

February, 2010

Catholic School Health Newsletter

a publication of the School Nurse
Partnership through



[CDC H1N1 FLU](#)

[MISSOURI DEPT OF HEALTH- H1N1](#)

WHY START WALKING?

Heart disease is this country's No.1 killer. But by exercising for as little as 30 minutes each day you can reduce your risk. That's what the Start! Movement is all about:

Walk more. Eat better. Live a longer, healthier life. Countless people across the country are jumping on board. Join them in the Start! Movement, get walking and start taking a more active role in your health!

[For more information contact the American Heart Association](#)

How parents perceive their children's weight can be a factor in combating obesity

The obesity epidemic continues to be a problem and this is fueled by the fact that many parents do not recognize that their child may be overweight or obese. Obesity is now the No. 1 children's health concern for many households and with obesity comes many health concerns such as type II diabetes, increased cholesterol, hypertension, and metabolic syndrome.

[For more information about this issue click this web page.](#)

FREE Tobacco Free Missouri FREE

Tobacco-use prevention programs are again available through the Tobacco-Free Missouri Greater St. Louis Coalition and Cardinal Glennon Children's Medical Center. There is no charge for the two-hour program. Teachers will have to make arrangements for transportation of students. Come and meet Dr. Tony Scalzo and learn the "Beat the Smoking Rap" song and learn many facts about smoking. There are frequent guest speakers who share their stories and much more. Snacks are included.

Call Pat Lindsey 314-977-8104 for available dates and times.

- More than 4,200 adolescents have attended the program since it began in fall 2000. Missouri's cigarette tax is 17 cents per package, tied with West Virginia, for eighth lowest in the nation.
- Missouri collected \$100 million in cigarette tax revenues and \$142 million from tobacco settlement revenues in 2001, but none of these funds were used for tobacco use prevention.

[Tobacco Free Environment](#)

Please contact the School Partnership Nurses office for more information
at (314)268-2752 or email Ree @ Ree_Schmitz@ssmhc.com, Brigid @ Brigid_Secrist@ssmhc.com or
Betty @ BettyA_June@ssmhc.com.

Save these phone numbers:

How can you help to prevent child abuse, before it happens? Here are 3 places families can call for help.

- Crisis Nursery is a 24 hour center that accepts children up to 2 days for families in crisis. Call 314-768-3201
- Behavioral Health Recourses (BHR) provides help with crisis families and suicide prevention. 314-469-6644
- Teen crisis intervention and adolescent suicide prevention call KUTO at 314-963-7571

Healthy Web Sites

- [Healthy Recipe for Chicken Fingers](#)
- [Glitter Bug Kits for Schools](#)
- [The Couch-to-5K Running Plan](#)
- [Heart Attack, Stroke and Cardiac Arrest Warning Signs](#)

Seasonal Flu Activity CDC Website

[Flu activity](#) has declined in recent weeks but flu activity – caused by [2009 H1N1](#) or seasonal flu viruses – may continue for several more months. CDC continues to recommend vaccination with seasonal and [2009 H1N1 vaccine](#). While supplies of seasonal flu vaccines may be limited, [supplies of 2009 H1N1 vaccines](#) have increased dramatically.

RECALL Information from NASN

McNeil Consumer Healthcare, (Johnson & Johnson), is voluntarily recalling lots of OTC products. Consumers reported an unusual moldy, musty, or mildew-like odor that, in a small number of cases, was associated with temporary and non-serious gastrointestinal events: nausea, stomach pain, vomiting, or diarrhea. This precautionary action is voluntary and has been taken in consultation with the FDA. Products included in the recall: Motrin, Junior Strength Motrin, Benadryl, Tylenol, Children's Tylenol, St. Joseph's Aspirin, Tylenol PM and Roloids

Link to lot numbers:

<http://www.fda.gov/downloads/Safety/Recalls/UCM197813.pdf>

The American College of Emergency Physicians warns people about texting on the move. ER docs say we need to be more cautious about when and where we text.

Texting also prevents you from paying close attention to what's going on around you, something that's especially important in situations where you need to have your guard up, like walking home after dark. Your reaction time is also likely to be much slower if you're texting. If you're about to run into someone or something else, you may not have time to act before it's too late. Here are 2 sites about teens and texting.

- [Texting On the Move](#)
- [That's Not Cool](#)