

# Family Health and Nutrition





# Family Health

- When do health concerns begin?
- What are some common health concerns?
- What are some cultural differences?
- Who is responsible for the health of our children?



# Family Health

## Health

- Preventive practices
- Maintaining good health
- Parents lead by example
- Physical and emotional well being
  - Think of the “whole” person

# Safety and Injury Prevention





# Child Safety

- Injuries are a major cause of death and disability in all age groups.
- Types of injuries vary by age.
- Young children are susceptible to injury.  
Why?
- Many injuries are preventable!





# Common Childhood Injuries

- Choking or strangulation
- Motor vehicle crashes
- Head injury
- Drowning
- Falls from heights
- Poisoning
- Bicycle accidents
- Household accidents
- Burns
- Child abuse and neglect
- Firearm accidents
- Homicide
- Suicide
- Sports related injuries



# Child Safety

## ■ Birth to 6 months

- Back to sleep
- Co-sleeping
- Crib safety—comforters, mattresses, crib slats
- Child-proofing the home
- Car injuries
- Falls
- Bathtub safety
- Burns
- Choking and suffocation





# Child Safety

## ■ 6 months to 1 year

- Crib safety
- Falls
- Bathtub safety
- Burns--Hot stoves, etc
- Stairs
- Baby walkers
- Choking/suffocation
- Poisoning
- Heating baby food safely

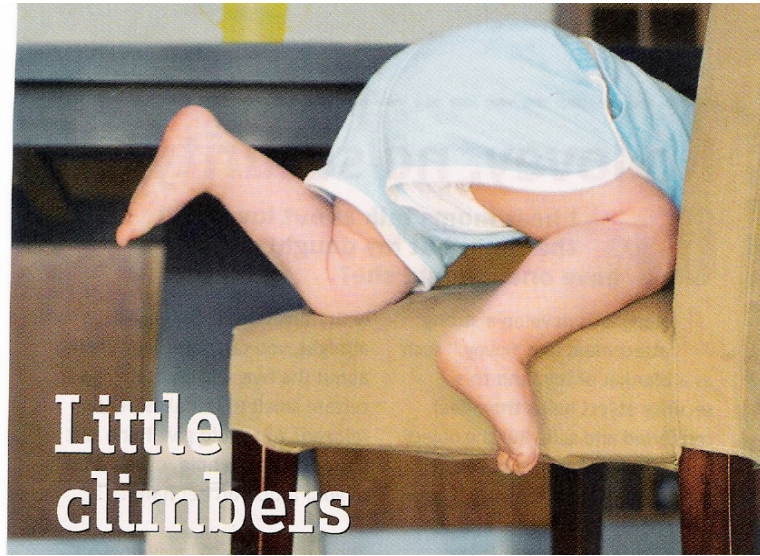




# Child Safety

## ■ 1 to 2 years

- Bathtub safety
- Choking
- Poisonings
- Falls
- Secure furniture for climbers
- Burns
- Drowning
- Car safety
- Firearm hazards



Little  
climbers



TOP: KEVIN RADFORD/MASTERFILE BOTTOM: ALEX FREUND/STONE-GETTY



# Child Safety

## ■ 2 to 4 years

- Bathtub safety
- Falls
- Heavy furniture
- Choking
- Firearm hazards
- Burns
- Poisonings
- Car safety
- Predators



# Child Safety

## ■ 5 years

- Bike safety, helmets
- Street safety
- Water safety
- Fire safety
- Car safety
- Burns—playing with matches
- Firearm hazards
- Predators



# Child Safety

## ■ 6 years

- Fire safety
- Firearm hazards
- Bike safety, helmets
- Street safety
- Car safety
- Predators

