



FROM OUR MEDICAL DIRECTOR

A recent article on Forbes.com discussed findings from an April study in the publication *Archives of Pediatrics & Adolescent Medicine* showing that the number of children and teens on diabetes and blood pressure medications are on the rise. This alarming article states that “prescriptions for blood pressure medications, diabetes medications and cholesterol-lowering drugs increased by more than 15 percent from 2004 to 2007, rising from 3.3 prescriptions per 1,000 children in late 2004 to 3.8 per 1,000 by mid-2007.”

It is studies like these that make the work of our Obesity Prevention Foundation, and those of other groups like ours, so important. The diseases associated with obesity are numerous and when it is affecting children as young as 6 years old, we all need to be concerned. In this month's newsletter, we have the “A to Z's” of health! Use these simple tips in your home to make it a healthier environment for everyone!

Wishing you much health...
Kent Sasse, MD, MPH, FACS

The A's to Z's of Health - Healthful Tips for Everyday Living

With our busy lives, we can all use some help on simple ways to be healthier! Review the “A to Z's” below to make some easy changes today!

- A** - Eat an **APPLE**, every day!
- B** - Start a new nightly tradition for the spring and summer - **BIKE RIDING** for the family!
- C** - Watch your families **CALORIC INTAKE**. Cutting a few calories every day can add up quickly!
- D** - **DANCE!** Put on some music and de-stress! Have a “Dance-Off” among your family!
- E** - **EXERCISE** isn't a bad word. Play basketball, go to the park, go swimming-anything to be active!
- F** - Don't underestimate the power of a **FLIGHT OF STAIRS!** Next time, skip the elevator!
- G** - **GET UP** off the couch during every commercial when watching TV and walk in place!
- H** - Go for a **HIKE** - get out and enjoy your surroundings!
- I** - **INSPIRE** others by making exercise and healthy eating a part of your daily life.
- J** - Start a **JUMP-ROPING** competition in your home - who can **JUMP** the most?
- K** - Get some aggression out and try **KICK-BOXING!** It's fun and great exercise too!
- L** - **LAUGH!** It's just good for you and puts you in a good mood!
- M** - **MUNCH** no more! Limit your munchies and focus on your health!
- N** - Say **NO to junk food!** Pick up a piece of fruit or a string of cheese if you have the munchies.
- O** - Be **OPEN-MINDED**. Try new things - you might be surprised!
- P** - **PARENTS**, you set the example - have healthy food choices at home and encourage activity!
- Q** - **QUENCH** your thirst - make sure that you get in your daily 64 ounces of water.
- R** - **REINVENT** your meal choices - try new, healthy meals.

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The A's to Z's of Health *(continued from page 1)*

S - Pack **SCHOOL LUNCHES**. What you pack for your child will be healthier than the school options.

T - Remember, you have **TOTAL CONTROL!** Make good choices every day!

U - **UNITE THE FAMILY** in health for a long and enjoyable life together.

V - **VICTORY** will be yours if you stick to the rules!

W - **WHY WAIT!?** Start today!

X - Set great **eXPECTATIONS** for you and your family!

Y - **YOU CAN DO IT!** Believe in yourself and your family and be proud of your accomplishments.

Z - **ZIP UP** your jacket, tie your shoes and get outside! Your heart will thank you!

Easter Baskets - The Good, The Bad and the Ugly!

This time of year, the reminders of Easter “goodies” surround us. On TV, at the grocery store, even in school fundraisers, we can't get away from the marketing efforts of candy manufacturers trying to entice us with their treats. But do Easter baskets really need to have candy as the primary goodie? **No!** If your family celebrates Easter and Easter baskets are part of your family tradition, ask the Easter Bunny to substitute candy for some of the following healthier treats and goodies:

- Books
- Clothes
- Mini-pretzels
- Fruit
- Sugar-free gum
- Hard boiled eggs (always fun!)
- A jump rope
- Coloring book and crayons
- Nuts
- Kites
- Stuffed animals
- Granola bars
- Goldfish crackers
- Low-sugar fruit snacks
- Peanut butter crackers
- Squirt guns/water balloons

Irresistible Honey-Curry Chicken

Ingredients:

- 2 tablespoons butter or margarine
- 1/4 cup orange juice
- 1/2 lemon, juice only (2 tablespoons juice)
- 3 tablespoons honey
- 1 tablespoon dijon or yellow mustard
- 1 tablespoon curry powder
- 1/2 teaspoon salt
- 6 - 8 pieces bone-in chicken, any variety, remove skin
- 1 teaspoon cornstarch (optional)
- 1/3 cup cold water (optional)

Directions:

Preheat the oven to 375 degrees. In a small saucepan, melt the butter or margarine over medium heat. Once it is melted, add the next six ingredients (orange juice through salt) to the pot and whisk them together. Remove it from the heat.

Place the chicken in a 9 x 13 inch baking pan. Pour the butter mixture evenly over the chicken, reserving the unwashed saucepan for later. Bake it for 45 - 50 minutes, basting it occasionally, until the chicken is cooked through.

When the chicken is fully cooked, remove it from the oven and put it on a serving plate. Pour the sauce from the bottom of the baking pan into a serving bowl. (Optional step for a richer sauce: In the saucepan, whisk together the cornstarch and water. Add the sauce from the chicken to the cornstarch mixture and set it over medium high heat. Bring to a boil, and cook it, stirring often, until it thickens, about 2 minutes). Serve the sauce on the side with the cooked chicken and rice.

Nutritional Information (Skinless Chicken):

220 calories; 6g total fat; 3g saturated fat; 110mg cholesterol; 230mg sodium; 5g carbohydrate; 0g fiber; 4g sugar; 34g protein

**Recipe from "The Six O'Clock Scramble, Quick & Healthy Dinners - www.thescramble.com