

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. Throughout the next 6 months, 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!


HEALTHY KIDS
BRIGHT FUTURES

St Luke's
UNIVERSITY HEALTH NETWORK

St. Luke's University Health Network

Healthy Kids, Bright Futures:

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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

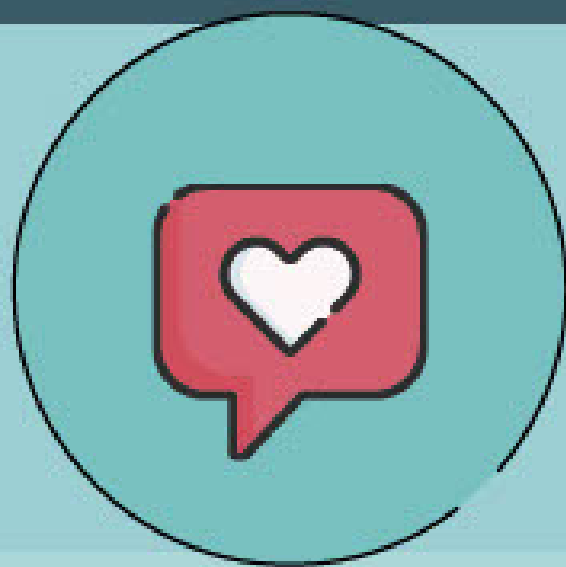
January 2021: Develop Strategies to Manage Stress

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



World Health Organization

Helping children cope with stress during the 2019-nCoV outbreak



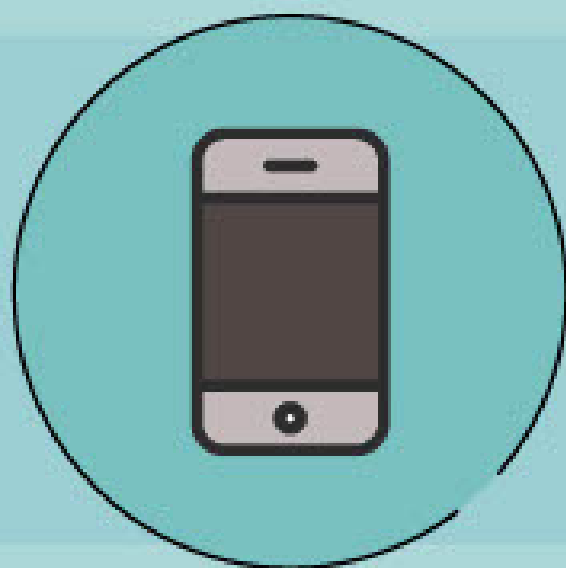
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

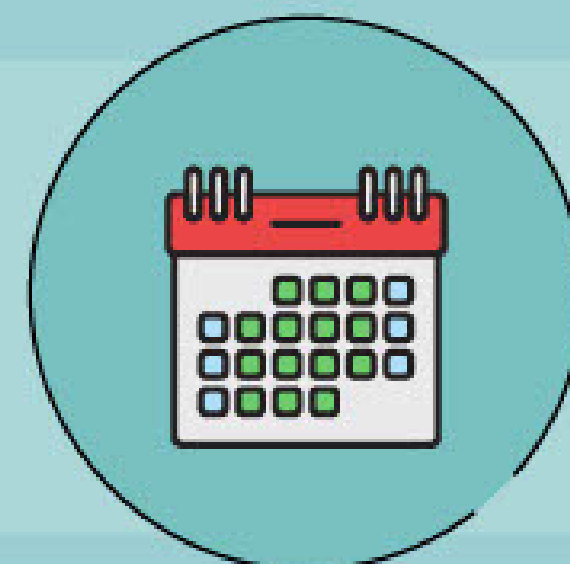
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Literacy

Grade Levels: Elementary



It is recommended to read at least 20 minutes per day to keep your reading skills sharp! Use this Reading Bingo card to help you reach your 20 minutes per day. Try to fill out the whole Bingo Card!

