

eHouseCall

2007

A Monthly Electronic Newsletter from HealthLink

Doctor's Bag



by Robert Sorrenti, MD
Chief Medical Officer

Visit "Healthy Habits for Healthy Kids"

The HealthLink web site, www.healthlink.com, includes a link on the Plan Participant home page to "Healthy Habits for Healthy Kids."

This nutrition and activity guide for parents is sponsored by the American Dietetic Association. It includes information about goal setting, family involvement, mealtime tips, diet and nutrition, activity, eating out healthy and other valuable topics related to your family's health and well being.

Childhood obesity is a growing problem in our country and a critical public health threat. In a population based sample from a survey conducted in 2004 by the Institute of Medicine of the National Academies, approximately 60% of obese children ages 5 to 10 years had at least one cardiovascular disease (CVD) risk factor—such as elevated total cholesterol, triglycerides, insulin, or blood pressure—and 25% had two or more CVD risk factors.

"Healthy Habits for Healthy Kids" is an excellent resource for general information. If you are concerned about your child's weight, be sure to work with your family doctor to set healthy weight goals and a program to reach them.

HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

OCTOBER

What's in Your Child's Trick or Treat Bag?

Let's face it, Halloween candy is a tradition that isn't going to disappear any time soon. Here are some healthy tips that won't spoil the fun:

- Make sure your kids eat a good meal before going trick-or-treating.
- To avoid pre-Halloween snacking, don't buy your Halloween candy until October 31st.
- If you must buy ahead of time, select candies that you and your family don't like.
- Consider Halloween treats other than candy – temporary tattoos; decorative bracelets or other Halloween-themed trinkets; whole grain cookies, crackers and snacks.
- When the kids return with their stash, allow them to select two treats. Store the rest in airtight containers and keep them out of reach. (No bowls of candy on the counter. No candy in the bedrooms.) Then, on school mornings, let them choose a treat or two to go into their lunch boxes.
- Set a Halloween candy deadline - keep the candy until that time (consuming it sparingly) and then out it goes.
- Host a Halloween night. Serve healthy foods and place more emphasis on great costumes than on candy.
- Instead of trick-or-treating, take the family on a hayride or visit a haunted house.
- Walk along with your kids while they're trick-or-treating. This is a good safety measure and a way for you to burn calories yourself.



DidUKnow?

According to the U.S. Department of Agriculture, an 8-year old child of average height and weight who is physically active 30-60 minutes per day should consume 1600 calories per day. Consumption of extra fats and sugars should be limited to 130 calories per day, even on Halloween.

Here's some scary information about popular Halloween treats:

Reese's Pieces

1/4 cup = 234 calories; 11.6 grams fat; 25.0 grams sugar

M&Ms Plain

1 cup = 1023 calories; 44 grams fat; 132.4 grams sugar

Twizzlers Strawberry Twists

3 pieces = 240 calories; 1 gram fat; 32 grams sugar

Skittles

1 cup = 830 calories; 9.0 grams fat; 155.8 grams sugar

Gummi Bears

14 pieces = 140 calories; 0 grams fat; 27.0 grams sugar

Candy Corn

22 pieces = 140 calories; 0 grams fat; 28.0 grams sugar

Snickers Miniatures

1 piece = 45 calories; 2.1 grams fat; 4.5 grams sugar

Information Sources

WebMD Health & Parenting, "Kids' Diets Have Too Much Added Sugar" 01-13-2005 (www.webmd.com/parenting)

United States Department of Agriculture Food and Nutrition Service (www.fns.usda.gov)

CalorieKing for Food Awareness (www.calorieking.com)

"Watch Your Weight This Halloween" by Traci Johanson, 2005 Pick Up the Pace (www.letspickupthepace.com)

MarketWatch from Dow Jones, "Pacing the Halloween Sugar Rush" by Kristen Gerencher 10-28-2005 (www.marketwatch.com)

HealthLink®, Inc., is an Illinois corporation. HealthLink, Inc. is an organizer of independently contracted provider networks, which it makes available by contract to a variety of payors of health benefits, including insurers, third party administrators or employers. HealthLink has no control or right of control over the professional, medical judgment of contracted providers, and is not liable for any acts or failures to act, by contracted providers. HealthLink, Inc. is not an insurance company and has no liability for benefits under benefit plans offered or administered by payors. HealthLink® is a registered trademark of HealthLink, Inc. Any reference in this material to other organizations or companies, including their Internet sites, is not an endorsement or warranty of the services, information or products provided by those organizations or companies. HealthLink, Inc. and its subsidiaries and affiliates do not assume responsibility for any circumstance arising out of the use, misuse, interpretation or application of any of this information. Always consult your physician for appropriate examination, treatment and care recommendations.