

Human Behavior

Associates

Treating People Right

July 2010

Special Points of Interest:

- Children and Fitness
- Alcohol Consumption and the Elderly
- Ice Cream Headaches
- Swim Safety

Children and Fitness

For many children, biking to the playground and playing kickball in the backyard have given way to watching television, playing video games and spending hours online. But it is never too late to get your kids off the couch. Use these simple tips to give your children a lifelong appreciation for activities that strengthen their bodies.

Set a good example, if you want active kids, be active yourself. Go for a brisk walk, ride your bike or spend some time gardening. Kids ages 6 to 17 years old



If you want active children then be active yourself.

need at least an hour a day of such moderate activities. It is also recommended that three or more days a week should include more aerobic activities such as running, swimming, jumping rope etc. Adults need at least 2.5 hours a week of moderate intensity exercise or 75

minutes of vigorous aerobic activities.

Talk about physical activity as an opportunity to take care of your body, rather than a punishment or a chore. Praise, reward and encourage activity. Set goals and have everyone track their activities and progress. A surefire way to increase your children's activity levels is to limit the number of hours they are allowed to watch television each day. You might limit screen time including television, video games and computer time. The American Academy of



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Alcohol Consumption and the Elderly

Alcohol problems often go unrecognized in the older adult population. We fail to identify them for a variety of complex reasons including: ageism, a complicated health picture, normal changes related to aging, confusion about what an alcohol prob-

lem looks like in an older adult, time constraints, fear and failure to attend to the lives of older adults in general.

If you are older than 60 and you have a couple of drinks when you go out to eat, you

may want to take some extra time before getting into the car and driving home. Moderate amounts of alcohol impair older adults more than younger drinkers. It may be because alcohol is metabolized and removed from the body dif-



Incorporating physical activity, sets a foundation for a lifetime of fitness and good health

Continued~ Children and Fitness

Pediatrics recommends no more than one to two hours a day. Don't forget about text messaging or chatting on the phone. If your children play video games look for those that require movement. Activity oriented video games, such as dance video games and video games that use a player's physical movements to control what happens on the screen, will

boost a child's calorie burning power. Establish a routine by setting a specific time aside each day for physical activity. Start small, gradually adding new activities to the routine as you and your children become more fit. As a parent, it is important to promote "activity" not exercise. Play catch get the whole family involved in a game of tag or have jump-rope contest.

Try classic movement games such as Simon says or red light, green light. If you can't recall the rules then make up your own. Put your children in charge, let each child take a turn choosing the activity of the day or week. Batting cages, bowling and neighborhood play areas all count. What matters is that you are doing something active.

Ice Cream Headaches

Headaches attributed to ingestion or inhalation of a cold stimulus or "Ice cream headaches are brief, stabbing headaches" that can happen when you eat or drink something cold. Ice pops, slushy frozen drinks, ice cream and other cold foods



and drinks can have the same "brain freeze" effect.

The good news is, most ice cream headaches are gone in the time it would take to say their medical name. The symptoms for this type of headache include,

- Sharp, stabbing pain in the forehead
 - Pain that peaks for about 30 to 60 seconds after it begins
 - Pain that rarely lasts longer than five minutes.
- Scientists are still unsure about the exact mechanism

Continued~ **Alcohol Consumption and the Elderly**

ferently once you are older, but even moderate amounts of alcohol can cause measurable impairment for those over age 60. The recommended level for 60+ persons are:

- No more than one drink per day or seven drinks per week
- Maximum of two drinks on any

drinking occasion

- Somewhat lower levels for older women

In acute-care hospitals rates of alcohol-related admissions for the elderly are similar to those for heart attacks. The prevalence of problem drinking in nursing

homes is as high as 49 percent in some studies. Late-onset alcohol problems also occur in some retirement communities, where drinking at social gatherings is often the norm. If you suspect your loved one to have an alcohol problem, ask them these following ques-

Swim Safety

A swimming pool can be very dangerous for children. Help protect your children from drowning by doing the following:

- Never leave your children alone in or near the pool, even for a moment. An adult who knows CPR should actively supervise children at all times.
- Practice touch supervision

with children younger than 5 years. This means that the adult is within an arm's length of the child at all times.

- Keep rescue equipment (such as a shepherd's hook or life preserver) and a telephone by the pool.
- Do not use air-filled "swimming aids" as a substitute for approved life

vests.

- Remove all toys from the pool after use so children aren't tempted to reach for them.

- After the children are done swimming, secure the pool so they can't get back into it.

Remember, teaching your child how to swim DOES NOT mean your child is

safe in water. So practice these tips and have a safe, fun "wet" summer!



Continued ~ Ice Cream Headaches

that causes this pain. Ice cream headaches rarely need treatment, the headache can sometimes be relieved faster if you warm the back of your mouth with your tongue or a warm drink. To help prevent ice cream headaches, eat cold foods and drink cold beverages

slowly. The only way to definitely avoid getting an ice cream headache is to avoid the cold food or drinks that cause them, which isn't any fun.

Speaking of Ice cream did you know.....



July 18th is National Ice Cream day, commemorate the day by enjoying some ice cream.

Continued ~ Alcohol Consumption and the Elderly

tions:

- Do you ever use alcohol?
- Have you noticed changes over the years in how alcohol affects you?
- Do any of your medications require that you not use alcohol?
- Does alcohol use affect

your ability to manage your health?

- Is alcohol use part of your daily routine? Can you describe your day?
- Have you ever been concerned or worried about your alcohol use?

Be gentle in your question-

ing, but if you suspect that the elder in your life may have a problem, you can contact the National Council on Alcoholism and Drug Dependence or visit the web at www.ncadd.org, or The National Intervention Network at 800-654-HOPE.