READING BINGO

Read to a pet or a stuffed animal	Read in bed before going to sleep	Read to a sibling or friend	Read to a family member over the phone or virtually	Read an autobiography about someone who inspires you
Read a comic strip	Read the rules of a sport you like and then practice it	Read outside on a bright day	Read for 15 minutes while standing up	Read a recipe for a fun new salad and try making it
Read the instructions for planting a seed and try growing it	Build a fort inside and read in it	 HEALTHY KIDS BRIGHT FUTURES St Luke's UNIVERSITY HEALTH NETWORK	Write your own short story	Read a poem
Read with a caregiver aloud (you read a paragraph, then they read a paragraph)	Write out the steps to making your favorite meal, then make it with your family	Read the instructions to a board game and play it	Read the Nutrition Facts Label on your favorite cereal box	Read for 15 minutes, then go for a walk for 15 minutes, then read again
Read a magazine article or book about the Lehigh Valley	Read aloud as you make different voices for each character	Read a book then draw a cover for it	Read the same book as a friend and talk about it with them	Read a recipe for vegetable soup and write a grocery list of what you need for it




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Nutrition

All Grade Levels

(Some activities may be for elementary-aged children)



When it comes to managing stress, there are countless factors that may come in to play. Eating a well-balanced diet is an excellent first step in mitigating stress. Each day make an effort to include at least five servings of colorful fruits and vegetables; make half your grains whole grains (think brown rice, oatmeal); include lean proteins (like fish and beans) and calcium-rich foods (think low-fat yogurt or tofu), and hydrate with plenty of fresh water. Cooking and meal planning doesn't have to be stressful, involve kids, turn on some music and bond while creating delicious meals together!

Oftentimes feelings of stress can lead to cravings for high sugar or high fat foods. It is important to be kind to yourself and enjoy the occasional treat in moderation as restricting oneself can lead to a binge later on. Avoid further stress by not associating negative words or feelings of guilt with certain foods. Remember that balance is key to a nutritious lifestyle!

Also be sure to get plenty of physical activity, at least 60 minutes per day for kids and 30 minutes per day for adults. Exercise can be a terrific stress-buster and release of mood boosting endorphins! Start your day with a 30 minute brisk walk, or calm your nerves at the end of the day with a 30 minute yoga session!

Check out this article from the Academy of Nutrition and Dietetics for key nutrients and foods to include during the winter months that may improve mood, lower stress, and benefit overall wellbeing.

<https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/winter-foods-for-kids>

Share this coloring sheet with your students, coloring can also be a mindful stress relieving activity!

<https://www.myplate.gov/sites/default/files/2020-12/Coloring%20Sheet.pdf>




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Recipe

All Grade Levels

Begin your day in a stress-free way by preparing a hearty and nutritious breakfast the night before! This overnight oatmeal from ChopChopMag.org offers satiating fiber from whole grains, antioxidant-rich berries, and muscle-building protein from milk, yogurt, and nuts. Fiber will help stabilize blood sugar thereby preventing any feelings of “hanger”. Probiotics, like those offered in yogurt, are suggested to help improve mood. Antioxidants play an important role in brain health. Have fun with this recipe and get creative with any swaps or add-in’s you like! Teachers, encourage kids to make breakfast part of their morning routine and remember that schools continue to offer free breakfast grab-and-go!

Any-Berry Overnight Oatmeal

Assemble this creamy oatmeal the night before you want to eat it. While you sleep, your refrigerator will do all the work for you! In the morning all you have to do is eat it.



PREP TIME
5 mins



TOTAL TIME
10 hrs



SERVINGS
1 Servings

KITCHEN GEAR

Measuring cups
Measuring spoons
Jar with tight-fitting lid

INGREDIENTS

1/3 cup old-fashioned or quick-cooking oats
1/3 cup plain yogurt
1/3 cup milk
2 tablespoons fresh or frozen, unsweetened blueberries, raspberries, blackberries, and/or sliced strawberries
4 toasted almonds, chopped
1/2 teaspoon honey or real maple syrup

INSTRUCTIONS

1. Put all the ingredients in the jar.
2. Screw the top on tightly and shake well.
3. Refrigerate overnight. Eat right out of the jar or put it in a bowl first.

NOTES

GET CREATIVE

- Try chopped mango or peach instead of berries.
- Try chopped toasted pecans instead of almonds.
- Add a pinch of ground cinnamon or 1/4 teaspoon vanilla extract.




