

SPECIAL TOPIC: HEART HEALTH

HEALTHY NEIGHBORS

VOLUME 5, NUMBER 1

Healthy NewsWorks Community Edition

SPRING 2018

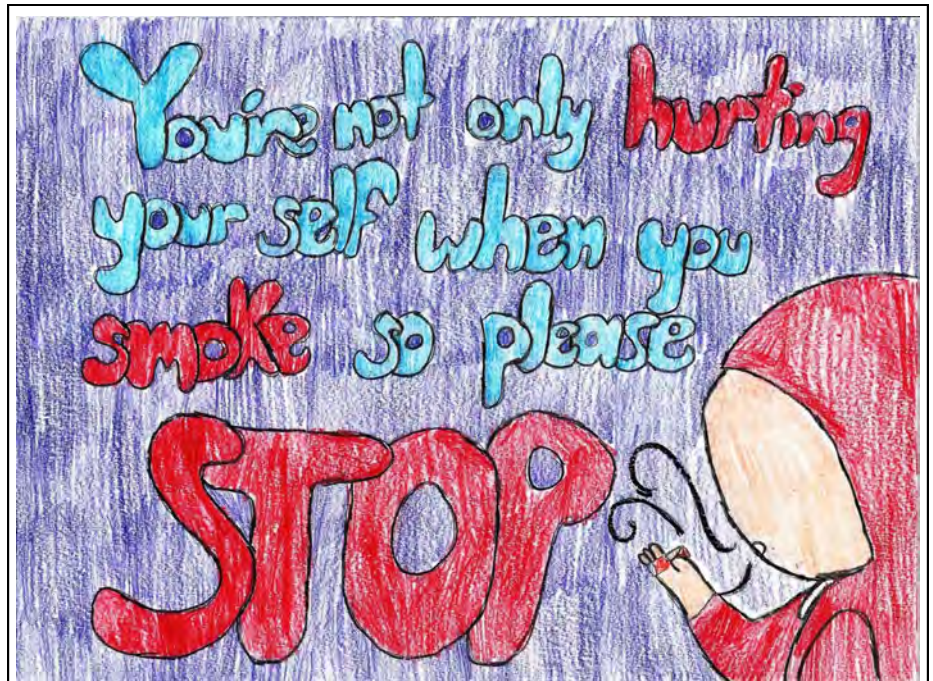
Put down your phone, get moving

Are you moving around? Do you jump rope? Do you play tag, hopscotch, or hide and seek? Shoot hoops?

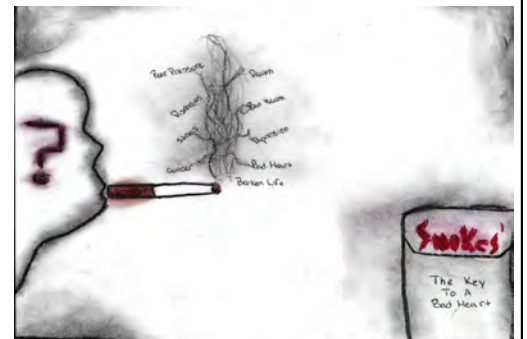
Did you know that spending too much time sitting around playing video games and using your phone may have harmful effects on your heart health? You need to get moving if you want a healthy heart, according to the American Heart Association.

Dr. Deborah Rohm Young, author of a 2016 scientific statement for the heart association, says that prolonged periods of inactivity, or *sedentary* behavior, could have negative effects on your heart and blood vessels, even if you are physically active.

(Please see *Being* on Page 6)



The illustrations on this page were among school winners in the Healthy NewsWorks Heart Health Poster Contest this year. The picture above was created by Iman Renee McCall at AMY Northwest and the illustration on the right was drawn by Khamari Richet at East Norriton Middle School.



Articles promote heart-healthy habits

The Healthy NewsWorks student media program is proud to publish this special community edition focused on heart health.

Healthy Neighbors has been written and illustrated by students in elementary and middle schools in Norristown and Philadelphia. The authors belong to their schools' health newspapers where they learn to research, report, and write accurate stories about health-related topics for their peers, teachers, and family members.

