

# Wellness News to Watch

Georgia PTA Health & Wellness Committee  
November 1, 2008



## In this email: (feel free to distribute!)

- 10 Things the Food Industry Doesn't Want You to Know
- Mom and Dad are right: Good Health = Better Grades
- The Myth of the Overscheduled Child
- Tri Delta Sorority Implements Positive Body Image Programming
- Kidney Stones Rise in Kids

### 10 Things the Food Industry Doesn't Want You to Know – see link below

<http://health.usnews.com/articles/health/2008/10/17/10-things-the-food-industry-doesnt-want-you-to-know.html?PageNr=1>

### Your Mom and Dad are right: Good Health = better grades

Quit smoking. Turn off the computer. Go to bed. It could improve your grades. Of course, parents have always known that. Now, in the first study of its kind, researchers at the University of Minnesota have proved it. They matched grade point averages with the typical health problems such as smoking, drinking and stress reported by nearly 10,000 Minnesota college students. They found a clear connection between student health and academic success. Visit <http://www.startribune.com/lifestyle/health/31261604.html> to read the entire article.

### The Myth of the Over-Scheduled Child

A lot has been written about the problem of hyper-parents and stressed-out kids. While it's clear that some parents push their kids hard and some children are over-scheduled, new research suggests it's not the kids who have a lot of activities who are unhappy; it's the ones with nothing to do.

Visit [http://www.connectwithkids.com/tipsheet/2008/408\\_oct22/thisweek/081022\\_child.shtml](http://www.connectwithkids.com/tipsheet/2008/408_oct22/thisweek/081022_child.shtml) for the whole story from *Connect With Kids*.

### OCTOBER 13, 2008 – ARLINGTON, TEXAS

Delta Delta Delta, a leader among social Greek organizations, joins with Seventeen Magazine, NOW, NEDA and AED today to kick off 'Fat Talk Free™ Week', a 5-day public awareness effort to draw attention to the damaging impact of 'fat talk' on women of all ages and their impossible pursuit of the 'thin ideal.' (To read the full story, visit [http://trideltareflections.weebly.com/uploads/1/0/2/3/102396/reflections\\_launch\\_release\\_-\\_10.10.08\\_-\\_under\\_embargo.doc](http://trideltareflections.weebly.com/uploads/1/0/2/3/102396/reflections_launch_release_-_10.10.08_-_under_embargo.doc).)

### "Kidney Stones Rise in Kids"

Article in AJC October 29, 2008

[http://www.ajc.com/health/content/shared-blogs/ajc/parenting/entries/2008/10/29/how\\_to\\_stop\\_can.html](http://www.ajc.com/health/content/shared-blogs/ajc/parenting/entries/2008/10/29/how_to_stop_can.html)

or see original article in New York Times:

[http://www.nytimes.com/2008/10/28/health/28kidn.html?\\_r=1&oref=slogin&pagewanted=print](http://www.nytimes.com/2008/10/28/health/28kidn.html?_r=1&oref=slogin&pagewanted=print)