

HAAF TIME



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National Nutrition Month

March is National Nutrition Month. It is the month in which the nation stresses the importance of eating healthy and nutritious food. Far too many children and adults alike suffer from obesity and illnesses that stem from a poor diet.

In 2009, 24.8% of California adult residents were overweight or obese. As much as 68% of those overweight or obese were Hispanic and Black.

Unfortunately, the figures for child obesity is no better. According to the Center for Disease Control, 17% of all adoles-

cents aged 2-19 are obese. However, these statistics do not have to stay the same. National Nutrition Month is all about trying to lower these statistics



and help make people healthier. The goal of National Nutrition Month is to try to help educate

the public on making healthy, informed food choices and maintaining physical activities. National Nutrition Month is all about teaching the importance and benefits of staying in a healthy weight range.

There are several resources and tons of information you can view on their website at: www.eatright.org. There is even a list of healthy snacks for children. They also teach you how to read food labels with the right understanding so there is a higher chance of picking the more nutritious foods. Being healthy is a great way to go through life.

Dental Health

Oral care is a very important aspect to maintaining good health. Everyone knows that brushing your teeth, flossing and using mouth wash is important to keep a pretty smile but it is more than just that. Oral care is vital to having overall good health.

According to the Academy of General Dentistry, gum disease can often show signs of other health problems. Women with gum disease also show higher incidences of pre-term and low birth-weight babies.

It doesn't just stop there. Many diseases such as leukemia, diabetes, cancer, heart disease and kidney disease tend to have oral manifestations such as dry mouth, swollen gums, mouth ulcers and more. Regular dental visits (every six months) allow for early identification of conditions and infections. This allows for early treatment of these issues before they develop into serious problems.

Furthermore, it has also been shown that poor oral hygiene can

lead to other health problems like oral and facial pain, problems with major organs, oral cancer, and digestion problems.

Your teeth are just as important as any other part of your body and they deserve just as much care and attention.





64% of young people say the TV is usually on during meals...

Technology: Consuming Our Children

Many American children and teens spend a good portion of their time on the computer or watching television. In today's technology obsessed world, it is easy for children and teens to become vulnerable to the technology trap as they are the most easily influenced.

A study released by the Kaiser Family Foundation reports that young people between the ages of eight and eighteen devote an average of 7 hours and 38 minutes to using entertainment media across a typical day (more than 53 hours a week). What is even more

interesting is that many children multitask (using more than one medium at a time) and are able to cram in 10 hours and 45 minutes worth of media content into those 7½ hours.

About 64% of those young people say the TV is usually on during meals, and 45% say the TV is left on most of the time in their home, even if no one is watching. 71% of teens have a TV in their bedroom, and half have a console video game player in their room. One of the most alarming aspects of this study is the finding that

African American and Latino children spend far more time using or watching technology products than Caucasian (white) children do.

African American and Latino children spend an average of 4½ more hours daily than that of white children. Some of the more alarming differences are in the amount of TV watching. African American children spend nearly 6 hours and Latinos just under 5½ compared to roughly 3½ hours a day for White youth. (Cont'd on pg 4)

6 Reasons to Get

The Harvard Women's Health Watch suggests six reasons to get enough sleep:

1. **Learning and memory:** Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
2. **Metabolism and weight:** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
3. **Safety:** Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
4. **Mood:** Sleep loss may result in irritability, impatience, inability to concen-

trate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.

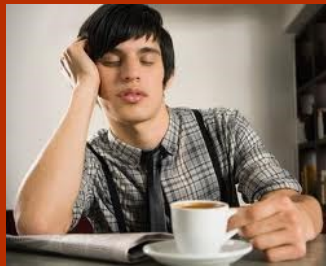
5. **Cardiovascular health:** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
6. **Disease:** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

There are many reasons our bodies need sleep. Sleep is our bodies' way of rejuvenating. It is the period in which we lower the energy levels expelled each day, our muscles and soft tissue are repaired and revitalized, and our mind is able to process memories and things we have learned for the day. Although one day of sleep deprivation is not fatal, it will indeed cause alterations in mood, physical well being, and overall cognitive function. Increased periods of time without sleep with further these

Enough Sleep

negative changes into hallucinations, poor mental clarity, and often provoked disease, or even death. Studies show that the majority of fatal car crashes are directly correlative to lack of sleep.