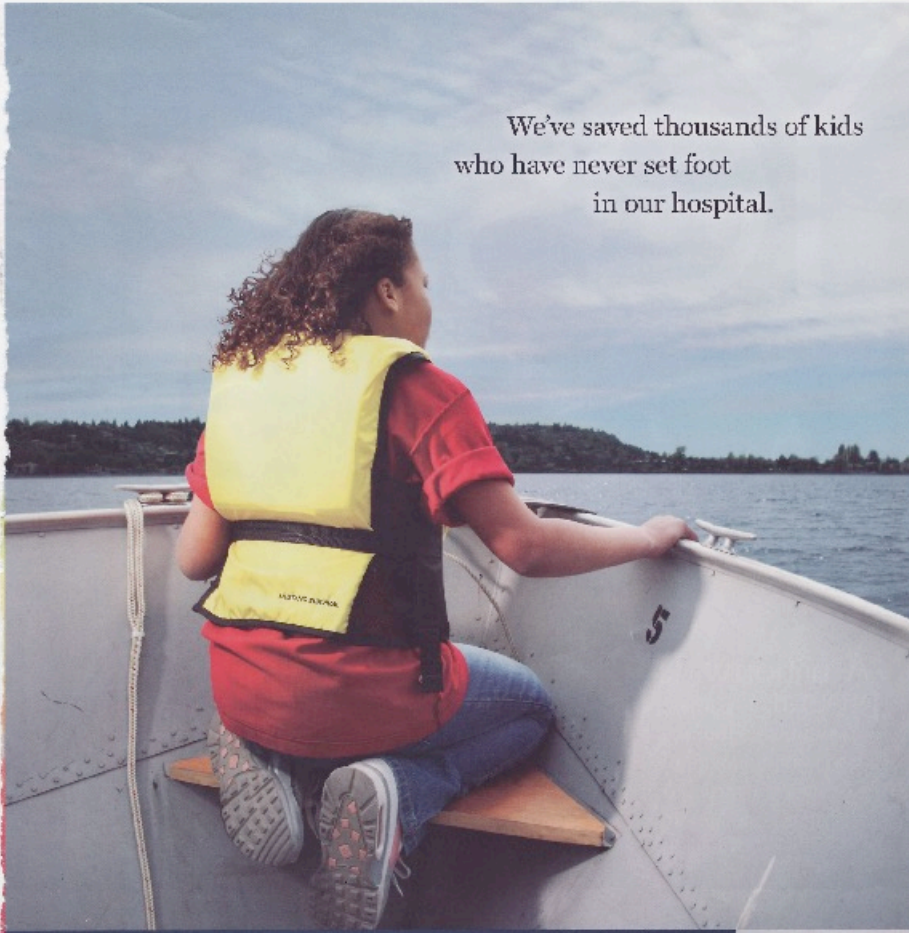




# Child Safety

## ■ 8 years

- Sports safety
- Water safety
- Bike safety, helmets
- Car safety
- Firearm hazards
- Predators
- Internet



We've saved thousands of kids  
who have never set foot  
in our hospital.

Children's Hospital not only cares for sick children. We do a lot to prevent disease and injury. Our advocacy programs are aimed at every aspect of a child's life—from water safety to immunizations to preventing obesity. These programs are made possible, in part, by a tradition of community generosity that dates back to 1907.

[www.seattlechildrens.org](http://www.seattlechildrens.org)

**Children's**  
Hospital & Regional Medical Center  
Seattle, Washington

Dr. Linda Quam of Children's Hospital is a nationally recognized expert on drowning and water safety. One of her projects is a life vest fashion show—floatation devices so hip in design that teenagers like Siyanna King will want to wear them.





# Child Safety

## ■ 10 years

- Firearm hazards
- Sports safety
- Car safety
- Bike safety, helmets
- Predators
- Internet



# Child Safety

## ■ > 10 years old

- Firearm hazards
- Sports safety
- Car safety
- Bike safety, helmets
- Predators
- Internet
- Drugs and alcohol
- Cigarettes
- Sexuality
- Sexually transmitted infections
- Sexual abuse and assault
- Driving safety



