

### Chaos at Home May Harm a Child's Health

Interviews with 3,288 low-income mothers found their preschoolers health was poorer at age 5 if there was high household and work chaos at age 3. Television noise, overcrowding, clutter and irregular schedules contributed to household chaos. Most moth-



ers had to work multiple jobs or odd, inflexible hours. Decreased health was due to stress, inability to get time off for doctors appointments, and more germ exposures.<sup>4</sup>

**PositiveTip:** *Strive for a regular schedule for your child. Offer to babysit for parents who are struggling.*



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#### References:

1. Ellen G. White, Ministry of Healing, page 310
2. Washington Post, Jan 28, 2013
3. Sleep 35(10) 2013
4. Soc Sci Med 95, p 69-76, 2013

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## Taking Higher Aim for the New Year

by Fred Hardinge, DrPH, RD

The holidays are finished now. We sincerely hope you were able to spend quality time with friends and family—and find a few moments to relax and reflect on this past year. Many of your reflections no doubt brought a flood of warm memories. If you are like me, there were some failures, too. How do you plan to deal with those in the coming year?

We all set personal goals at some point in our lives. When we were children we wanted to please our parents and teachers, doing well in school. Later, we aim to gain a good job, find a suitable spouse, and succeed in our chosen careers. Have you ever seriously set health goals?

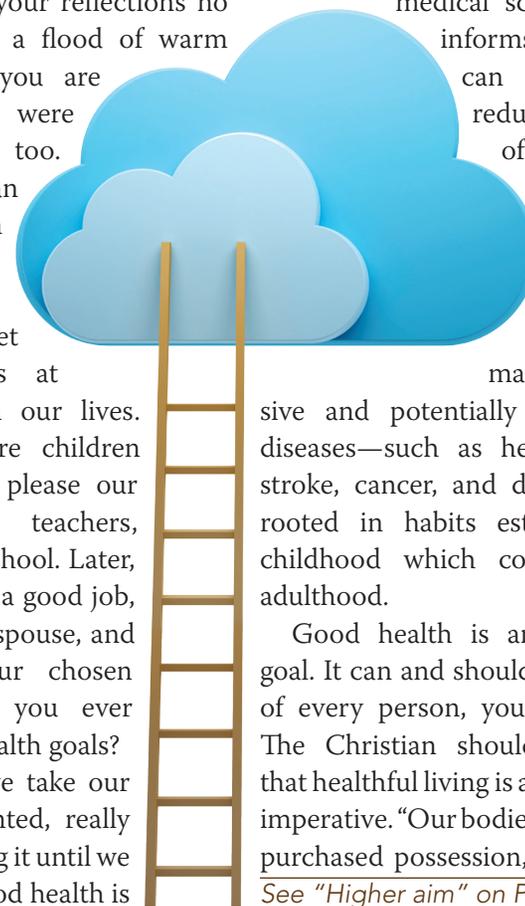
Too often we take our health for granted, really not appreciating it until we are sick. Yet good health is

vital to all our other goals. It is the foundation on which we build a happy, creative, satisfying life.

Although we cannot ensure ourselves a lifetime of good health, medical science today informs us that we can significantly reduce our risk of illness by making healthful choices. The early stages of many progressive and potentially devastating diseases—such as heart disease, stroke, cancer, and diabetes—are rooted in habits established in childhood which continue into adulthood.

Good health is an admirable goal. It can and should be the goal of every person, young and old. The Christian should recognize that healthful living is an important imperative. “Our bodies are Christ’s purchased possession, and we are

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# Healthy and Delicious Food at School

by Max Hammonds, MD, MPH

Children in the U.S. struggle with obesity from the second grade upwards. Part of the problem identified is unhealthy food, served at home, at food outlets, and at school. A second problem is lack of practical knowledge of healthful and delicious food.

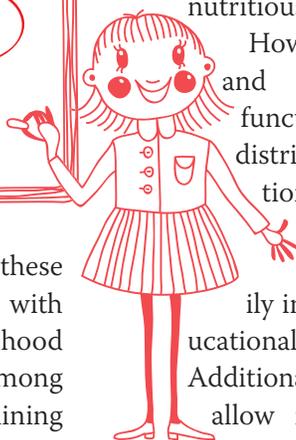
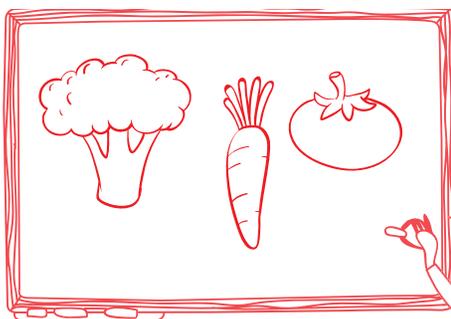
make healthy and delicious food at mealtime in school a priority for everyone.

The food served is like the food served at home, not like at a sporting event—which means the parents and the culture are taken into account. The meals are made from scratch on-site—not prepared, frozen, reheated food. The menu is balanced. The food is nutritious and familiar.

How do the schools and the government function? Each school district has a nutritionist who plans the school menus and who is heavily involved in the educational efforts at school. Additionally, the schools allow no vending machines and children in grade school cannot bring food from home or outside.

How do the children react? They make charts and posters of healthy dream lunch menus to hang on the walls, based on their nutritional education. The parents pay about \$3 per meal to subsidize the lunch

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Japan has been addressing these problems for several decades with remarkable results. Childhood obesity rates in Japan are among the lowest in the world, declining for the last six years, and there is almost no malnutrition in children. In addition, Japanese live on average to 83 years of age, the highest in the world, according to the World Health Organization.<sup>2</sup> How has this been accomplished?

Part of the answer lies in the culture, part is in education, and part in a collective decision to

## Bedtime and Teen Diabetes Risk

Researchers tracked the sleep patterns and blood glucose levels of 245 teens from low to middle income homes at an urban high school. They found the shortest sleepers had the highest levels of blood glucose,



an indicator of insulin resistance and diabetes risk. The average sleep duration for the students was 6.4 hours, far short of the recommended 9 hours.<sup>3</sup>

**PositiveTip:** Encourage regular bedtimes for your teens and monitor late night screen time.

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not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws which God has established."<sup>1</sup>

The New Year is upon us! Have you set clear goals for your personal health and for your family's health? Take some time in the next few days to write them down? You will be glad you did!

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"School food" from Page 2

program at school and they teach their children to eat the food they are served.

Follow @positivechoices for get a daily health tip.

What's the take-home message for the United States or for your local situation? The secret to good nutrition in school meals is cooperation between the parents, the schools, and the government.

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**TRIVIA**

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## Fill in the blanks!

What was the number one New Year's resolution in 2012? \_\_\_\_\_

Percent of people who usually make New Year's resolutions? \_\_\_\_\_ %

Making resolutions increases the likelihood of success by \_\_\_\_\_ fold.

REF: <http://www.statisticbrain.com/new-years-resolution-statistics>

Answers: weight loss, 45, 10