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Mindfulness: Mindful Eating

All Grade Levels

Mindfulness is a strategy that can be implemented as a means of managing stress.

Mindful eating is the practice of consuming food in a non-judgmental manner and being fully present with your meal.

Before diving into your morning bowl of oatmeal, simply take notice and be aware of...

- ... your body's hunger cues (is your tummy grumbling, is your mouth salivating?)
- ... the aroma of the oatmeal (can you smell the maple syrup, the berries?)
- ... the appearance (have the oats turned color from the berries, does the honey glisten?)
- ... or give thanks to where your meal came from (did your dad grocery shop, did your grandma make your breakfast?)

As you begin to eat your breakfast, do so slowly perhaps putting the spoon down in between bites.

Limit distractions by silencing your phone, closing your work laptop, putting away homework, and muting the TV. Then as you take your first few bites of oatmeal take notice of...

- ... the texture (are the oats chewy or soft, are the almonds crunchy, do the blueberries "pop"?)
- ... the flavors (is the yogurt tangy, are the berries tart or sweet?)
- ... your body's hunger cues (is your body beginning to feel full and satisfied, or are you craving more?)

Try a mindful eating practice with your kids or students, start small with something as simple as a raisin or whatever snack kids have at home. Encourage their exploration of texture, taste, aroma, shape, color and have them expand their descriptive vocabulary as describe their food. Use caution and do not label children's snacks as "junk food" or "unhealthy" as this can cause undue stress and risk for eating disorders later on in life.




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Gardening

Grades 3-4

Gardening can be a fun and healthy activity to help lower stress. Check out [this complete lesson plan](#) from [KidsGardening.org](#) exploring the role of light in plant growth. The virtual curriculum resource also includes worksheets, hands-on experiments that kids can do from home, links to videos, reading materials, and more!

[This activity](#) offers wintery exploration of nature. Artistic endeavors, nature and time outdoors can also improve mood and lessen stress! So bundle up, get outside, and enjoy! Kids can also learn the habit of patience, responsibility, caring for the needs of others, and resilience through the act of gardening and tending to plants. Bonus points if they grow and eat their own vegetables!




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ALL GRADES!

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!



1. Allentown Campus
2. Anderson Campus
3. Bethlehem Campus
4. Miners Campus
5. Monroe Campus
6. Quakertown Campus
7. Warren Campus
8. Leighton Campus
9. Sacred Heart Campus
10. Upper Bucks Campus
11. Geisinger St. Luke's