# Child Safety

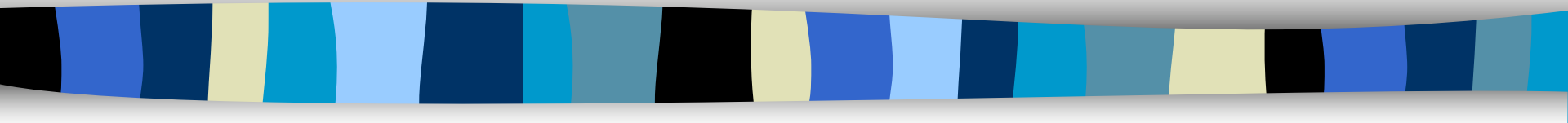
- Products that could save your child's life:
  - Stair gates
  - Crib
  - Car seat
  - Cabinet locks
  - Socket covers
  - Smoke detectors



# The Seven Deadly Sins of Childhood (Normal But Stressing Behaviors)

- Colic
- Awakenings at night
- Separation anxiety
- Normal exploratory behavior
- Normal negativism/Temper tantrums
- Poor appetite
- Toilet training resistance

# Preventive Healthcare





# Preventive Healthcare: Immunizations

- Schedule:
  - Birth
  - 2 months
  - 4 months
  - 6 months
  - 12 months
  - 15 months
  - 4 to 6 years
  - 11 to 12 years
  - College entrants





# Preventive Healthcare: Immunizations

- Birth—Hepatitis B vaccine
- 2, 4, 6 months
  - DTap (Diphtheria, Tetanus, Pertussis)
  - Hepatitis B vaccine
  - Hib ( Hemophilus influenza)
  - IPV (Polio)
  - Pneumococcal vaccine
  - Rotavirus vaccine



# Preventive Healthcare: Immunizations

- Influenza vaccine—beginning at 6 months of age, annually.



# Preventive Healthcare: Immunizations

- 12 months
  - Hib
  - MMR
  - Pneumococcal
  - VZV (Chickenpox)
  - Hepatitis A



# Preventive Healthcare: Immunizations

- 15 to 18 months
  - DTap



# Preventive Healthcare: Immunizations

- 4 to 6 years
  - DTap
  - MMR
  - IPV
  - VZV



# Preventive Healthcare: Immunizations

- 11 to 12 years

- HPV vaccine (Human Papilloma Virus)
- Tdap (Tetanus, diphtheria, pertussis booster)
- MCV4 (Meningitis vaccine)



# GET YOUR DAUGHTER VACCINATED AS A GIRL. HELP PREVENT HER FROM GETTING CERVICAL CANCER AS A WOMAN.

A vaccine has been created that may help guard your daughter from 4 types of human papillomavirus. Those types may cause 70% of cervical cancer cases and 90% of genital warts cases. GARDASIL will not treat these diseases. GARDASIL works by reaching your daughter before the virus can—by protecting her.

GARDASIL is for girls and young women ages 9 to 26. This vaccine is part of your daughter's recommended vaccination schedule, but only a doctor or healthcare professional can decide if GARDASIL is right for her. GARDASIL is covered by many healthcare plans. So ask your daughter's doctor or healthcare professional about getting her vaccinated with GARDASIL. She could become one less life affected by cervical cancer.

## SELECT SAFETY INFORMATION

GARDASIL may not fully protect everyone and does not prevent all types of cervical cancer, so future cervical cancer screenings will be important for your daughter. Anyone who is allergic to the ingredients of GARDASIL should not receive the vaccine, and GARDASIL is not for women who are pregnant. GARDASIL is given as 3 injections over 6 months and can cause pain, swelling, itching, and redness at the injection site, fever, nausea, and dizziness.

Please see Patient Information on the next page.

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**GARDASIL.**  
[Quadrivalent Human Papillomavirus  
(Types 6, 11, 16, 18) Recombinant Vaccine]



# Preventive Healthcare: Immunizations

- College entrants:
  - MCV4





# Preventive Healthcare: Dental Care

- Routine Dental exams
- When to start

# Preventive Healthcare: Physical Fitness/Exercise



A nationwide program is helping communities promote good nutrition and fun physical activities for better health among children.



**T**he national statistics on childhood obesity are not encouraging. Since 1990, obesity has more than doubled among children ages 2 to 5, and more than tripled among youths 6 to 11 and adolescents 12 to 17. Since obesity is a major risk factor for diabetes, heart disease, stroke, and many other serious health problems, the urgent nature of this issue should be clear.

