



Safe at play: teach the buddy system

You want to encourage your children to be physically active. But remind them of a basic rule: there is safety in numbers.

Swimming, biking, running and walking are safest in groups or in pairs. As a bonus - your child may stay more interested in the

activities if they're done with friends.

Or make these activities family time. Become your child's "buddy" for walks after dinner or bike rides. The benefits could be more than physical activity.

Source: U.S. Department of Health and Human Services - www.health.gov



Be active, be happy!

Is your teen in a bad mood? Don't give up. Get them up and out of the house.

When we exercise, our bodies make chemicals called endorphins. Experts have proven these chemicals help us feel happier and more at peace.

60 minutes of moderate to vigorous physical activity is

recommended for teenagers every day. Examples include bike riding, walking, running, swimming, jumping rope, sports, vigorous dancing and active house or yard work. See suggestions at www.cdc.gov/physicalactivity/everyone/guidelines/what_counts.html.

Source: The Nemours Foundation, KidsHealth.org - www.teenhealth.org; Centers for Disease Control and Prevention - www.cdc.gov.



What does a vaccine do?

Vaccines have small amounts of the microorganisms that cause particular diseases, like measles or the flu. But the microorganisms are killed or weakened. Your child can't catch the disease from a shot.

When children are vaccinated, their bodies learn to fight the diseases. Their bodies make substances called "antibodies" in response to the vaccine. These antibodies help protect them from getting sick if they are exposed to the disease again.

You have probably heard on the news that vaccines may cause more serious diseases. This cannot be proven. It is much more dangerous *not* to vaccinate your children.

If you have questions or concerns about any vaccine, talk to your child's health care provider.

Source: The Nemours Foundation- www.kidshealth.org



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GROWING HEALTHY

For CoverKids Members

2nd Quarter 2011

Giving Tennessee's children a healthy start in life.



Every CoverKids member's health plan includes CareSmart Disease Management programs for asthma and diabetes. The programs are FREE and voluntary. Call **1-888-416-3025**, toll free, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time.

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This document is not meant to take the place of your health care provider's advice.



Asthma can play games with summer fun.

Allergic asthma is like a game of dominoes. First, your child breathes in an allergen, called a "trigger." Outside, triggers may include pollen and mold spores.

Like dominoes falling, one reaction inside your child's body leads to another and another. Soon, your child can be flattened by asthma symptoms instead of playing in the summer sun.

Does their asthma seem worse when the grass is being mowed? After they've been outside? When the pollen count is higher?

Talk to your health care provider about what triggers your child's asthma symptoms. Together, you can find ways to keep asthma symptoms from becoming full-

blown asthma attacks:

- With the right medicines taken at the right times
- With other preventive actions, including -
 - Washing bedding at least once a week.
 - Changing pillowcases every few days.
 - Your child taking a shower after being outside and/or before bed.
 - Closing windows and using air conditioning.

Download an **Asthma Action Plan** to fill out with your child's doctor at Centers for Disease Control and Prevention - <http://www.cdc.gov/ASTHMA/actionplan.html>.

Source: Centers for Disease Control and Prevention - www.cdc.gov

What is diabetes?

When your child has diabetes, their level of blood glucose (called blood sugar) is too high.

Normally, the body uses food to make energy:

- The body breaks food down into sugar.
- Blood carries sugar all over the body.
- At the same time, the pancreas (a small gland behind the stomach) makes a hormone called insulin.
- Insulin helps the body use sugar for energy to keep all parts working well.

With diabetes:

- The pancreas may not make enough insulin or no insulin, and/or
- The body doesn't use insulin properly
- Blood sugar levels build up. Many parts of the body can be harmed.



