

# Wellness News to Watch

Georgia PTA Health & Wellness Committee  
March 20, 2009



## **In this email (please distribute):**

- Study shows importance of recess and physical activity on academic achievement
- Research reports a parents' diet has a powerful influence on their kid's diet.
- How is your school doing in implementing The Wellness Policy? Register for webinar March 23 or 26.
- Obese Teens As Likely as Smokers to Die Young, Study Shows

## **The 3 R's? A Fourth Is Crucial, Too: Recess**

The best way to improve children's performance in the classroom may be to take them out of it. New research suggests that play and down time may be as important to a child's academic experience as reading, science and math, and that regular recess, fitness or nature time can influence behavior, concentration and even grades. Click on the following link to read more:

[http://www.nytimes.com/2009/02/24/health/24well.html?\\_r=1&th&emc=th](http://www.nytimes.com/2009/02/24/health/24well.html?_r=1&th&emc=th)

## **The Junk Food Trap**

Researchers at UCLA's Center for Health Policy Research report that a parent's diet has a powerful influence on their kids' diet. For example, when parents eat fruits and vegetables, their kids are sixteen times more likely to do the same, compared to kids whose parents seldom eat fruits and veggies. It seems you are what you eat ...and so are your kids. Click on the following link for more info and for video:

[http://www.connectwithkids.com/tipsheet/2009/427\\_mar4/thisweek/090304\\_trap.shtml](http://www.connectwithkids.com/tipsheet/2009/427_mar4/thisweek/090304_trap.shtml)

## **Action for Healthy Kids Simplifies Wellness Policy Evaluation**

March 9, 2009 – Monitoring how implementation of a school wellness policy is going and measuring its impact has just gotten easier. Action for Healthy Kids has launched a convenient monitoring component as a part of its 8-step Wellness Policy Tool. Although most school districts have implemented wellness policies as required by a 2004 Federal mandate, the majority still do not monitor their policy's implementation – a critical step to ensure policies are improving nutrition and physical activity practices in schools. Click on the following link to read more:

<http://www.georgiapta.org/ActionforHealthyKidsWellnessPolicyTrackerLaunch.htm>

## **Obese Teens as Likely as Smokers to Die Early, Study Finds**

Likening obesity's risks to those of smoking, a large European study spanning decades has found that young men who were overweight at age 18 were as likely to die by 60 as light smokers, while obese teens, like heavy smokers, were at double the risk of dying early. Click on the following link to read more:

[http://www.nytimes.com/2009/03/04/health/04obesity.html?\\_r=1](http://www.nytimes.com/2009/03/04/health/04obesity.html?_r=1)