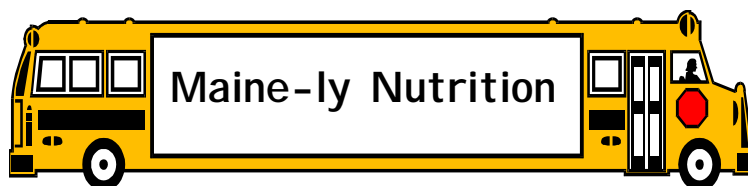


Maine-ly Teachers

Middle School
Edition!



Middle School
Edition!

Summer 2003

News for Maine-ly Nutrition Middle School Teachers

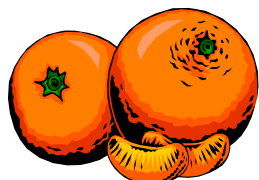
Time & Expense Sheets



Please be sure to send in your time and expense sheets before June 30, 2003. Timesheets must have your signature on the bottom of the second page. Make sure to count all of your hours, including prep and planning time! You are NOT limited to 25 hours, which is only the minimum amount of time required. The more hours you submit, the more funds we will have for teacher resources in the fall.

Expense sheets must have original receipts attached when you send it in. If you have lost your receipts, please contact Mary Ann Bennett at 626-5044 at your earliest convenience. Additional time and expense sheets are available on our website. You can download them from:

<http://www.maine-nutrition.org/schoolprog.htm#resources>



Searsport District Middle School –Out with the Candy Bars and in with the Fruit!

Contributed by Barbara Turner-Burditt, School Health Coordinator, MSAD #56

During the fall of 2002, a school board member approached the Searsport District Middle School principal, Kyle Price, and asked if he would be interested in exploring a Citrus Fundraiser. Knowing that the prevalence of overweight youth ages 6-17 years has more than doubled in the past 30 years, Mr. Price was quick to jump on board with a fundraiser that promotes good health. Students sold grapefruit, oranges, tangelos and mixed gift boxes. Superintendent Art Wittine reported, "This is the best fruit that I have ever purchased." The Middle School Leadership Council decided that this is the way they will do business in the future. **Out with the candy bars and in with the fruit!**

For more information on this fundraiser and/or "lessons learned" from this experience, please contact Kyle Price at Searsport District Middle School at (207) 548-2313.

New Portion Distortion Quiz:

Do You Know How Food Portions Have Changed in 20 Years?



Portion Distortion is one of many interactive features on the "Aim for a Healthy Weight" Web site: (http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm). This website is available from the Obesity Education Initiative of the National Heart, Lung, and Blood Institute. Visit the site and try out the interactive items and learn useful information.

- Try out the practical tips to help you achieve and maintain a healthy weight.
- Take a short quiz (<http://hin.nhlbi.nih.gov/portion/>) to see if you know how today's portions compare to the portions available 20 years ago.
- Learn how much physical activity you will need to do to burn up the extra calories provided by today's food portions.

Source: <http://hin.nhlbi.nih.gov/portion/>



NYSP (National Youth Sports Program)

NYSP runs a summer program at the University of Maine at Orono. Approximately 225 children, who are 10-16 years of age and from low-income families, attend the six-week day camp. There, they are exposed to daily classroom lessons in various subjects and many sports and physical education activities. Four nutrition lessons are also taught to approximately 40% of the students participating in the summer NYSP program. The focus of the classes is hands-on food preparation to help participants improve skills in preparing food for nutritious snacks and meals. This year the NYSP program at the University of Southern Maine will also offer the nutrition component of the program. MNN staff work with the NYSP education coordinator to plan and implement the summer programs.

Some useful websites:

Tufts University Health & Nutrition Letter: www.healthletter.tufts.edu

Division of Adolescent and School Health: www.cdc.gov/nccdphp/dash

Division of Nutrition and Physical Activity: www.cdc.gov/nccdphp/dnpa

Lesson Plans: www.teach-nology.com/teachers/lesson_plans/health/nutrition/

Visit our website at www.maine-nutrition.org for more links

Produce for Better Health Foundation: www.5aday.com

Cooking Light Magazine: www.cookinglight.com

Healthy Maine: www.surveymaine.com/healthymainepartnership

More Reasons to Turn the TV Off



We all know that our sedentary lifestyles are not healthy but did you realize that certain types of inactivity are worse than others?

Results from the long-running Nurses' Health Study, published in the Journal of the American Medical Association in April 2003, have given us more reasons to turn the TV off. The research showed that each "two-hours a day" increment of TV watching was linked with a 23% increase in obesity, and a 14% rise in diabetes. This may sound like old news, but other sedentary activities such as sitting at work or driving were linked with only a 5% rise in obesity and a 7% increase in diabetes. Why is watching TV so much worse for us? There are many interconnected reasons. First, each hour in front of the TV is one more hour that we are not physically active. Secondly people eat more while watching television. Not only do we have a tendency to eat more while watching TV, due in part to the food commercials, but our metabolism also decreases significantly in front of the tube. Researchers concluded that when we're watching television, our body's metabolism is 14.5% **lower** than when we're sleeping! Another reason television may increase the obesity problem is that people who watch TV often have unhealthy diets, which may again, be because of the commercials advertising snacks and foods that are high in fat, sugar and salt.

The good news is that this same study found that just standing around or casual walking for an extra two hours a day, were both linked to a 9% **reduction** in obesity and a 12% **reduction** in diabetes. Each hour a day of brisk walking reduced obesity by 24% and diabetes by 34%.

It is obvious that our country's obesity problem has many causes and no simple answers. However, knowledge is power and turning the TV off for a couple of extra hours a day can help the problem.

Frank Hu, leader of the team from the Harvard School of Public Health and the Harvard Medical School that researched the Nurses' Health Study has made a specific recommendation less than 10 hours per week of TV watching and at least 30 minutes a day of brisk walking.

If this recommendation sounds too hard, try small changes. Add a few extra minutes of exercise each day and reduce TV time by a few more minutes each day. In a few months you will have reached your goal!



Wild Blueberry Smoothie

- 6 oz. Wild Blueberries
- 6 oz. Vanilla or Blueberry Yogurt
- 1/2 c. Ice (3 ice cubes)

Directions:

Blend well at high speed. Serve immediately.

Portion size: Serves 2



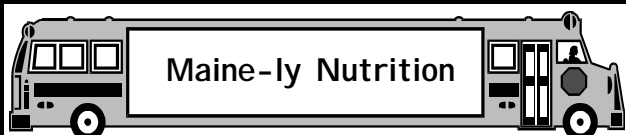
The Annual Wellness Conference at Sugarloaf

The Department of Education's state-sponsored School Site Health Promotion Wellness Conference is being held for school wellness teams during the last week of June. It will be held from June 23 to June 27.

In its 17th year, the conference will once again offer school wellness teams information on how to promote activities that focus on providing support for teachers and other school staff to stay healthy. Activities will include health fairs, health screenings, Move and Improve programs, and stress management workshops.

Teams that have attended in the past have reported many positive outcomes. For example, some schools have their entire staff wearing pedometers to track their daily walking, aiming for 10,000 steps a day.

Maine-ly Nutrition will have an exhibit and would like to hear from teachers who stop by on Tuesday June 24 during the conference. We will contact some of you to be part of a focus group to help us plan for next year's trainings for Maine-ly Nutrition.



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You can visit our website: www.maine-nutrition.org