Fortunately, the National Heart, Lung, and Blood Institute (NHLBI), one of the National Institutes of Health (NIH), is taking a leading role in addressing this nationwide epidemic head-on. In 2005, the NIH launched We Can! (Ways to Enhance Children's Activity & Nutrition), a national education program designed to help children ages 8 to 13 achieve and maintain a healthy weight. The program gets community organizations,

*continued on page 23*



# Preventive Healthcare: Physical Fitness/Exercise

- Regular exercise
- Benefits of regular exercise
  - Stronger muscles and bones
  - Leaner body
  - Less likely to become overweight
  - Decreased risk of developing Type II diabetes
  - Possibly lower blood pressure and cholesterol levels
  - Sleep better
  - Better able to handle physical challenges
  - Improved self esteem



# Preventive Healthcare: Exercise

## ■ Three Elements of Fitness

- Endurance
- Strength
- Flexibility



# Preventive Healthcare: Exercise

- How much exercise is enough?
  - Infants—physical activity should encourage motor development
  - Toddlers—1 1/2 hours of physical activity per day
  - Pre-schoolers—2 hours of physical activity per day
  - School age— 1 hour or more of physical activity per day

# Nutrition

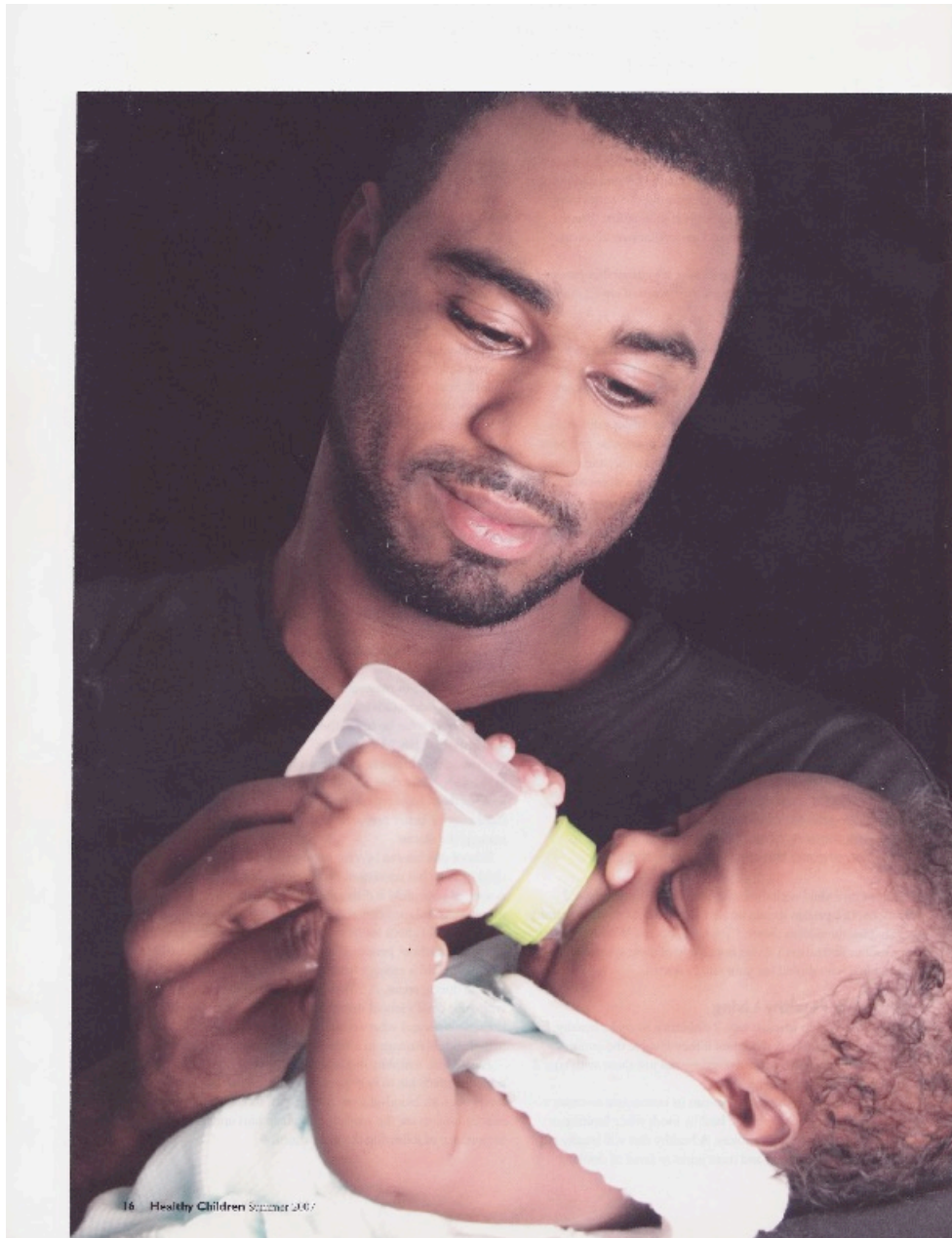
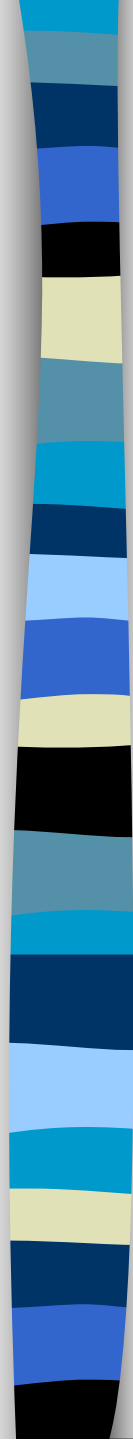




