



Lifestyle Today

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Children's Health

When does taking care of our health begins? At what period of life? Preventive health care should start even before conception, in order to give birth to a healthy child, and from then on continue with lifestyle choices inculcated by the parents.

Choices start at a young age, in fact a normal person makes an average of at least 200 decisions on food alone, and each decision

will have a consequence either positive or negative depending on the choice made.



Sometimes it is very hard to undo what the person has been doing for the last 10-20 years of his life; hence we need to start putting in our children's minds the power of positive lifestyle choices!

“Over-tiredness in childhood directly predicted higher alcohol use and alcohol-related problems in young adulthood”

Childhood Sleep Related to Substance Abuse Years later

The frontal lobes of the brain is where we make all our decisions. Neuroscientists refer to these decision-making processes as “executive functions”. We may not be executives at a global corporation, but our personal success in life definitely depends on the quality of our daily decisions.

One of these executive functions is called response inhibition. This is our ability to say “No” to inappropriate actions that might interfere with our goals. Think of it like this: a young person sets the goal of finishing college. But if , when they find themselves surrounded by alcohol or drugs

they just can't seem to say “No, thanks”, then being drunk and high will have a negative impact on their grades.

But what about the things we do now that don't seem to have any bad effects? Could our choices today influence our response inhibition years later?

Scientists at Idaho State University carried out a fascinating study examining over-tiredness in children and its impact on them years later. The study followed almost 400 high risk boys and girls from childhood to young adulthood.

Kids who had sleep problems as children were twice as likely to have sleep problems in adoles-

cence. Over-tiredness in childhood directly predicted higher alcohol use and alcohol-related problems in young adulthood. Lack of sleep for kids and teens also increased the rate of negative drug use when they grew up. It is possible that irregular schedules, combined with watching TV and playing video or computer games, are robbing children of the sleep they need and setting them up for substance abuse later on? Something to think about. Let your children and yourself as well, have a good night sleep every night!

Children Learn what they Live

If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with ridicule, they learn to be shy.

If children live with shame, they learn to feel guilty.

If children live with tolerance, they learn to be patient.

If children live with encouragement, they learn confidence.

If children live with praise, they learn to appreciate.

If children live with fairness, they learn justice.

If children live with security, they learn to have faith.

If children live with approval, they learn to like themselves.

If children live with acceptance and friendship, they learn to find love in the world.

Dorothy Law Nolte

Children's Nutrition

Since the beginning of time, God gave the best and ideal food for humans, and it all starts at the beginning of the human life cycle.

- **Newborn:**

The first food to be given to the newborn is Breast milk which is perfect for human babies just as cow's milk is good for calves and not viceversa.

Some of the values of breast milk are:

- Non-allergenic
- Fresh and free of contaminating bacteria
- Easily digestible
- Filled with immunological factors such as: bacterial and viral antibodies which prevent microorganisms from adhering to the intestinal wall.

The ideal period for breastfeeding the newborn should be 6 months exclusively, this is the best recommendation as early introduction of solid foods carries the risk for food allergies,

After the breastfeeding period, solid food should be introduced carefully in order to try for readiness and tolerance. Here is a suggested schedule for introduction of solid foods:

- **6-8 months:** introduce cereals (Brown rice, oats, and barley), then fruits and vegetables, all these in a pureed form. Ideally each food is introduced one by one to rule out any intolerance or allergies that could be caused by any food.

- **8-10 months:** Introduction of beans, peas, lentils

- **10-12 months:** introduction of bite size of lean meat and egg.

- **Toodler years (12-30**

months): A challenging age as the appetite of the kid tends to decrease, becomes more active and starts to demand independence. However it is also a good age to mold

and cultivate healthy eating habits because at this age they become great imitators of their

role models, which is why it is extremely important the example set by the parents. Also you may consider to give smaller, more frequent meals in order for them to get the good nutrition needed. Include a balance and complete meal all the time rather than feeding the child with unhealthy snacks that will be of no benefit for their growth.

- **Preschool years (2-5 years):** The youngster becomes more increasingly involved in family life. This should give an opportunity for the parents to teach and encourage the child to make smart food choices through active hands-on participation in the selection and preparation of foods. This phase is also the beginning of the great influence of television and other advertising on food choices.

However family choices and attitudes will have a greater impact on the child that will overcome the outside poor advice.

