

August is:

- Back to School
- Back to School means starting the day with a healthy breakfast
- Opioid Misuse Prevention Month
- Immunization Awareness Month
- The Importance of Drinking Water
- Combating Bullying



In His Service,



H-3 Ministry

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

Proverbs 3:7-8 NIV



Breakfast Is Important!!

August means...The start of school and a good reason to make sure students get a **healthy** breakfast each morning.

Breakfast is the first meal of a day, most often eaten in the early morning before undertaking the day's work. The word in English refers to breaking the fasting period of the prior night. There is a strong tendency for one or more "typical", or "traditional" breakfast menus to exist in most places. The composition of this varies widely from place to place, and has varied over time, so that globally a very wide range of preparations and ingredients are now associated with breakfast.

Breakfast is **important** in re-fueling the body with energy and nutrients, kick-starting the day. Children who **eat breakfast** each day are much more likely to meet their **daily** nutritional requirements. A good quality **breakfast** can provide a child with up to a third of their **daily** nutrient needs.

Quick/Easy/Healthy Breakfast

- Cheese toast with juice
- Peanut Butter toast with juice
- Oatmeal with fresh/dried fruit; served with milk/fruit juice
- Veggie/fruit muffin with cheese served with milk/fruit juice

How to Avoid Getting Hooked on Opioids

Sales of OxyContin, Vicodin, Percocet, and other narcotic pain drugs have quadrupled in the U.S. over the 15 years—as have overdose deaths from these drugs, according to the Centers for Disease Control and Prevention.

Now, a comprehensive survey published in the Annals of Internal Medicine sheds light on what's causing the opioid epidemic and points to important steps consumers can take to reduce risks for themselves and the people around them.

Here are five recommended steps that will help you use opioids more safely and also curb misuse of these drugs.

1. Don't Overtreat Short-Term Pain

Doctors contribute to the opioid epidemic when they overprescribe opioids to treat pain after a surgery or an injury. A recent CDC report found that some doctors are not following the latest evidence-based guidelines and are still prescribing far too many pills.

But taking opioids for more than three days typically isn't necessary, and sharply increases your risk of getting hooked on the drugs, according to a recent CDC study.



How to Avoid Getting Hooked on Opioids - continued

Talk to your doctor about using safer, over-the-counter (OTC) pain relievers such as acetaminophen (Tylenol and generic), ibuprofen (Advil, Motrin IB, and generic), and naproxen (Aleve and generic) before using a prescription opioid. These can work quite well to alleviate pain after dental work, as well as from minor surgery or injuries. If an opioid is warranted, most people can comfortably transition to safer OTC pain drugs within three days. Few people need opioids for more than a week.

Talk to your doctor up front to let him or her know that you don't want more than a few days' worth of opioids.

2. Ask About Other Options for Pain Relief

Opioids are essential for treating severe short-term pain from surgery or an injury as well as longer-term pain from cancer or a terminal illness. But they are not the best first choice for many other types of pain. For example, other prescription medications work better for nerve pain, migraines, and fibromyalgia and are safer.

When it comes to longer-term pain such as chronic back pain or arthritis, opioids don't necessarily relieve pain much better or help you move more easily than OTC pain medications. And the longer you take them, the greater your risk of addiction and overdose, especially when taking high doses.

There's also mounting evidence that nondrug approaches such as acupuncture, chiropractic care, physical therapy, tai chi, and yoga can work as well or better than medications to relieve an aching back or joints.

3. Don't Borrow or Share Opioids

The recent NSDUH (National Survey on Drug Use and Health) national survey found that 40 percent of people who misused the opioids got them from friends and family members, making American medicine cabinets one of the primary sources fueling the opioid epidemic.

There's a false assumption that if a drug came from a healthcare setting then it must be safe. But these are powerful medications that have serious risks; they require a physician's prescription for a reason.

An opioid dose prescribed for someone else could be dangerous for you, he says, or it could combine with other medications you take in a way that increases the risk of overdose.

4. Don't Hang On to Leftover Pills

The main reason that so many opioids are available for misuse is that doctors tend to prescribe more medication than needed, and then people wind up storing the unused pills in their medicine cabinet.

Six out of 10 Americans prescribed an opioid keep leftovers, according to study published last year in JAMA (Journal of American Medical Association) Internal Medicine.

Keeping leftover opioids for future use is a bad idea. It encourages inappropriate use later on, and makes it possible for other people, including children, to get their hands on these potentially dangerous and addictive drugs. Many pharmacies now take back unused medications, including opioids.

5. Get Help If You Need It

The new survey reinforced findings from other research showing that people are more likely to become addicted to opioids if they have a history of depression or suicidal thoughts or if they have had a substance use disorder involving other legal or illegal drugs.