# Nutrition

## ■ Infancy

- Breast milk
- Infant formula







# Nutrition

- Initiation of food:
  - 4 to 6 months of age
  - Commercial baby food
  - Home-made baby food



# Nutrition

- Nutrients
- Calories
- Healthy nutrition



# What are the necessary nutrients ?

The necessary nutrients can be divided into six main groups:

- water
- protein
- carbohydrates and fibers
- fats
- minerals
- vitamins



# Water

## Functions of water:

- gets rid of waste (The body gets rid of waste through the water in sweat and urine.)
- carries other nutrients through the body
- has minerals
- helps your body digest food
- helps control your body temperature. It cools your body when you sweat.
-



# Water

## Sources of water

- liquids (water, juices, milk)
- some foods (melons, lettuce, oranges, vegetables)



# Water

## Advice:

- Try to drink 8 glasses of water a day (minimum for adults).



# Water

## **Why is water important for a healthy diet?**

"Your body contains more water than anything else. Women are made up of about 60% water. For men it is about 70%. Water is the most important nutrient. Each cell in your body needs it. You would die a lot sooner from lack of water than from lack of food."



# Protein

## **What is the function of protein ?**

- needed for growth and repairing the body (forming new tissues and replacing the old)
- helps nutrients travel to and from the body's cells
- needed for muscle development, healthy skin, hair, and nails
- gives you energy
- helps to fight disease





# Protein

**What are some good sources of protein ?**

- meat, chicken, and fish
- dried beans, lentils
- nuts
- eggs and dairy products
- brown rice



# Protein

**How much protein should be consumed as part of a healthy diet ?**

- "If you eat a well balanced diet with a wide variety of foods, you don't need to worry about protein. Protein can come from both animals and plants. Animal proteins are more complete and can be more easily used by the body. Vegetable proteins are not as complete. You can make vegetable protein more complete by eating more than one kind at the same time. For example, eating corn and beans."



# Protein

Some great sources of protein:

- Lean meat
- Fish
- Turkey
- Chicken
- Eggs

- Nuts
- Seeds
- Peas
- Beans



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# Carbohydrate

**What are the two types of carbohydrates ?**

- complex carbohydrates (also called starches) provide fiber
- simple carbohydrates (or sugars)



# Carbohydrates

## **What are the functions of carbohydrates ?**

- "Carbohydrates are the best source of energy (units of energy are called calories). Simple carbohydrates, or sugars, give the body energy, but little else in nutrients. They also have a lot of calories. It is best to limit them. Complex carbohydrates are an excellent source of energy and other nutrients. They also provide fiber." Complex carbohydrates give you energy, provide vitamins and minerals and fiber.