A lack of sleep will quickly cause irritability, grogginess, the inability to make decisions or follow through with cognitive functions. It will cause hallucinations, dozing off during activities and even throughout the day, etc. A continued lack of sleep can contribute to weight gain, anxiety, depression, lethargy and fatigue. A chronic, or pathological, sleep disorder will often result in an immune system deficiency. Severe sleep deprivation can ultimately lead to death. These inevitabilities clearly show the importance of sleep.



"Sleep loss may result in irritability, impatience, inability to concentrate and moodiness."



Paper Inchworm Craft

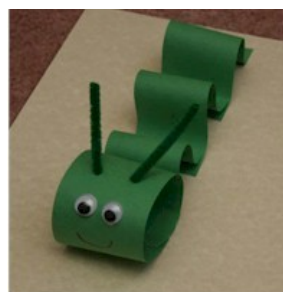
St. Patrick's Day is just around the corner and spring is approaching fast. This activity incorporates both the green for St. Patrick's Day and an inchworm for spring. So get your craft supplies because this is a easy activity you can enjoy with the kids.

Supplies

- White and green construction paper
- Red marker or crayon
- Hole punch
- Green pipecleaner
- 2 googly eyes

Instructions

1. Cut a few strips of green construction paper that are 3-4 inches wide and 6 inches long.
2. Tape the end of one of the strips to the white piece of paper. Gently push the front edge of the strip back to create a bump and then tape the front edge of the strip down.
3. Repeat this process two more times, each time overlapping the back edge of the new strip over the front edge of the old strip. This will create the body of the inchworm.
4. With the last strip, tape it into a ring, Punch two holes in the top of the ring and insert half of a pipe cleaner into each hole. Glue two googly eyes to the front of the ring and draw a smile on the inchworm's face.
5. Tape the ring so that it overlaps the final section of the body.



Caribbean Turkey Burger



Total: 20 minutes

Makes 4 servings

Ingredients

- 1 1/4 pounds lean ground turkey
- 3 Tbsp green onions, chopped
- 1/2 cup dried bread crumbs

- 3 Tbsp minced fresh parsley
- 2 Tbsp Worcestershire sauce
- 1 Tbsp Caribbean jerk seasoning
- 1/2 tsp salt
- 1 tsp olive oil
- 4 whole wheat hamburger buns, split
- 4 lettuce leaves
- 1 medium mango peeled and sliced
- 4 (1/4 inch thick) rings sweet red pepper.

Directions

1. In a large bowl, combine the first six ingredients. Crumble turkey over the mixture and mix just until combined. Shape into four 1/2-in.-thick patties.
2. In a large skillet, cook patties in oil over medium heat for 5

minutes on each side or until no longer pink. Serve on buns with lettuce, mango slices and red pepper rings.

Nutritional Information

1 burger equals:

436 calories

16 g fat (4 g saturated fat)

112 mg cholesterol

1,048 mg sodium

44 g carbohydrate

5 g fiber

31 g protein



Many pharmacies and police stations take in unused, unwanted or expired medication to dispose of properly.



Only about 3 in 10 young people say they have rules about how much time they can spend [using entertainment media].

Disposing Unused Medication

Medication is one of the leading ways to treat illnesses and certain diseases. With such high popularity, medication also poses a threat to the environment. When medicine is flushed down the toilet it may cause traces of drugs to be found in the water supply.

Chemicals from medications have been measured in water from sewage treatment plants. Our waste has traces of these chemicals and chemicals from cosmetics that we wash off from our skin as we shower.

The treatment of wastewater is not equipped nor are they designed to remove pharmaceuticals so it is very important to avoid flushing medication down the toilet. There are a few medicines that the FDA recommend to flush and you can find that list at: <http://www.fda.gov/drugs/>

Unused medication that is not disposed of properly can

cause harm to people, pets and wildlife. There are many ways to dispose of unused medication properly to avoid unnecessary damage.

When picking up your medication, ask the pharmacist if that pharmacy takes medicine waste. Many pharmacies do but it doesn't hurt to ask. Also, many police stations collect unused medicine as well.

NoDrugsDownTheDrain.org is a great site to visit and it has a locator to help you find places to properly dispose of medicine.