Important principles to follow:

1. Communicate, demonstrate and establish healthy eating patterns.
2. Be consistent and firm
3. Do not use food as a reward for good deeds. This may promote obesity. And also do not withhold food as a punishment.
4. Make mealtimes a pleasant, quality time for the family.

5. Say grace and teach children to appreciate God's blessings

All these patterns taught to the child at an early stage of life will set the lifestyle choices that he/she will make as they move to new life phases such as school and teen years.

Remember: firmness and consistent reinforcement of established principles in the home must never be relaxed if you want your child to grow up healthy.



Tips for Raising Healthy Kids

1. **Provide Emotional Support:** Children need love of family and friends. Communicate daily with your children, regularly listening and talking to them about making positive choices and resisting dangerous habits such as smoking and drinking alcohol or taking drugs. Avoid negative comments about their body that will only contribute to feelings of guilt. Instead, help them to set goals towards a healthier lifestyle and praise them when they participate in active games.



2. **Use Logic:** In order to help children to take care of themselves they have to understand why healthy lifestyle is important, when they ask questions like "what's wrong with eating potato chips?" Parents should use those opportunities to logically help kids understand health principles.
3. **Be a good role model:** Children watch parents in all areas, including their health habits. Children need to see you model responsible behaviors. If you eat a lot of snacks, spend lots of time watching TV instead of exercising your kids might end up doing the same. Remember teaching is most effective when it is coupled with modeling.
4. **Use affirmative discipline:** It is up to the parents to set nutritional goals at home. For example it can be established that the family must eat 2 types of vegetables for lunch and dinner and if that is accomplished the family can have a small healthy treat as dessert. Don't be afraid to set clear boundaries. Be consistent and firm, but always avoid ridicule and punishment if a poor choice is made, instead encourage them and use reasoning to cheer to make good choices next time.

5. **Help children to make healthy decisions:**

Part of parents' role is to help children learn how to make safe and healthy choices, such as wearing seat belts, brushing their teeth, washing their hands, eating nutritious food and forming healthy relationships. The approach to teaching will vary depending on the child's age. If the child is toddler or preschooler you can start by offering a variety of healthy foods and guiding them on how much of each they need to eat. For older children, you can

take them to the grocery store and get them actively involved to choose the right kinds of foods.

6. **Encourage physical activity:** It is well known that children watch too much TV and remain inactive by doing so. To change this pattern, parents should limit and/or schedule TV watching, computer use, substituting the rest of the leisure time with outdoors activities, like riding bike and play games. Another meaningful activity could be to find creative ways to do things as a family, from household chores, family's day outdoor or community service activities, with this children will learn the importance of both activity and service.





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Coronary Health Improvement Project

Do you suffer from any of the following: high cholesterol, heart disease, diabetes, arthritic pain, osteoporosis, obesity?

NOW HERE IS A PROGRAM TO HELP YOU REVERSE ALL THESE!

Take Control Program By :Rose Solano

From July 31st to September 5th a group of 14 participants set their minds and were ready to become “the biggest losers” of PJ. The name of the program was Take Control as the program’s objective was to educate the participants in order for them to take control of their health and in particular to lose weight and to reduce or reverse their hypertension (for those that had the hypertensive condition).

The program started with a health screening for BMI, body fat and blood pressure, then the participants went through a six weeks two times-a-week sessions of educational lectures, cooking classes and exercise sessions accompanied by group support which made the whole experience more fun and interesting.

After six weeks, it was time for the final weigh in. All the effort and dedication from the participants paid off, with great joy all 14 of them had lost weight, the highest being Mrs. Jessica Thai losing a total of 10kg and win-

ning the grand prize for being the biggest loser of the program.

The program culminated with a dinner where all the participants had the opportunity to enjoy the delights of vegetarian food catered by the ACC Lifestyle Café in celebration to the effort and achievements over the past 6 weeks.



Some of these participants along with new comers saw the effects of education and group support on lifestyle choices, decided to take it to another level and have registered to our newly launched Coronary Health Improvement Project also known as CHIP program. This is a certified US program designed to reverse health conditions

such as Hypertension, Diabetes, Obesity, Osteoporosis, among others. It is indeed with gladness that this programs are conducted as it can make a difference in a person’s life.

If you want to know more about weight management or CHIP Program call us now! 03-92834414