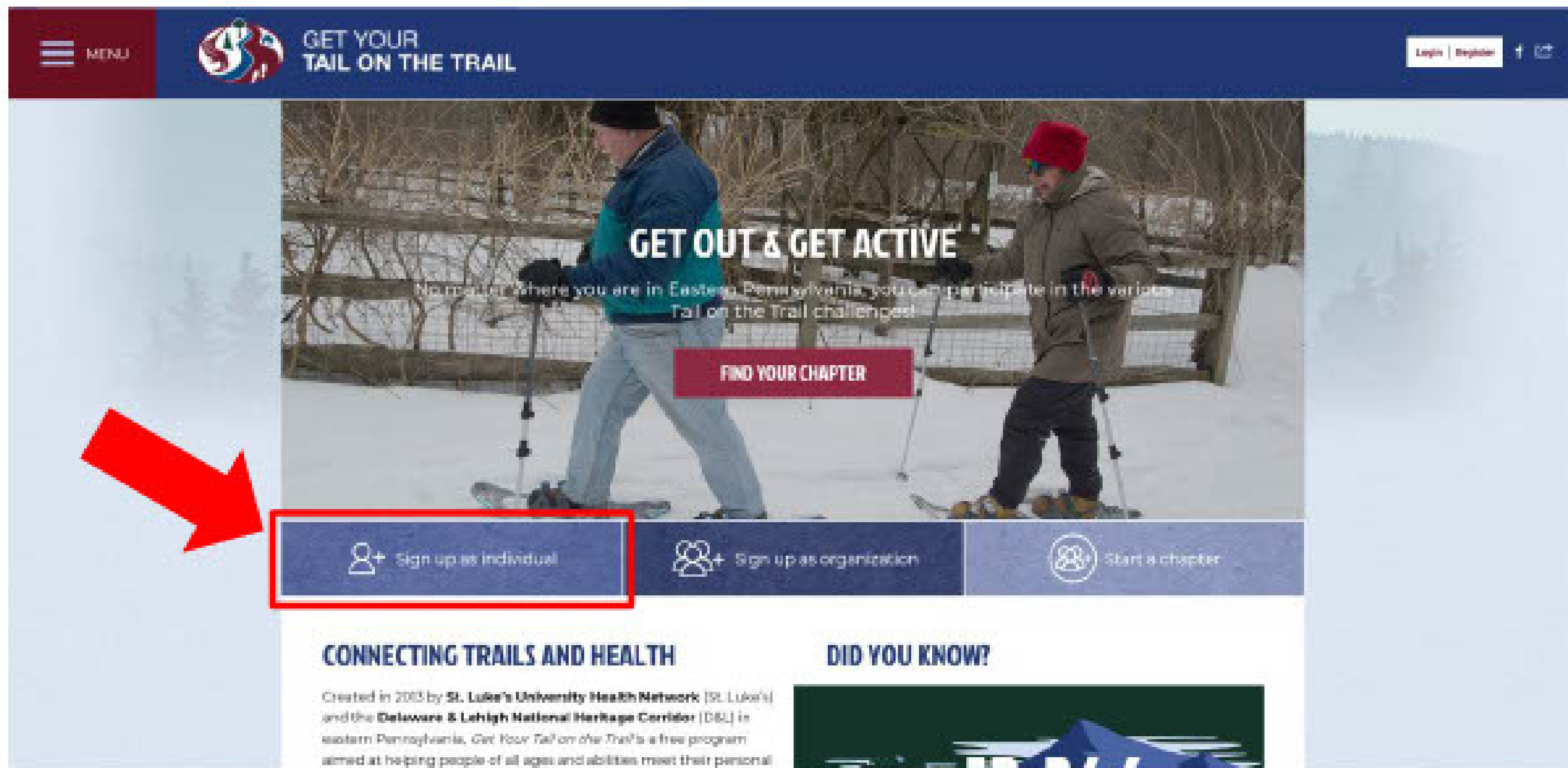
— D&L TRAIL

The Delaware & Lehigh National Heritage Corridor was established in 1988 to preserve the pathway that carried anthracite coal from mine to market. Today the 165-mile D&L Trail connects people to opportunities to health and wellness, nature, our industrial heritage and economic revitalization.

