

St. Luke's University Health Network

Healthy Kids, Bright Futures: Virtual Resources and Education

The St. Luke's Community Health and Preventive Medicine Team is excited to provide your school with resources promoting healthy behaviors throughout the school year. During the rest of the school year, we will be sending a monthly packet full of virtual resources and education including but not limited to:

- Nutrition and Healthy Eating
- Physical Activity
- Gardening
- Mindfulness and Stress Reduction
- Literacy
- Vaping and Substance Use Disorders

Each month will have a theme relating to the 6 Pillars of Lifestyle Medicine. The Pillars of Lifestyle Medicine are described on the following pages.

Each resource will be identified with the appropriate age group from elementary school to high school, and for the entire family. We look forward to working with you this year!

Name: _____ Week of: _____

Use the chart below to write your daily hours or minutes of physical activity, sleep, reading, and servings of fruits and vegetables you get each day. See below for some recommended amounts!

Tips:

- Strive for at least 150 minutes of physical activity per week! (children 6-17 should get at least 1 hour per day)
- Strive for at least 8 hours of sleep per night!
- Strive for at least 20 minutes of reading per day!
- Strive for at least 5 servings of fruits and vegetables per day!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for the Week
Physical Activity								
Sleep								
Reading								
Fruits and Vegetables								



One new fruit or vegetable I tried this week: _____

Summer Meals Program

The Summer Food Service Program (SFSP), also known as the Summer Meals Program, was established to ensure that children continue to receive nutritious meals when school is not in session. When school is out, SFSP provides free meals to kids and teens in low-income areas.

Did you know that St. Luke's has 2 Summer Meal locations? In addition to providing summer meals, St. Luke's provides fresh produce once a week, as well as bags of food for the weekends. We also have weekly themes and activities to enjoy as well!

St. Luke's Sacred Heart Campus

Where: 421 W Chew St, Allentown, PA 18102

When: Tuesdays, Wednesdays, and Thursdays from June 22 to August 26

Time: 12pm to 2pm

St. Luke's Quakertown Campus

Where: 1021 Park Ave, Quakertown, PA 18951

When: August 23 to August 27 (Monday through Friday)

Time: 11:15am to 1:15pm



OPEN SITE FINDERS

SUMMER FOOD SERVICE PROGRAM

211

National Call Center

1 866 3 HUNGRY or 1 877 8 HAMBRE

National Hunger Hotline

Text "FOOD" or "COMIDA" to 877877

National Texting Service

WWW.FNS.USDA.GOV/SUMMERFOODROCKS

Website

Approved sites are loaded to these applications beginning in mid-May each year. Throughout the summer, additional sites are added weekly as approved. When site operations end, the sites are dormant until the next summer.

June's Theme is Avoiding Risky Substances: Nutrition

This month we are bring awareness to the lifestyle medicine pillar of 'avoiding risky substances'. Youth who abuse substances (including prescription medications, illicit drugs, or alcohol) are at risk for poor physical health, mental illness, poor overall health and well-being, and progression to addiction. For more on youth substance abuse and prevention, visit

<https://www.cdc.gov/healthyouth/substance-use/index.htm>.

One substance that may be overlooked but is commonly abused is caffeine. Caffeine acts as a stimulant and can cause an array of side effects in kids and adults including but not limited to: headache, anxiety, irritability, frequent or uncontrolled urination, tremor, dizziness, dehydration, poor appetite or nausea, and insomnia. Many foods and beverages that contain caffeine (think sodas, iced teas, sugary coffee beverages, chocolate, energy drinks) can also be significant sources of added sugars which can further lead to poor health outcomes. Other stimulants that may be added to some beverages and foods include guarana, taurine, and L-carnitine; these may also adversely affect cardiovascular and nervous system health. Because of the dangers posed by these substances, the American Academy of Pediatrics states 'caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents' and recommend that teens not consume more than 100 mg of caffeine in a day. Talk to your children and teens about the risks of caffeine, and be a good role model by limiting your own consumption (adults should keep caffeine limited to no more than 400 mg per day, or the equivalent of 4 cups of brewed coffee).



June's Theme is Avoiding Risky Substances: Nutrition

For youth and adults seeking a boost of energy, the reality is that a varied diet can give you just that! Calories, which are units of energy, come from macronutrients (carbohydrates, fats, and proteins) and vitamins and minerals (micronutrients) help the body to use those calories. For sustained energy, it's important to consume enough calories from all food groups. Carbohydrates are the body's preferred source of fuel, so be sure to include whole grains, fruits, starchy vegetables, beans, and milk (or dairy alternatives) in your diet! For an energizing snack, ditch the energy bar or high octane carbonated beverage which are undoubtedly chock full of sugar and fats and instead opt for natural energy from dried fruit, nut, and granola trail mix; air-popped popcorn; whole grain crackers and hummus; or a smoothie blended with milk and frozen fruits. Staying active can also help give you a jolt of energy, remember kids need 60 minutes of physical activity daily!

