make a salad



## 9- to 12-Year Olds

- o Open cans
- o Use a microwave oven
- o Prepare simple recipes with few ingredients
- o Use an oven (with supervision)
- o Use a knife (with supervision)
- o Shred cheese and vegetables

## 13- to 16-Year Olds

- o Prepare recipes with multiple ingredients
- o Prepare recipes independently

# New Pediatric Center to Offer Health Services

A new pediatric center in Northwest Arkansas will give parents the opportunity to have their children's complex medical conditions treated close to home. The center will be located in Lowell, and Representatives of the University of Arkansas for Medical Sciences and Arkansas Children's Hospital are discussing a partnership for the center that will com-



bine the current services offered through three UAMS programs: Schmieding Kids First, The Schmieding Development Center, and subspecialty outreach clinics.

The center is expected to be completed in March and will be located near Interstate 540 in Lowell.

## On some menus, one plate has 2,000 calories

# Popular dishes at chain restaurants exceed entire day's worth of calories

Everyone likes to splurge a little when they go to a restaurant, but new research suggests some of those indulgences may be packing way more calories — and, if you aren't careful, pounds — than you think. The Center for Science in the Public Interest, a research group that advocates good nutrition, highlighted menu items from popular chain restaurants that in some cases have as many calories in just one plateful as some people should eat in an entire day.

The research comes as Americans are eating out more and more, and experts are growing increasingly concerned about obesity-related health concerns. The Center for Science in the Public Interest is hoping that publicizing such nutritional information will prompt more companies to offer calorie counts and other nutrition data, so customers can better evaluate what they plan to eat.

"I would never dream of telling someone what to order in a restaurant, but people can't make informed choices without basic nutrition information," said Margo Wootan, director of nutrition policy for the group. The examples included Ruby Tuesday's Colossal Burger, which weighs in at around 1,940 calories and includes 141 grams of fat. That doesn't even include the fries on the side. Another entree from Ruby Tuesday, the Fresh Chicken and Broccoli Pasta, has 2,060 calories and 128 grams of fat, thanks in part to a parmesan cream sauce and layer of melted cheese.

Other chains are serving up serious splurges as well. On The Border's Double-Stacked Club Quesadilla has 1,860 calories and 52 grams of saturated fat, the study said. Entrees aren't the only menu items that pose a serious hazard to your waistline. An order of Uno Chicago Grill's Pizza Skins — a so-called appetizer — has about 2,050 calories and 48 grams of saturated fat, the study said. And for dessert, a slice of Chris' Outrageous Chocolate Cake at The Cheesecake Factory has 1,380 calo-

ries and 33 grams of saturated fat.

The U.S. Department of Agriculture recommends that adults eat between 1,600 and 2,800 calories per day, depending on age, gender and other factors. The USDA also recommends that people get between 53 and 93 grams of fat. Of course, most restaurants also offer less bulge-inducing options. Richard Johnson, senior vice president for Ruby Tuesday, noted that his chain also features lower-calorie menu items, including grilled chicken, steamed vegetables, a salad bar and other healthier fare.

"We think it's interesting that they chose two of the items on the menu that are probably the highest-calorie items," he said of the Center for Science in the Public Interest report.

While massive calorie counts such as these can be shocking, there are some positive signs for people who are trying to watch their weight while eating out. Sue Moores, a registered dietitian and spokeswoman for the American Dietetic Association, said she is seeing more healthy choices on menus. She also has noticed that some higher-end restaurants are scaling back portion sizes.

### Customers — take control

Moores said customers also can take steps to control how much food they eat, even if they want to splurge on a less healthy treat.

For example, Moores said she sees more people splitting large entrees. Customers also shouldn't be shy about asking their servers if they would be willing to serve a smaller portion, leave off a decadent sauce or pack up half the meal in a to-go bag ahead of time. "It really is just [about] becoming an advocate for yourself," she said.

Wootan, of the Center for Science in the Public Interest, said it also sometimes can be difficult to tell which items are the healthiest. She noted even

trained nutritionists sometimes can't accurately say how many calories are in an item they get at a restaurant. Also, the calorie count in what seems like a similar item — such as a chicken sandwich — can vary wildly depending on how it is prepared.