# Carbohydrates

**What are some good sources of carbohydrates and fiber in a diet ?**

- grains and cereals
- breads
- dried beans, pasta
- fruits and vegetables



# Carbohydrates

## **Why is fiber important as part of a healthy diet ?**

- helps the bowels work properly
- can help in weight control (A high fiber diet is usually lower in fat and sugar. It also takes longer to chew and provides a feeling of fullness')
- can help prevent some types of cancer and heart disease





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# Fats

## What are fats ?

There are two types of fats:

- **Body fat.** This is the fat on your body. If you eat more calories than you need, you will make too much body fat.
- **Dietary Fat.** This is fat that you eat. Your body only needs a small amount of fat each day to function properly. Your body can make fat out of extra protein or carbohydrates. So you do not need to eat much fat. The fat you do eat helps your body absorb some nutrients. Fat can also be used as energy. The problem with eating fat as a source of energy is that fatty foods do not make you feel full.



# Fats

**What are the functions of fats in a diet ?**

- give you energy
- Help absorb nutrients, including some vitamins
- keep the body warm—subcutaneous fat

# Fats

**What are some sources of fats ?**

- butter and margarine
- other oils
- nuts
- animal products





# Fats

## **What are some negative effects of fats ?**

- a high-fat diet has been linked to cancer of the breasts and colon
- a high-fat diet has also been linked to higher blood cholesterol levels and heart disease





# Fats

Hidden sources of fats:

- baked goods
- processed foods
- fried foods
- candy



# Fat

## How much fat should be part of a diet?

- Try to limit the amount of red meat and eggs you eat
- use non or low fat dairy products, avoid saturated fats such as butter, cream , sour cream, gravies, coconut and palm oils.
- Your fat intake should be less than 30% of the calories you consume.
- Try to broil, bake or boil foods as often as possible.



# Calories

- Carbohydrates 4 calories per gram
- Fats 9 calories per gram
- Protein 4 calories per gram



# “Healthy Diet”

## What is a "Healthy Diet"?

The Dietary Guidelines describe a **healthy diet** as one that

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;

Includes lean meats, poultry, fish, beans, eggs, and nuts; and

Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age.





# Healthy Diet

**Why is eating a healthy diet important ?**

- A good diet increases your chances of staying healthy, keeping an appropriate weight, and feeling good about yourself.

# Eating Disorders





# Obesity

- Obesity is increasing in adults and children
- Childhood obesity is “epidemic” in the United States
- Increase in children and adolescents in all age race and gender groups.





# Causes of Obesity

- Genetics play a role
- Family and social habits
- Inactivity—”eating too much and moving too little”
- Obesity is a form of malnutrition



# Measuring Obesity

- Weight for height and age
- Body mass index for age
- Skin fold measurements



# Medical Consequences of Obesity

- Overweight children tend to become overweight adults
- Type 2 diabetes
- High blood pressure
- Heart disease stroke
- Arthritis
- Asthma
- Sleep problems
- Liver disease
- Early puberty or menarche
- Eating disorders
- Skin infections



# Emotional Consequences of Obesity

- Social discrimination may lead to low self-esteem and depression.
- Behavior problems
- Learning problems



# Attaining a Healthy Weight

- Buy healthful food when shopping for groceries
- Limit sweetened beverages including juices
- Cook low-fat
- Put colorful food on the table—vegetables, fruit
- Sit down for family meals
- Do not eat in front of the TV, Computer or video game
- Eat slowly
- Limit eating out
- Lead by example



# Attaining a Healthy Weight— Increase Physical Activity

- Limit recreational screen (TV, computer) time to fewer than two hours per day
- Emphasize activity not exercise
- Find activities your child likes to do
- Be active with your child
- Make chores a family affair
- Vary the activities



# Attaining a Healthy Weight

- Make a family commitment
- Be ready to make changes—small gradual changes
- Focus on long-term goals, not quick fixes
- Set achievable goals