

# Wellness News to Watch

Georgia PTA Health & Wellness Committee

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Check out Health & Wellness Workshops at Convention Leadership Training July 10 – 11 at GICC - See workshop descriptions and register on-line at [www.georgiapta.org](http://www.georgiapta.org). The resolution "In Support of Healthy Fundraising and Wellness Policy" will be presented during the general session as well! Click on the link below to read the proposed resolution: [http://www.georgiapta.org/documents/CLT\\_2009\\_Proposed\\_Resolutions.pdf](http://www.georgiapta.org/documents/CLT_2009_Proposed_Resolutions.pdf)

## HEALTHY SUMMER LUNCHES & SNACKS – FOR POOLSIDE OR SUMMER CAMPS

Now that summer is almost here it's a great time to continue the healthy eating and snacking routine (or get started with a new routine in the slower pace of summer break!) Here are some great ideas for camp lunches and snacks, by the pool or on the go! Click on the following link to read more:

[http://www.georgiapta.org/documents/Health\\_Summer\\_Lunches.pdf](http://www.georgiapta.org/documents/Health_Summer_Lunches.pdf)

## AED Guidelines for Childhood Obesity Prevention Programs

*Sigrún Danielsdóttir, Cand.Psych., Deb Burgard, Ph.D., & Wendy Oliver-Pyatt, M.D.*

Studies from around the world show that body weight in youth has increased over the past decades (Chinn & Rona, 2001; Kautiainen, Rimpelä, Vikat, & Virtanen, 2002; Tremblay & Willms, 2000; Troiano & Flegal, 1998), although the most recent evidence suggests that this increase may be leveling off, at least in the United States (Ogden, Carroll, & Flegal, 2008). Concern over rising weights has spurred various community and school-based interventions aimed at decreasing childhood "overweight." These include the mandatory screening of children's BMI, banning of "junk food" in school cafeterias, limiting vending machines in schools and promotional campaigns emphasizing the dangers of excess weight. Many health professionals have voiced concern about the safety and efficacy of these interventions, fearing that they have little positive effect and may inadvertently contribute to overconcern with weight and shape, unhealthy weight control practices, and weight bias (e.g. Berg, 2001; Cogan, Smith, & Maine, 2008; Ikeda, Crawford, & Woodward-Lopez, 2006; Neumark-Sztainer, Wall, Story & van den Berg, 2008). For more, click on the link below:

<http://www.aedweb.org/media/Guidelines.cfm>

**Connect with Kids reports on May 6 - Sports Drinks and Cavities - "They're loaded with acids, and to the surprise of everybody, the acids are actually a big part of causing enamel erosion."**— Claudia Tomaselli, DMD, Pediatric Dentist

11-year-old Britt Herina says, "I play baseball and basketball, and if I'm really thirsty during those, I'll just drink a Powerade or a Gatorade." Sports drinks. New research from NYU finds that they can cause severe tooth decay. And it's not all from the sugar. [http://www.connectwithkids.com/tipsheet/2009/436\\_may6/thisweek/090506\\_cavities.shtml](http://www.connectwithkids.com/tipsheet/2009/436_may6/thisweek/090506_cavities.shtml)

## Check out new Website on Wellness for Women - Wellness for Women (40+)

Secrets of a life filled with well-being and lasting fitness are published here. *Wellness for Women* concentrates on finding the secrets – those blog articles, scientific studies, therapies, and videos – that could improve our lives. Spend some time investing in your well-being and start changing, one step at a time, to a more prosperous, spiritually-content, and energetic lifestyle. Follow the link below to read more:

<http://women-wellness-40.dailysite.com/info/>

**Welcome to Friday Lunch**—Boston Area wellness-experts share thoughts about school lunches, flavored milks, and suggestions for parents to help improve our kids' health. *Wayland resident Suzanne Rostler is clinical director at Great Moves!, which provides pediatric and adolescent weight management services at its center in Newton. She also serves as senior dietitian in the Optimal Weight for Life (OWL) program at Children's Hospital Boston. Weston resident Bobbi Clarke, co-founder of Great Moves!, is an associate professor in the Health Sector Management Program at Boston University.*

Follow this link to read article:

<http://www.wickedlocal.com/wayland/archive/x1157500960/Welcome-to-Friday-school-lunch>