Healthy Neighbors is made possible through generous support from Quest Diagnostics, Einstein Healthcare Network, The Healthcare Improvement Foundation, the Pennsylvania Health Literacy Coalition, and The Edna G. Kynett Memorial Foundation, among other supporters.

The articles in this special edition appeared this year in a Healthy NewsWorks school. Copies are being distributed to encourage wider discussions about heart health.

Test your skills with these games

Editor's Note: The Healthy NewsWorks website features a number of games to sharpen kids' reporting and research skills and to increase their health knowledge. Read what the reporters thought about a few of the games. Try them yourself. They are free!

Wheel Spin

How the game works: To play the Wheel Spin game you press the spin button and the arrow moves. A stop button makes the arrow stop. Then the game will ask you a question so you can get points if you get the answer right. There are 10 questions.

What you learn: The game teaches children about using websites and how to tell whether they are safe to use.

My opinion: I liked the game because it quizzes you like you're at a game show. Also, it helps you get information about what websites you should use. I also liked the intro theme song. I think people who are 8 to 10 years old who enjoy playing cyber games or like to learn about websites would like the game because they could learn more.

—By *Leidan Martin-Johnson*,
Whitehall Healthy Reporter

Word Guess

How the game works: To play the "Word Guess" game you have to use the clues to figure out a word.

What you learn: You learn a lot of facts about health. For example, one clue is "You can't live more than a few days without it." The answer is water.

My opinion: I liked it because it taught me a few words such as what a stroke is and what aerobic means. I think people who are 8 years old and older would enjoy "Word Guess" because it uses clues to help figure out words.

—By *Jordan Chhay*,
Whitehall Healthy Reporter

Gridlock

How the game works: You choose a game piece on the first screen. There are four vehicles you can drive. Then your game piece appears on a map. You get a question, like "If you don't drink enough water you can become. . ." and it lists four answers. If you get the right answer, your game piece moves along the road toward a star. Once you get to the star, you've finished the game. It also times you so you can beat your score next time you play.



Illustration by Stella Menzies, *East Norriton Bulldog Bulletin*

Check out the book, *Leading Healthy Change In Our Communities 2018*, at HealthyNewsWorks.org. The book features 16 leaders who are making communities healthier and safer for children and families.

What you learn: The game teaches you about how much water you should drink, how much you should sleep, healthy drinks that give you energy, and ways to build strong bones.

Our opinion: We liked the game because you could drive a vehicle while learning health facts. It was fun. —By *James Brown, Julianna Carrasquillo, and Kiany Varela, La Salle Academy Healthy News*

Nutrition Mission

How the game works: "Nutrition Mission" shows you 15 sentences. The sentence is a clue to a word which has scrambled letters. You have to type in the word you think is correct.

What you learn: You learn about nutrition. One example is, "A guide to eating healthy based on five food groups" and "Y-L-M-P-T-A-E." The answer would be, "MyPlate," the basic guide with five food groups that helps keep you on track with your diet.

My opinion: I really enjoyed this game because it's tricky and hard. It makes you think two things, "What's the answer?" and "How do you spell said answer?" I would definitely recommend this game because it teaches you a lot about nutrition

—By *Ivy Jenkins, James Dobson Fit Fin*

Answers to Page 4 heartbeat quiz

1. An elephant's heart beats 25 to 35 times a minute.
2. A dog's heart beats 70 to 120 times a minute.
3. A monkey's heart beats 160 to 300 times a minute.
4. A chicken's heart beats 250 to 300 times a minute.
5. A hamster's heart beats 300 to 600 times a minute.