Moores also would like to see more restaurants highlighting nutritional information on menus, although she said one problem is that many people may not know how many calories they should be eating, let alone how many grams of fat are excessive.

### Don't ask, don't tell

It may also be true that people don't want to think about calories when they head out for a meal. Johnson, of Ruby Tuesday, said his company experimented with offering nutritional information on its menus a couple of years ago, but pulled back after receiving feedback from customers that they didn't want it.

Customers also often choose to eat items that are more indulgent. For example, while there has been some increased interest in Ruby Tuesday's healthier food items over the years, Johnson said the chain's hamburger — though not the colossal one — has always been the most popular item on the menu. That's evidence of why Moores, the nutritionist, doesn't necessarily fault the restaurant industry for offering big servings of unhealthy food.

"Do [restaurants] own the obesity problem? No," she said. "They're serving what customers want."

Source: <http://www.msnbc.msn.com/id/17349197/>

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**Community Health Nurse and Promotion Specialist Contact Information  
South Arkansas**

Name	Position	Location	Phone
Cheryl Lindly	Supervisor	Polk Co. Health Unit	479-3942707
Cassie Lewis	CHNS	Great Rivers Coop	870-338-6461
Kim Hooks	CHNS	Arkansas River Coop	870-534-6129
Lisa England	CHNS	Southeast AR Coop	870-367-6848
Rosemary Withers	CHPS	Arkansas River Coop	870-534-6129
Tommie Rogers	CHNS	Dawson Coop	870-246-3077
Emily Lyons	CHPS	Dawson Coop	870-246-3077
Cheryl Byrd	CHNS	DeQueen/Mena Coop	870-386-2251
Rhonda McDonald	CHNS	South Central Coop	870-836-2213
Eddie Greenwood	CHNS	Southwest AR Coop	870-777-3076
Cynthia Wilborn	CHNS	Central Region	501-280-4950
Christy Davenport	CHPS	Central Region	501-772-0753

**North Arkansas**

Name	Position	Location	Phone
Nancy Green	Supervisor	Van Buren Health Dept	501-745-2485
Marilyn Cone	CHNS	Northcentral Ed Center	870-368-7955
Laura Cook	CHNS	Crowley's Ridge Coop	870-578-5426
Mary Wells	CHPS	Crowley's Ridge Coop	870-578-5426
Karen Davis	CHNS	Northeast AR Coop	870-886-7717
Becky Lamb	CHNS	Wilbur D Mills Coop	501-882-8614
Mary Glasscock	CHNS	Arch Ford Coop	501-354-2269
Nancy Marsh	CHNS	Northwest AR Coop	479-267-7450
Susanne Hill	CHPS	Northwest AR Coop	479-267-7450
Susan Butler	CHNS	Ozarks Unlimited Coop	870-743-9100
Millie Echols	CHPS	Ozarks Unlimited Coop	870-743-9100
Denise Potts	CHNS	Western AR Coop	501-965-2191

[www.healthyarkansas.com/hometownhealth](http://www.healthyarkansas.com/hometownhealth)



**ARKANSAS DEPARTMENT OF  
HEALTH & HUMAN SERVICES  
DIVISION OF HEALTH**

**Classic  
Macaroni  
and Cheese**

**8 Servings**

- 2 cups macaroni
- ½ cup onions, chopped
- ½ cup evaporated milk, fat-free
- 1 medium egg, beaten
- ¼ tsp black pepper
- 1 ¼ cups sharp cheddar cheese (4 oz) finely shredded, low-fat
- Non-stick cooking oil spray

*Low-fat cheese and skim milk help to make this favorite dish heart-healthy.*

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with non-stick cooking oil spray. Preheat oven to 350° F.
3. Lightly spray saucepan with non-stick cooking oil spray.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions and the remaining ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

**Serving size:** ½ cup

**Nutrition Facts per Serving:**

Calories: 200  
Total fat: 4 g  
Saturated fat: 2 g  
Cholesterol: 34 mg

Sodium: 120 mg  
Fiber: 1 g  
Protein: 11 g  
Carbohydrate: 29 g  
Potassium: 119 mg