If your kids are routinely tired or you suspect caffeine abuse, it's important to talk to them! Are they getting restful night's sleep (9-12 hours for grade-schoolers, 8-10 for teens)? Are they eating enough and drinking enough water? Are they experiencing school or social stressors? Make sure also that they get healthy time outside in the fresh air. If your kids are regularly feeling fatigued and it's beginning to impact their normal day to day activity, it may be time to make an appointment with their doctor.

See attached infographic from CDC [The Buzz on Energy Drinks](#) and <https://www.eatright.org/food/nutrition/healthy-eating/is-your-kid-over-caffeinated> for more information. See also the video created by our dietetic intern Jaclyn Michel - [What's the Buzz About Energy Drinks](#).



Recipe

All Grade Levels

This month from the [Academy of Nutrition and Dietetics](#), try a refreshing **Tropical Fruit Smoothie** for an energizing drink without caffeine or added sugar. The combination of juice and milk provide carbohydrates, while the fiber from the oats and fruit will help those carbs to be released slowly for longer lasting energy.

As a quick breakfast, satisfying snack or drinkable dessert, a tropical fruit-yogurt smoothie is quick, nourishing and flavorful. 🍌 Whether made with mango, guava, passion fruit, star fruit or other fruit from the tropics, smoothies are easy ways to enjoy the flavors of vitamin C-rich fruit and the calcium-rich goodness of yogurt. Adding quick oats not only adds thickness, but helps you feel full a bit longer.

Ingredients

6 ounces passion fruit, guava or other fruit-flavored fat-free yogurt
1 medium chopped mango
1 small banana
½ cup uncooked, rolled oats
2 teaspoons fresh ginger, grated
½ cup 100% pineapple or orange juice
½ cup fat-free milk

Directions

Before you begin: Wash your hands.

1. Put yogurt, mango, banana, oats and ginger in a blender. Add juice and milk.
2. Whirl in the blender for about 30 seconds, or until mixture is smooth.
3. If the smoothie is too thick, add juice or milk to desired consistency.

Cooking Notes

- If using Greek yogurt, you might add more juice or milk. Another option: For less added sugars, use plain, fat-free yogurt and sweeten with additional fruit if desired.
- Substitute 1 cup any tropical fruit in place of banana and mango — or any fresh, frozen or canned fruit you have on hand.

Nutrition Information

Serves 2

Calories: 290; Calories from fat: 20; Total fat: 2g; Saturated fat: 0.5g; Trans fat: 0g; Cholesterol: 5mg; Sodium 70mg; Total carbohydrate: 62g; Dietary fiber: 4g; Sugars: 43g; Protein 8g



Mindfulness for All Families from Shanthi Project

Lesson 4: Gratitude

In this lesson you'll discover the benefits of a daily gratitude practice -- it's easier than you think to start your own! Watch these videos to see how Shanthi Project's mindfulness teachers practice gratitude everyday.

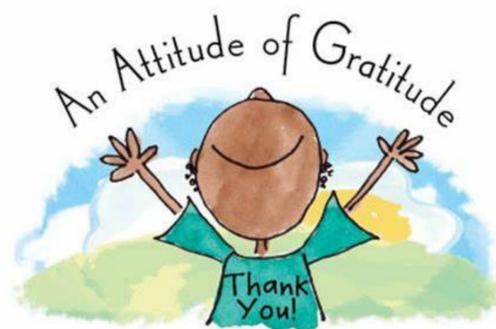
- [WATCH: Lesson on Everyday Gratitude](#)
- [WATCH: Maximize Your Wellbeing with Gratitude](#)
- [WATCH: Positive Affirmations for Families](#)

It is easy to start a daily Gratitude Journal. Follow these Workbook instructions and use our prompts to build a daily habit. Don't forget the most important part of practicing gratitude: always notice how it feels to be grateful!

- [RESPOND: Gratitude Journal Workbook](#)

Learn two new On-the-Go Mindfulness Activities that children and caretakers, or friends, and siblings can do together. No matter where you are, these practices will help you reconnect and bring awareness to the present moment:

- [WATCH & LEARN: The Mirror Game](#)
- [WATCH & LEARN: Name That Letter](#)



Take part in all Lessons 1-6 of Shanthi Project's [Mindfulness for Families](#) program online now!