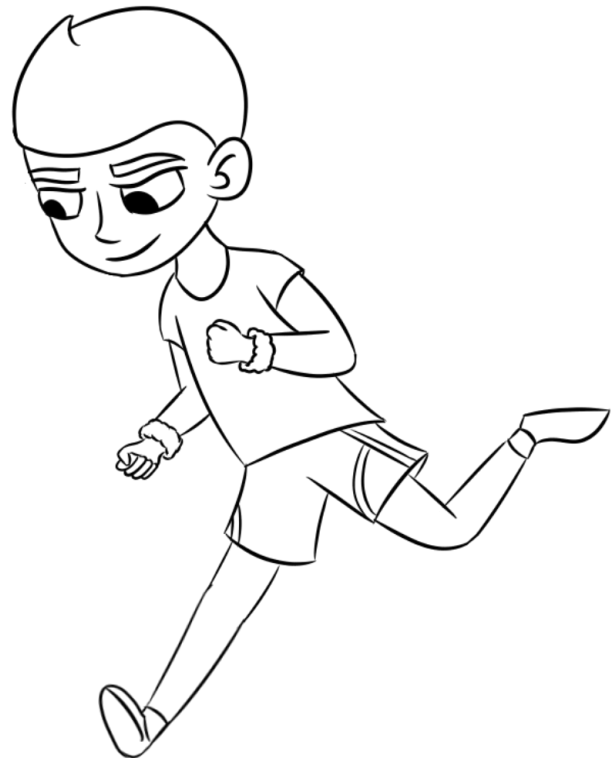
Hearty Kids

Running is good for your heart

Your heart is a muscle and it needs exercise to be strong. Running is one heart-healthy exercise. Playing soccer, swimming, bicycling, and jumping rope are good for your heart too. What is your favorite heart-healthy exercise?

Health experts say you can tell whether you are getting a heart-healthy workout when: 1. You are breathing hard. 2. You are sweating. 3. Your heart is beating quickly.

Color these heart-healthy activities.



Illustrations by Andrea Ritter, Norristown Area High School

Five tips to take care of your heart

Doctors and other health experts say you can help your heart stay healthy.

Here are five things you can do:

1. Exercise every day.

2. Eat fruits.

3. Eat vegetables.

4. Get enough sleep.

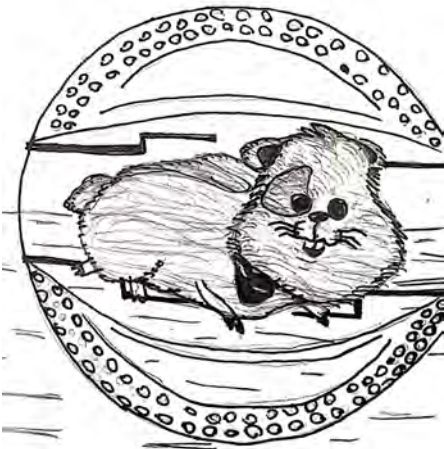
5. Drink water.

Animals have different heart rates

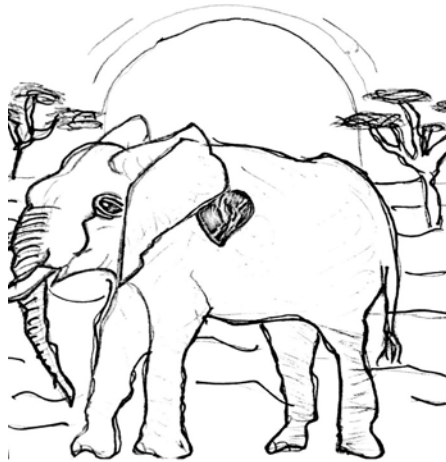
Animals' hearts beat at different speeds. The hearts of large animals beat more slowly than the hearts of small animals.

When a horse is resting, its heart will beat every minute about 28 to 40 times. A 6-year-old child's heart beats about 75 to 115 times a minute.