Target Blood Sugar Levels for Toddlers to Teens		
Age	Before Meals	Bedtime/Overnight
Under age 6	100-180	110-200
Ages 6 to 12	90-180	100-180
Ages 13 to 19	90-130	90-150

Please note that these levels are **targets** and there is a **wide range**. Your child is an individual, and what's right for them may not be right for others. **Work with your health care provider to decide on blood sugar target goals for your child.**

Source: National Diabetes Education Program - www.ndep.nih.gov

Type 1 diabetes (more common in children):

- Happens when the pancreas makes no insulin
- Is usually found first in children, teenagers and young adults
- May run in families
- May be caused by a virus that damages the pancreas
- Is treated with insulin shots

Type 2 diabetes (more common in adults):

- Happens when the pancreas makes some but not enough insulin, and/or
- The body doesn't use insulin properly
- Is often caused by being overweight and/or not being active
- Happens more often if you are of African, Asian, Hispanic, Native American or Pacific Islander heritage
- May be treated with insulin shots and/or other diabetes medicine

Source: National Institute of Diabetes and Digestive and Kidney Diseases - www.diabetes.niddk.nih.gov



Talking to your kids about sex

Many parents would like to avoid the "sex talk" with their children. But facts dictate that we can't.

The rate of teenage pregnancy in the U.S. is still high. Sexually-transmitted diseases (STDs) are growing among teens at younger ages. Your children need information in order to make healthy choices.

When should you start talking about sex?

There is no "right" age. Remember that children are exposed to sexual information at young ages. From the start, body parts and sex should be treated as normal parts of life. That will help open the door for discussions with your child as they grow and develop.

How do you keep "the talk" from becoming a lecture?

Believe it or not, your kids really do want to know how you feel about sex. What are your values? What would you have liked to know before your first sexual experience?

Where do you find the right information about birth control and STDs?

Your health care provider can provide you with the information you need. There are resources available at health departments and community health centers. There are also excellent sources on the Internet. These include:

- www.kidshealth.org (The Nemours Foundation)
- www.aap.org (American Academy of Pediatrics)

What if you just can't talk about this?

You owe it your child to try. If you can't or your child doesn't want to talk to you, look for someone else. This may include your child's health care provider, a trusted counselor, a relative or trusted adult.

Birth control and protection from sexually-transmitted diseases (STDs)

The American Academy of Pediatrics advises educating teenagers about all methods of birth control. These include:

- Abstinence (not having sex)
- Condom
- Birth control pill, patch, ring and shot
- Diaphragm

- IUD
- Spermicide
- Cervical cap
- Rhythm method
- Withdrawal
- Emergency contraception

While all these methods provide some protection from unwanted

pregnancy, some are more effective than others. Most provide no protection from STDs.

Talk to your health care provider for information on each method.

Sources for entire page: The Nemours Foundation - www.kidshealth.org, American Academy of Pediatrics - www.aap.org

Eating for two? Balance is healthy.

If you're expecting a baby, your health care provider can give you an eating plan. Balance is key.

Every day, you want to eat from all five food groups:

- Grains - whole-grain breads and pastas are best.
- Vegetables - choose fresh, canned or frozen. (Green and leafy vegetables are good choices, not French fries and mashed potatoes!)
- Fruits - choose fresh, canned or frozen.
- Milk Products - choose low-fat milk, cheeses and yogurts.
- Proteins - choose chicken or turkey, lean red meats, beans and nuts.

"Eating for two" doesn't mean you double your calories. Most pregnant women add an extra 300 calories a day through balanced eating. Your weight before pregnancy can affect this number.

Your health care provider may give you a supplement that contains extra nutrients. Always check with your doctor before you take any medicines, even over-the-counter vitamins.



What you drink matters, too!

- Cut down on caffeine by cutting out coffee and soft drinks.
- Don't drink alcohol.
- Choose water more often than not.

Source: March of Dimes - www.marchofdimes.com

If you're pregnant, our CaringStart Maternity program is FREE to you.

You will get:

- Support from obstetric nurses
- Information about before, during and after pregnancy
- Coordination of services
- Educational materials

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Counseling is available in English or Spanish.

Find out more at: www.health.state.tn.us/tobaccoquitline.htm