Social and psychological factors aggravate pain. Up to half of people enduring pain for three months or longer also suffer from depression or another mood disorder, research suggests. Some people may also take opioids as a way to "escape from psychic pain."

Seeking help for mental health issues can help you feel better both mentally and physically and reduces your risk of becoming dependent on opioids.

Anyone can be vulnerable. If you find that opioids are taking over your life—you are craving the drug between doses, taking more than is prescribed, continue to take it even though it is adversely affecting your health, job, or personal life—and you have wanted to stop or cut back, but couldn't, talk to your doctor. He or she can refer you to someone who specializes in addiction treatment.



Immunization

The Immunization Division's goal is to increase immunization rates and reduce vaccine preventable diseases.

The Alabama Department of Public Health (ADPH), Immunization Division (IMM); Center for Disease Control and Prevention (CDC), Advisory Committee on Immunization Practices (ACIP); and the American College Health Association (ACHA) recommends that it is better and safer, in most cases, to vaccinate or revaccinate instead of titer testing (Titer Testing is a laboratory test that measures the existence and level of antibodies to diseases in the blood).

Immunization for School-Aged Children in Alabama

Each child enrolled in day care, Head Start, and public or private school in Alabama must have a valid Alabama Certificate of Immunization on file at the facility that they attend. The certificate may be obtained from the physician or clinic that administers the vaccine or may be completed by any county health department in the State if the parent presents a vaccine record from the provider. For students who are moving to Alabama, out-of-state vaccine records must be transferred to the Alabama Certificate of Immunization prior to day care, Head Start, or school entry. This may be accomplished by taking a vaccine record from the provider to the local county health department, or, if a physician in Alabama has been chosen by the family, the record may be transposed by the physician.

The State of Alabama does not recognize philosophical, moral, or ethical exemption from vaccination. A medical exemption may be issued by a physician or an Alabama Certificate of Religious Exemption may be obtained from the local county health department.

Attendees of day care and Head Start must be age-appropriately vaccinated against diphtheria, tetanus, pertussis, measles, mumps, rubella, Haemophilus influenzae type b, polio, and chickenpox.

Children attending 5 year-old-kindergarten through 12th grade must have had 5 doses of diphtheria/tetanus/pertussis vaccine (4 if the 4th dose was received after the 4th birthday) and 4 doses of polio vaccine (3 if the 3rd dose was received after the 4th birthday). Booster doses of tetanus-diphtheria toxoid vaccine must be given every 5-10 years after the preschool booster. Children in these grades should also have received 2 doses of measles-containing vaccine and 1 dose each of mumps and rubella vaccine, usually administered as 2 doses of MMR vaccine. Varicella (chickenpox) vaccine for kindergarten entry became a requirement in 2001. This requirement will increase by one grade cohort until Fall 2013, when varicella documentation will be required for all children, kindergarten through 12th grade (see chart below). A positive test for varicella immunity or documentation of chickenpox disease is acceptable in lieu of varicella vaccine.

College vaccination requirements are specified by individual institutions. There are no state-regulated college requirements for vaccination. However, it is recommended that college attendees be up-to-date with all childhood vaccines and to consider meningococcal vaccination for college freshman who will be living in dormitories.



6 Reasons to Drink Water

It's no magic bullet, but the benefits of water are many.

In fact, drinking water (either plain or in the form of other fluids or foods) is essential to your health.

When your water intake does not equal your output, you can become dehydrated. Fluid losses are accentuated in warmer climates, during strenuous exercise, in high altitudes, and in older adults, whose sense of thirst may not be as sharp. Here are six reasons to make sure you're drinking enough water or other fluids every day:

1. Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

2. Water Can Help Control Calories. For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

3. Water Helps Energize Muscles. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. When muscle cells don't have adequate fluids, they don't work as well and performance can suffer.

4. Water Helps Keep Skin Looking Good. Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. But don't expect over-hydration to erase wrinkles or fine lines.

5. Water Helps Your Kidneys. Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water-soluble waste that is able to pass through the kidneys to be excreted in the urine. Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate.

6. Water Helps Maintain Normal Bowel Function. Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation.

What Kids Can Do to Combat Bullying

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the kid bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

resources this issue

Resources: <https://en.wikipedia.org/wiki/Breakfast>
<https://www.google.com/search?>
<https://www.consumerreports.org/opioids/how-to-avoid-getting-hooked-on-opioids/>
<http://www.alabamapublichealth.gov/immunization/>
<https://www.alabamapublichealth.gov/madison/assets/ImmunizationRequirements.pdf>
<https://www.webmd.com/diet/features/6-reasons-to-drink-water#1>
<https://www.stopbullying.gov/kids/what-you-can-do/index.html>