Sources: *MedlinePlus.gov* and *Merckvetmanual.com*



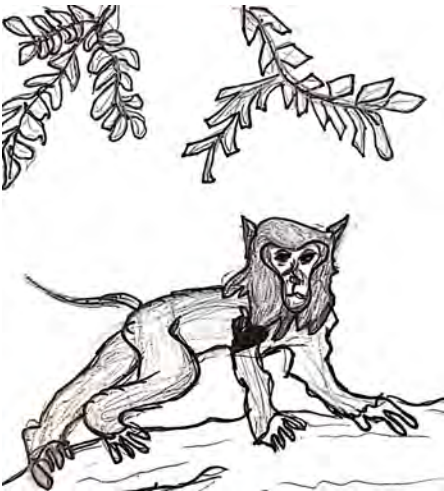
Hamster



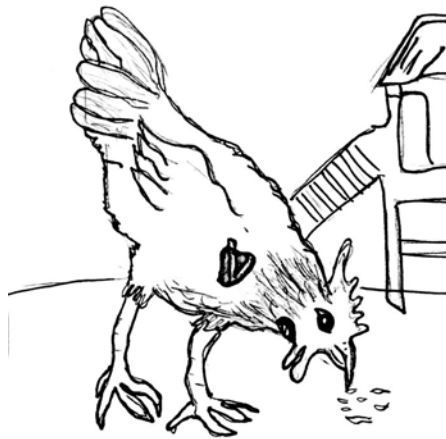
Elephant



Dog



Monkey



Chicken

Illustrations by
 Dominic Rivera,
 St. Veronica
 Healthy Hero
 senior reporter

Match the heart rate to the animals in these pictures!

1. (Slowest) My heart beats 25 to 35 times a minute. I am an _____
2. (Slower) My heart beats 70 to 120 times a minute. I am a _____
3. (Medium) My heart beats 160 to 300 times a minute. I am a _____
4. (Faster) My heart beats 250 to 300 times a minute. I am a _____
5. (Fastest) My heart beats 300 to 600 times a minute. I am a _____

Healthy kabobs get thumbs up!

Cole Manor Healthy Comet reporters prepared and tasted a healthy kabob, thanks to a visit from Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist. The ingredients used for the kabob were grapes, low-fat mozzarella cheese, and a cucumber.



The verdict: The kabob was a good, tasty snack.

"I would recommend the snack because I think that other people would like it," said Brandon, a reporter.

"People would like it because it has popular fruits and vegetables," Brandon added.

The kabob was also a hit because it felt good in the mouth, according to the reporters. "I thought eating cheese with another food was good because I liked how it went from creamy to juicy," Brandon said.

Hannah, another reporter, described the kabob as having a lot of flavor, being colorful, smelling like "deliciousness," and being sweet and inviting.

"Eating cheese with cucumbers and grapes was pretty good," Hannah said.

Ms. Deahl-Greenlaw said it was important to choose healthy snacks.

Some foods have little saturated fat and others have much more, she said. Saturated fat is a type of fat that is not good for your heart, according to Ms. Deahl-Greenlaw.

"Low-fat and fat-free dairy products like fat-free, low-fat milk and cheese have less or no saturated fat," she said.

Eating low-fat cheese can be important because it contains calcium, which helps your teeth and bones, according to Ms. Deahl-Greenlaw.

Low-fat and fat-free dairy foods also contain potassium, which is a mineral and may help maintain healthy blood pressure, Ms. Deahl-Greenlaw added.

Hannah and Brandon said that they would recommend adding other foods to the kabob, including bananas, apples, carrots, strawberries, and celery.

—By Cole Manor Healthy Comet staff

Check out these healthy snack recipes

Editor's Note: Amy Deahl-Greenlaw, a registered dietitian nutritionist, says you can have a delicious snack that is healthy for your heart. Here are some of her tips followed by a few suggested recipes.

- Eat plenty of fruits and vegetables to keep your heart healthy.
- Aim for 2 cups of fruit and 3 cups of vegetables every day.
- Think of snack time as the perfect time for fruits and vegetables.
- Choose low-fat dairy foods for heart health.

Fruit, vegetables, and low-fat cheese kabob

Kabobs are food on a stick. Low-fat cheese, fruit, and vegetables create a salty, sweet, and crunchy snack. Ms. Amy says low-fat dairy foods like low-fat cheese, low-fat milk, and low-fat yogurt are heart-healthy.

Makes: 1 serving

Ingredients

1 low-fat mozzarella cheese stick (cut into 4 pieces)
2 grapes (or any favorite fruit piece)
2 cucumber slices (or any favorite vegetable piece)
Thin beverage-stirring straws or toothpicks

Directions

1. Jab a piece of cheese with the skewer and push it onto the skewer.
2. Repeat this with fruit and vegetable pieces. Enjoy!

Applesauce with raisins and cinnamon

Ms. Amy says apples are naturally sweet so **buy unsweetened or natural applesauce**. Avoid "Homestyle," "Original," or flavored varieties. They add extra sugar, Ms. Amy says.