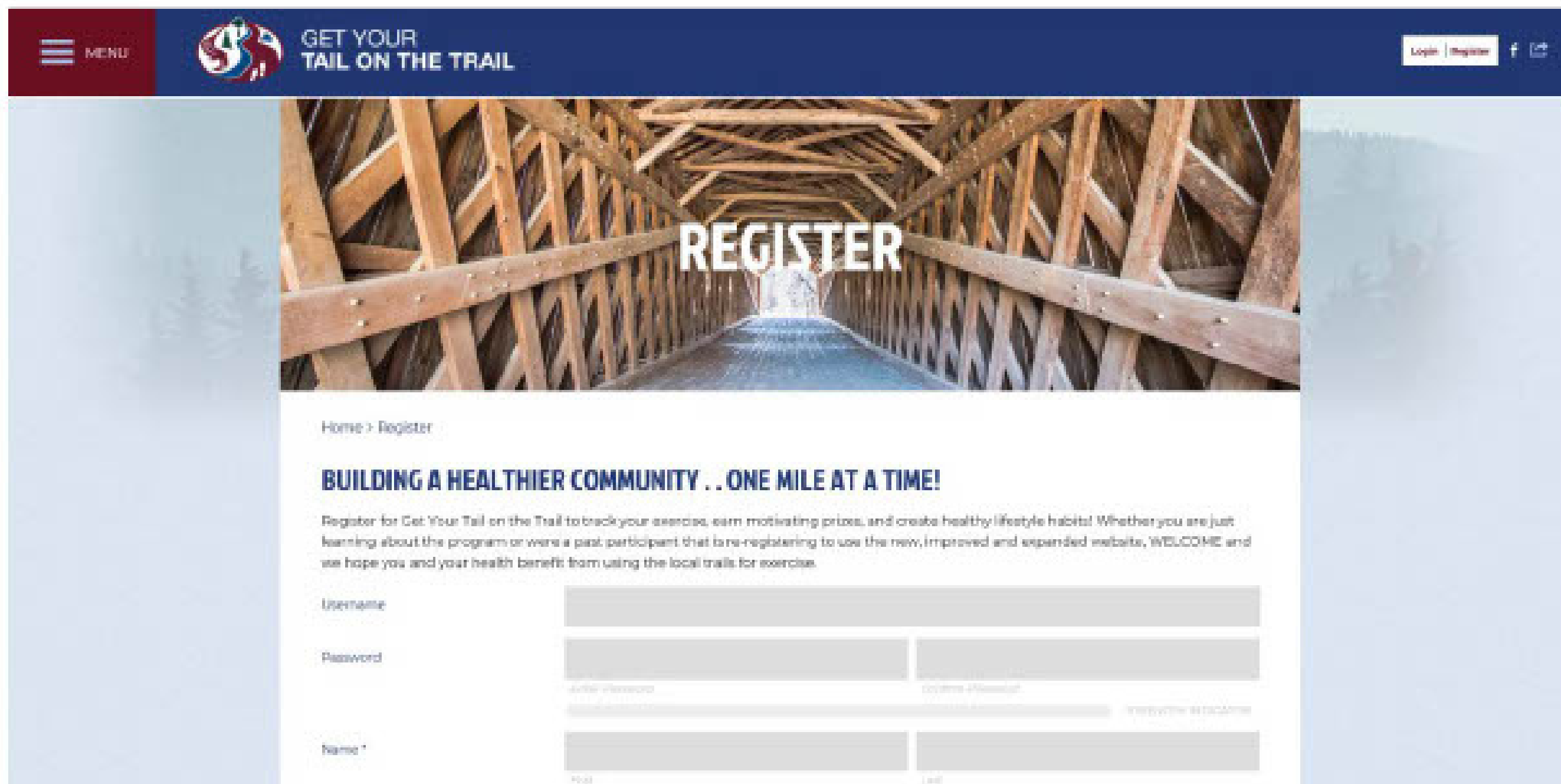


School Based Tail on the Trail Sign-Up Instructions

