

Weirton School Based Health Program Newsletter
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SBH Team

Jill Mullens
School Nurse

Erin McFarland
School Counselor

Monica Murray
Clerical Assistant

February 24 is:

National Tortilla Chip Day!

What's New!?!?

- Target Soccer grants have been awarded to SPS, SJS, and Weirton Madonna
- Girls on the Run Program is in full swing at SPS and SJS. It is an international non-profit program that inspires girls to be joyful, healthy and confident using an experience based curriculum, which creatively integrates running. (10 week program and meets two times per week) For more info go to www.gotrncwv.org
- Target Soccer Camp is being offered to all students in grades 5-8 at St. Joe's gym on March 2-5. No cost to students.

FEBRUARY IS HEART MONTH

We want to take this opportunity to raise awareness of heart disease and to remind you to take care of your heart!

Heart disease, and conditions related to it, can happen at any age. Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

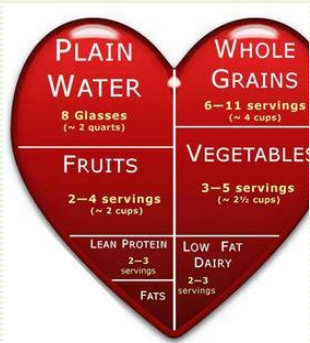
- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- **High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- **Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. **(And these numbers are increasing with the vaping epidemic.)** Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

- **Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 **children** ages 2 to 19—is obese.
- **Diabetes.** Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.
- **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.
- **Unhealthy eating patterns.** Most Americans, including children, eat too much **sodium** (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

4 Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age



Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, [learn how to quit](#).

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing [high blood pressure](#) and [high cholesterol](#).

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about [how to reduce sodium](#).

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about [how to get enough physical activity](#).

Source: cdc.gov



What is Girls on the Run?

This program is for 3rd-5th grade girls. The 10-week **Girls on the Run** after-school program is designed to inspire girls of all abilities to recognize and embrace their inner strength. Lessons emphasize the important connection between physical and emotional health. At the end of the program, girls participate in a 5K, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

Core values of Girls on the Run:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others



