



# HEALTH BUZZ HEALTH BUZZ



## Information For You and Your Child

### Be a Role Model for Health!

#### Help your kids eat more fruits and vegetables and be more active!

As a parent you are one of the most influential people in your child's life. Most of our habits and behaviors are learned through our environment as we grow up. Children from active homes are more likely to grow into adults who live an active lifestyle. The same can be said for your plate. Vegetables and fruit are an important part of a healthy diet for both parent and child. The more parents model and expose children to fruits and vegetables, the more likely they are to eat them.

Here are some tips for including physical activity and fruits and vegetables into your day:

- Walk to your destination rather than drive (ie. Store, school, park)
- Spend time outdoors (ie. Yard, work, gardening, kicking a ball, rollerblading etc.)
- Don't take away physical activity as a punishment
- Include 1 to 2 vegetables or fruit at every meal (including the lunch bag)
- Chop up your vegetables and fruit and keep in the fridge for easy snacking
- Add fruit and vegetables to favorite foods (ie. Pasta, soup, sauce)



Remember you are the role model! An active lifestyle and healthy plate benefit both you and your child!



### Reduce your Cancer Risk! Be Sun Safe!

As the spring and summer months approach, Canadians are excited for warm weather to arrive. While the sun is great for your mood, you need to be careful about how much exposure you are getting. Helpful tips to enjoy the sun safely this season are:

- Avoid being outside for long periods between 10 AM - 4 PM, when the sun's rays are strongest
- Remember and use the 4 s':
  - SLIP** on clothing that covers most of the body
  - SLAP** on a wide-brimmed hat and sunglasses
  - SLOP** on sunscreen with SPF 30 or higher; reapply often, especially after swimming or sweating
  - SEEK** shade under trees and other shelters
- and finally ... Remember to drink lots of water and stay **hydrated!**



For more information about sun safety and the UV index, visit [www.chatham-kent.ca/publichealth](http://www.chatham-kent.ca/publichealth)



# Complete To Win!!

This newsletter is written by health professionals from the Chatham-Kent Public Health Unit. It is usually sent home to each family about four times a year. **Tell us what you think about the “Health Buzz” before June 1 for your chance to WIN one of four \$50 Canadian Tire gift cards! Also, the school with the most responses will WIN a fantastic sports package!**

Complete the following survey and hand it back to your school’s office. You can also complete it online at <http://app.fluidsurveys.com/s/health-buzz/> or via phone by calling 519-352-7270 ext. 2457.

1. Please tell us the age(s) of your child(ren) \_\_\_\_\_

2. Do you read the “Health Buzz?”

Yes

No - why not? \_\_\_\_\_ (end of survey)

3. What do you **like** about the “Health Buzz?” (check all that apply)

Nutrition articles

Physical activity articles

Safety articles

It is easy to read

Format/layout

Other \_\_\_\_\_

4. How can we make the “Health Buzz” **better**? (check all that apply)

Include healthy recipes and meal ideas

Include community events

Include mental health topics (bullying, peer pressure)

Improve format/layout

Direct me to more health information online

Include more articles each issue

Send it home more often (currently sent home 4/year)

Other \_\_\_\_\_

5. How else would you like to learn more about improving your children’s health? (check all that apply)

Keep sending the “Health Buzz”

Include healthy tips in my school newsletter

Post health information on my school website

Post health information on the school board website

Email me health information directly

Have parent nights to present health information

Direct me to the health unit’s website

Other \_\_\_\_\_

*For prize purposes, please include the following:*

Email address OR phone #: \_\_\_\_\_ School name: \_\_\_\_\_

THANK YOU!

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