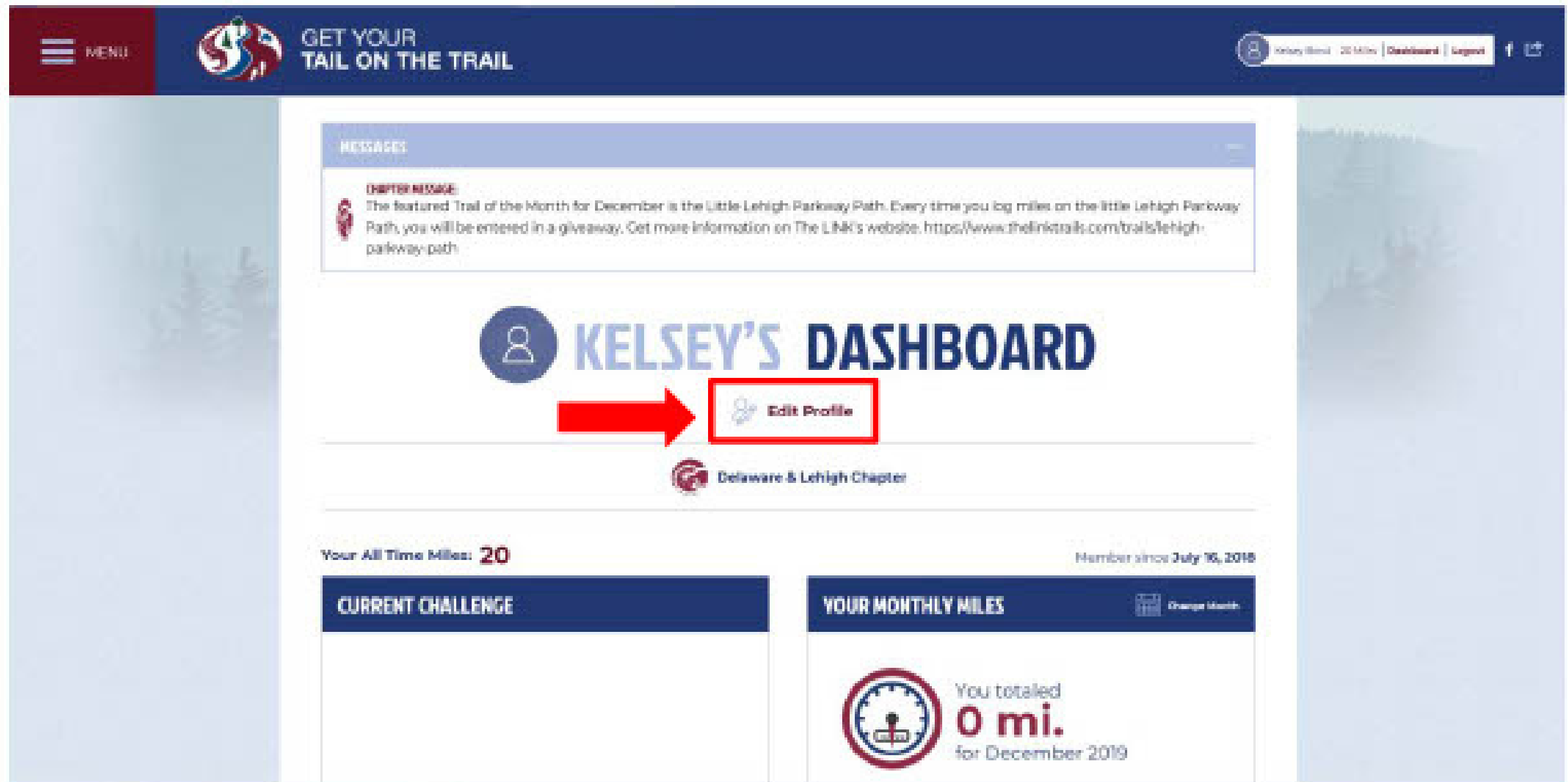
1. Go to www.tailonthetrail.org
2. Click "Sign up as individual" on the homepage



