

Committee Report, February 2007

Health Committee: Tracy Fox, Chair, tracyfox@comcast.net

National Heart Month: February is national heart month; there is no better time than now to start taking care of your heart and the hearts of your loved ones. Heart disease is the leading cause of death among Americans, both men and women. A healthy diet and active lifestyle can help reduce the risk of heart disease. Here are some heart healthy tips for you and your family:

- Limit total fat and saturated fat intake; choose heart healthy fats (canola, olive oils) over saturated and trans fats
- Limit sugar and sodium intake
- Increase fiber by choosing more whole grains, legumes, fruits and vegetable.
- Choose low fat and fat free dairy products
- Choose lean meats and poultry- bake, grill or roast rather than pan and deep fry
- Eat more fish rich in omega 3 fatty acids (salmon)
- Practice portion control
- Avoid smoking; limit alcohol consumption
- Maintain or improve your weight
- Be physically active - 30 minutes for adults and 60 minutes for children and adolescents most days of the week.

Article submitted by Susan Hippchen, RD, MCPS Food and Nutrition Services (Susan_Hippchen@mcpsmd.org)

Healthy Fundraising Report now available:

The Center for Science in the Public Interest recently unveiled a fundraising report: "Sweet Deals: School Fundraising Can Be Healthy and Profitable." At the press conference, a Whitman HS parent spoke about how the school ditched a candy fundraiser for a walk-a-thon. Plenty of other healthy options are highlighted in the report that can be found at: <http://www.cspinet.org/nutritionpolicy/index.html>. Please consider healthy fundraising options in your school!

Girls on the Run in MoCo:

Girls on the Run of Montgomery County will kick-off its Spring Pilot season at 8 public elementary schools. Girls on the Run Programs will be held at the following locations and times:

Burning Tree ES, Tu/Th, 8:00-9:00am

Bradley Hills ES, Tu/Th, 3:30-4:30pm

Potomac ES, M/W, 3:45-4:45pm

Woodacres ES, Tu/Th, 3:30-4:30pm

Wyngate ES, M/W, 3:30-4:30pm

Travilah ES, Mon, 3:30-4:30pm and Fri 8:00-9:00am

Germantown ES, M/Th, 3:45-4:45pm

Strawberry Knoll ES, M/W, 3:30-4:30pm

Registration will begin Tuesday February 20th at 7am and will remain open until each location has 12 registered participants. Those registrants who attend one of the schools listed above will be given priority registration for the first 24 hours. For more information about Girls on the Run please visit www.girlsontherun.org.

The registration website for Montgomery County is <http://gotrmoco.com/registration.html>

If you have any questions, feel free to contact Eve Mills southboundmills@comcast.net, or Jennifer Gill, jennifer.gill7@verizon.net.

Update On MCPS Sex-Ed Curriculum:

The county's new sex-education lessons, approved by the school board last month, will be introduced in field tests next month (March) at Argyle Middle School in Silver Spring, Julius West Middle in Rockville, Westland Middle in Bethesda, Bethesda-Chevy Chase High, Sherwood High in Sandy Spring and Watkins Mill High in Gaithersburg. Schools were chosen for the pilot program based on statements of interests from principals. Each school will have an informational meeting; and students will be taught the lessons only if parents have given written permission. Results of the field test will be available in the spring, to give the school system time to refine the lessons before county-wide implementation in the fall. Three groups have appealed to the State Board of Education to halt the program (Citizens for a Responsible Curriculum, Parents and Friends of Ex-Gays and Gays and the Family Leader Network).