Gardening

Grades 3-4

Fostering students' connectedness to school can improve academic achievement and better health outcomes. When kids are engaged in extracurricular activities and feel a connection to their school, they are less likely to engage in risky behaviors and use illicit substances. Building and maintaining school gardens or a greenhouse, or even offering an environmental/ecology club may be one of many extracurricular activities that your school may consider offering. [This link](#) details how to create and sustain a gardening program at your school!




HEALTHY KIDS
BRIGHT FUTURES

School Garden Program

St Luke's
UNIVERSITY HEALTH NETWORK

Community Health Needs Assessment



As part of the Community Health Needs Assessment (CHNA), St. Luke's University Health Network is conducting a survey to identify health needs within the community. As members of our community, we are asking for your feedback.



Please scan the above QR code with your smartphone camera and follow the link that will appear at the top of the screen to start the survey. We thank you for your feedback!



Como parte de la Evaluación de las Necesidades de la Comunidad, St. Luke's University Health Network está haciendo una encuesta para identificar las necesidades de salud de nuestra comunidad. Ya que usted es un miembro de nuestra comunidad, sus respuestas son muy importantes.



Por favor escanee el Código QR arriba con la cámara del smartphone y siga el enlace que aparece en la parte superior de la pantalla. Muchas gracias por sus respuestas!



165-Mile Challenge

May 1, 2021 to November 8, 2021

Enjoy nature and history along the nearly continuous 165-mile D&L Trail or wherever you exercise! Exercise outdoors is a great way to keep yourself healthy physically and mentally during this uncertain time!

- Individuals, families, and employee or community groups are encouraged to log miles walking, running, biking, etc.
- Remember to practice social distancing during this time!
 - Any miles anywhere you exercise can be logged
- Participate in events on the way to achieving your personal goals of health, fitness, and fun!
 - Look for events on the [St. Luke's Events Calendar](#) on sluhn.org by searching "TOT"
 - St. Luke's is following COVID-19 safety protocols. Masking is required.
- [Instructions for signing up minors is included](#)
- Earn great prizes!