Makes: 1 serving

Ingredients

½ cup unsweetened or natural applesauce
2 tablespoons raisins (or one mini-box ½ ounce)
Cinnamon (sprinkle to taste)

Directions

1. Add raisins and cinnamon to applesauce.
2. Stir and enjoy!

Fruit Fizzie

Fruit Fizzies are a healthy alternative to soda. Use unsweetened seltzer water plus your favorite 100% juice. Drinking a Fruit Fizzie is a great way to get the water your body needs, Ms. Amy says.

Makes: 1 serving

Ingredients

8 or more oz. seltzer water
Splash of 100% juice

Directions

1. Add a splash of your favorite 100% juice to seltzer water. Enjoy!

Heart doctor shares his story at AMY

A highly regarded cardiologist recently traveled from New York City to AMY Northwest for an interview with the *Healthy Bulldog* staff that will be published as an article in the book, *Leading Healthy Change In Our Communities 2018*.

During his career, Dr. Luther T. Clark has taken care of many patients with heart disease, trained medical students, conducted scientific research, and served as chief of cardiovascular medicine at a major medical center in New York.

In the *Healthy Bulldog* press conference, Dr. Clark said the heart is an important and fascinating organ. “Taking care of the heart never starts too early,” he said. “You should start now. It is a lifelong process.”

Dr. Clark listed several actions that can help take care of the heart. He encouraged students to get off their iPhone and electronics. Don't smoke. Eat nutritious food.

Dr. Clark faced challenges to become a doctor. When he started college at Harvard, he said some

people looked down on him. He had been a good student, but didn't have all the educational opportunities that many of his peers had, he said.

“Overcoming that forced me to work harder,” he said. He gained confidence. He said “follow your dreams and never doubt your dreams.”



Dr. Clark now works at Merck, a pharmaceutical company that seeks to discover and develop breakthrough medicines. Before medicines can be used by patients, they need to be tested to make sure they're safe and to determine the most effective dosage. Dr. Clark works in Merck's office of the Chief Medical Officer. He helps patients express their needs and concerns to the company.

He also has been a leader in the Association of Black Cardiologists. The group promotes “the prevention and treatment of cardiovascular disease, including stroke, in Blacks and other minorities” to eliminate inequalities in care.

—By Amy Northwest Healthy Bulldog staff

Being active is healthy for your heart

(Continued from Page 1)

Although scientists do not yet know exactly how much sitting time can be harmful to your health, the American Heart Association strongly suggests that people “sit less and move more.” Experts recommend getting at least 60 minutes of daily physical activity.

So why is physical activity important? Getting enough exercise makes a person's body produce endorphins, which are “feel-good” chemicals that boost a person's mood, according to Girlshealth.gov.

In addition, the website says that regular physical activity improves the quality of sleep, reduces symptoms of anxiety and depression, and increases self-esteem – all which support a happier heart.

Moreover, routine physical activity helps the body in many ways, according to the [Girlshealth](http://Girlshealth.gov) website.

Exercise can help people:

- Help prevent high blood pressure.
- Build strong bones.
- Maintain a healthy body weight.
- Avoid one type of diabetes.

What are some fun ways to get physical activity during the winter months when it's too cold to go out? Girlshealth.gov says you can pump up some music and dance, walk up and down stairs, jump rope, take up yoga, march in place, or get moving with an online exercise program.

—By St. Martin de Porres Healthy Saint staff

Healthy NewsWorks is grateful to all its individual, corporate, foundation, and community supporters. We'd like to recognize Quest Diagnostics, our Community Wellness Partner; and Einstein Healthcare Network, our Community Healthcare Champion.



We also extend our thanks to:



Special thanks to the Edna G. Kynett Memorial Foundation for its support of Healthy NewsWorks' Hearty Kids Initiative.

A Healthy NewsWorks® project • HealthyNewsWorks.org
The Healthy NewsWorks student media program addresses significant gaps in children's literacy and health understanding. In 2017-18, 350 students ages 8 to 14 were health reporters in 14 schools in the Philadelphia area. This document is protected by applicable law. All rights reserved.