Here are a few things you can do to make sure you dispose of unused, expired or unwanted medicines correctly:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.

If you are told to or decide to throw them out, it is best to:

- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will then be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.
- Before throwing out a medicine container, scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.

And remember not to give your medications to friends or family. Medication is prescribed by doctors for a reason. A medication that helps you could be harmful to others.

Technology: Consuming Our Children *Cont'd*

(Cont'd from pg 2) While the study cannot establish a cause and effect relationship between media use and grades, there are differences between heavy and light media users in this regard. About half (47%) of heavy media users say they usually get fair or poor grades (mostly Cs or lower), compared to about a quarter (23%) of light users. Heavy users are the 21% of young people who consume more than 16 hours of media a day, and light users

are the 17% of young people who consume less than 3 hours of media a day.

Unfortunately, only about three in ten young people say they have rules about how much time they can spend watching TV (28%) or playing video games (30%). 36% of these young people say the same about using the computer. However, when parents do set limits, children spend less time with media. Interest-

ingly enough, those with any media rules consume nearly 3 hours less media per day than those with no rules .

Although computers, video games, and television are great entertainment, it is best if children and teens have some type of rules in regard to using media entertainment.

*Information courtesy of the Kaiser Family Foundation

Cleaning Out the Medicine Cabinet

Cleaning out the medicine cabinet is a task that fits perfectly on a spring cleaning to-do list. With spring just around the corner, now is a perfect time to planning to clean out the medicine cabinet. Every spring when the weather starts warming up, we like to clean our houses and get rid of things that are old or unwanted. The same thing applies to the medication in your medicine cabinet.

Here are some tips to remember while cleaning out your medicine cabinet:

1. Expiration date. Medication, like food, has expiration dates and it is good to check each expiration date as you clean out your medicine cabinet.
2. Unknown medicine. If you are not sure what the medicine is, throw it out.
3. Shared medication. Do not use any medication not prescribed to you. Remember that people have different reactions to medication.
4. Old Non-medications. Things like sun block becomes less effective after two years. It's best to throw it away.
5. Disposing medicines. Read the labels to see how to dispose of medicines. If unsure, ask your pharmacist or take it to a prescription drugs drop off site.

Visit: NoDrugsDownTheDrain.org to find drop off locations.



March Events



Los Angeles Times Travel and Adventure Show

From safaris to scuba diving, wind surfing to wine tours, archeology excursions to relaxing on a pristine beach, here's where you'll discover amazing travel destinations, attractions, activities, resorts, products, luxury goods and services and so much more!

When: March 19-20, 2011

Where: Los Angeles Convention Center
1201 South Figueroa Street
Los Angeles, CA 90015

Time: 10:00am-5:00pm

Cost: \$12 for adults (\$3 off if you buy your tickets in advance from their website below).
<http://events.latimes.com/travelshow/>

Irish Fair and Music Festival

The festival includes performances by local Irish dance groups, community dance lessons, clan gatherings, sheep herding demonstrations, highland-style athletic games, food, products and of course lots of music from Celtic harp to Irish dance bands on multiple stages.

When: March 12-13 2011

Where: Fairplex at the Pomona Fairgrounds
1101 West Mc Kinley Avenue,
Pomona, CA 91766

Time: 10:00am-6:00pm

Cost: \$18 general admissions, \$11 for students w/ID, \$16 for seniors ages 55+, Children 11 and under are FREE!

www.la-irishfair.com



Los Angeles Live Steamers Railroad

The railroad is fully operated by the Los Angeles Live Steamers club of train enthusiasts for the purpose of educating people in railroad history and lore and also to further the avocation of live steam, gas-mechanical and electronic railroad technology.

When: Every Sunday (except the Sunday before Memorial Day and the first Sunday in October)

Where: 5202 Zoo Drive
Los Angeles, California 90027

Time: 10:45am-3:00pm

Cost: FREE (but a \$3 donation is appreciated)

www.lals.org





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HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress through education, training, and collaborative partnering with community, academia, researchers, and government.

If you would like more information about the organization please visit our website at www.HAAFII.org or call Felica Jones, Director of Programs at (323) 292-2002

“Protecting the Legacy”



Color This Picture!



For previous issues of the HAAF TIME newsletter please visit our website at www.HAAFII.org