Take the 165 challenge at: <https://tailonthetrail.org/>



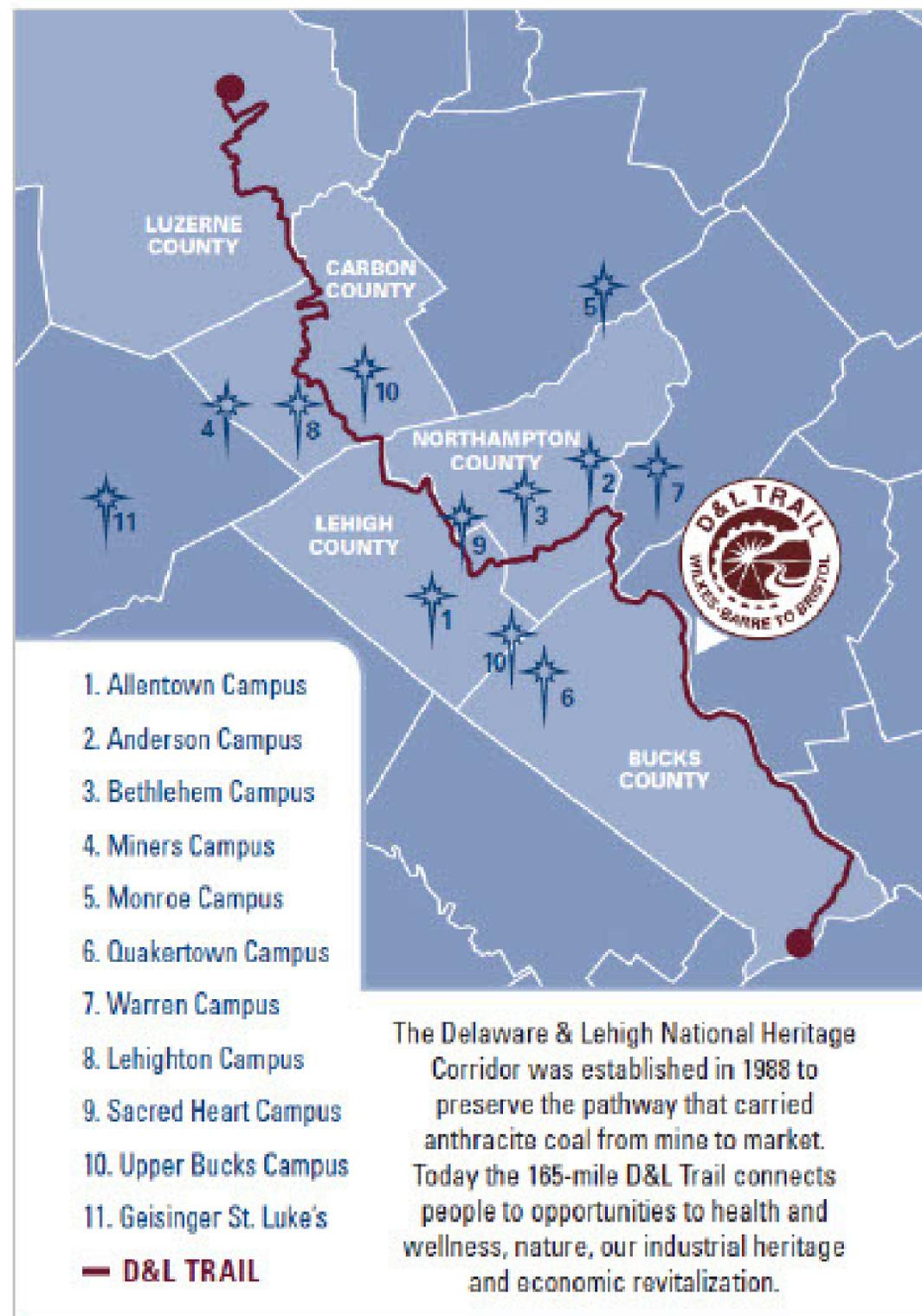
School Program

Be active and enjoy nature in your own community!

Get Your Tail on the Trail is a free program to encourage healthy lifestyles!

All you have to do is get moving and log your miles! Whether you're taking a family walk, riding your bike, or playing basketball, you can log your miles and earn free gear! Every mile counts!

Visit us at tailonthetrail.org to sign up with your school! Challenge your classmates to a friendly competition!



Additional Resources

St. Luke's WellNow:

St. Luke's is introducing this section of our website to provide you with information and resources to get you started living a healthy lifestyle. We encourage you to explore, learn and come back frequently. Make St. Luke's not just where you come when you are sick, but the place you go to be healthy. WellNOW... Prevention IS medicine!

<https://www.slhn.org/wellnow>

WellNow Facebook Page: <https://www.facebook.com/SLUHNWellNow>

WellNow Pinterest Page: <https://www.pinterest.com/WellNowSLUHN/>

St. Luke's COVID-19 Community Support & Resources:

St. Luke's continues to work with our community partners to ensure our regional residents have enough food, adequate shelter and access to mental health services during this difficult and uncertain time. Pandemics like COVID-19 affect the economy in many ways, and more of our friends and neighbors find themselves in need of services they might never have imagined. Below is a list of important resources for individuals and families who have been impacted. The situation is changing rapidly, so we encourage you to check back for the latest information. <https://www.slhn.org/covid-19/community-support-and-resources>

St. Luke's Website:

sluhn.org/

St. Luke's Facebook Page:

<https://www.facebook.com/slhn/>

Like us on Facebook!



Walk with a Doc/Walk with a Tot:

Walk with a Doc and Walk with a Tot are St. Luke's walking programs that help you learn about a healthy topic and encourage you to get out for some exercise. Due to COVID-19, they are currently virtual and posted to the St. Luke's Facebook weekly. Hear from our Doctors, Advanced Practitioners, Medical Students, and Dietitians teach you about important health topics - even some geared towards children and students!

May is Skin Cancer Awareness Month! Check out this video from Dr. Lauren Strohm to learn about Skin Cancer and prevention:

<https://vimeo.com/553322761>





LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.



NUTRITION Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.



SUBSTANCE ABUSE The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.

6 WAYS TO TAKE CONTROL OF YOUR HEALTH



EXERCISE Regular and consistent physical activity that can be maintained on a daily basis throughout life – walking, gardening, push ups and lunges – is an essential piece of the optimal health equation.



STRESS Stress can lead to improved health and productivity – or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life – are “just what the doctor ordered” to powerfully prevent, treat, and, often, even reverse chronic disease and select autoimmune conditions.



SLEEP Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.



RELATIONSHIPS Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a patient's home and community environment improves overall health.

LIFESTYLE MEDICINE'S UNIQUE VALUE PROPOSITION

- Allows the body to protect and heal itself by promoting healthful lifestyle choices
- Educates, guides and supports positive behavior changes
- Places a focus on evidence-based optimal nutrition, stress management, sleep and physical activity
- Encourages active patient participation
- Treats the underlying, lifestyle-related causes of disease
- Uses medications as a supplement to therapeutic lifestyle changes
- Considers the patient's home and community environment

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine.

lifestylemedicine.org

St. Luke's University Health Network Healthy Kids, Bright Futures:

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THANK YOU!

The St. Luke's Health Kids Bright Futures Team would like to thank all of our schools for participating in our virtual programming during this unprecedented time! We hope you enjoyed all of the resources and found them useful.

We wish you all a happy, safe, fun, and healthy summer! We hope to see you next year!

Sincerely,

St. Luke's Health Kids Bright Futures Team