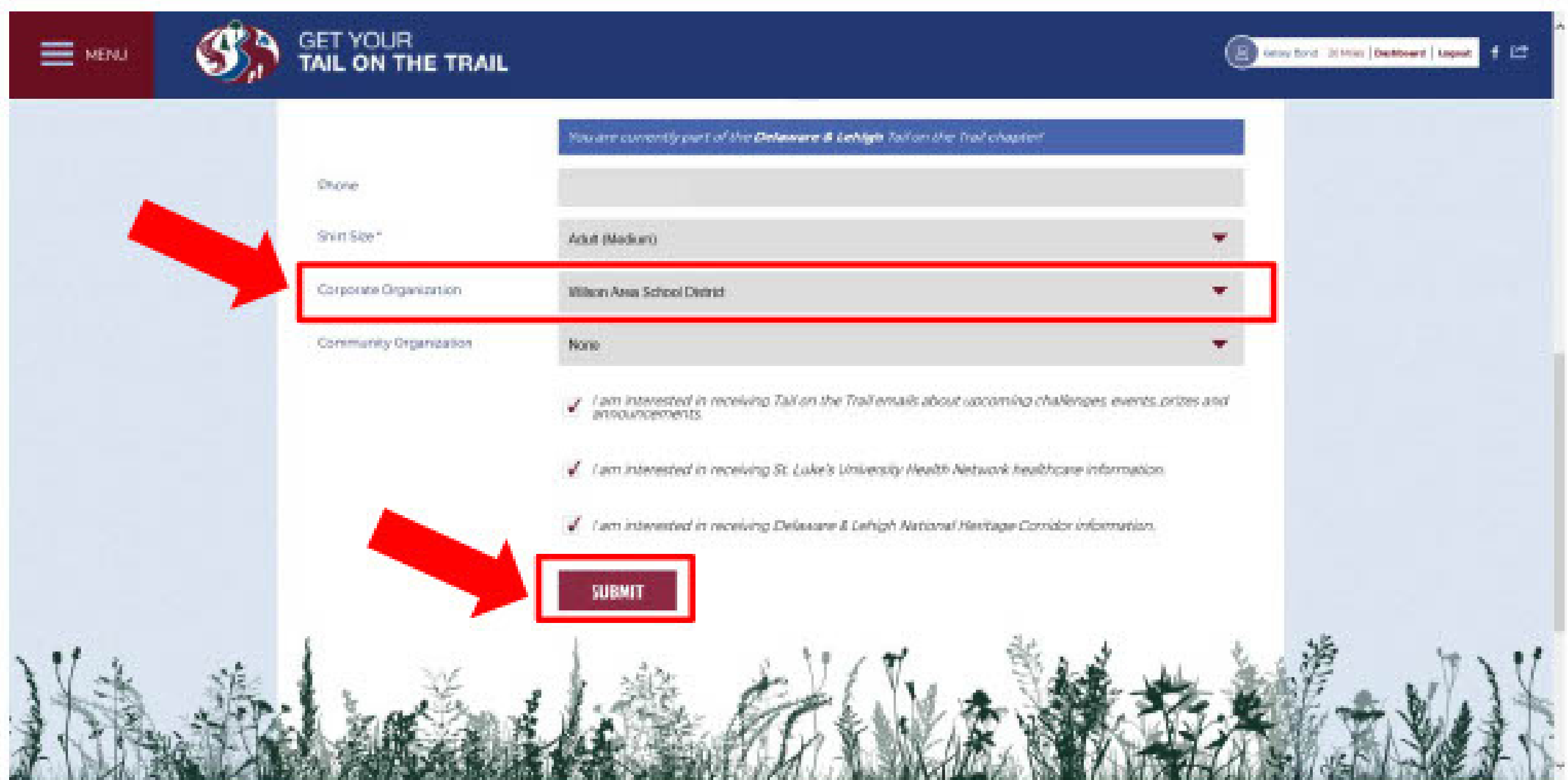
3. Fill out the Registration form



- Once you've created your account and are logged in, you should be located on the "Dashboard" page. From this page, click "Edit Profile"



- Once you click "Edit Profile", scroll down to the section titled "Corporate Organization". Click the drop down and select your school district. Click "Submit" to save all changes.



Thank you for signing up for Get Your Tail on the Trail! If you have any questions or need help signing up, please reach out to Kelsey Bond at Kelsey.Gasper@sluhn.org.

My Weekly Healthy Living Tracker

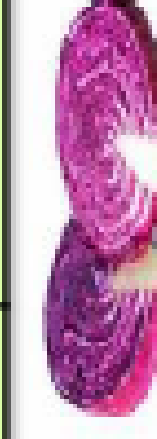
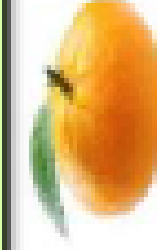
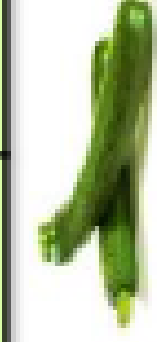
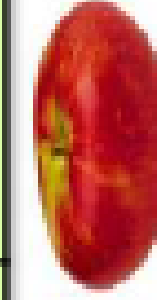
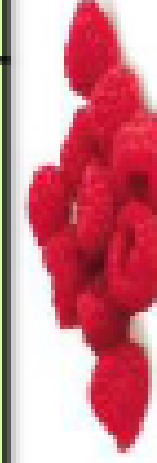
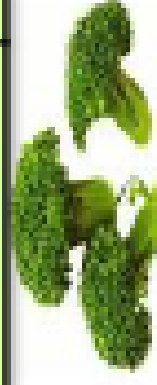
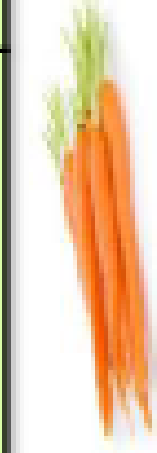
Name: _____ Week of: _____

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: _____

Additional Resources

St. Luke's Well Now:

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:

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

St. Luke's Facebook Page:

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



Walk with a Doc/Walk with a Tot:

Walk with a Doc and Walk with a Tot are walking programs through St. Luke's 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! Check out this Walk with a Tot on the Flu Vaccination from Dr. Elyse Jones and Sue Sutter, CRNP from St. Luke's Pediatrics: <https://vimeo.com/478151124>

