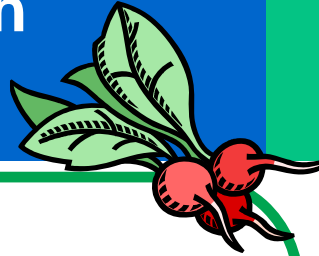




Pediatric Centre for Weight and Health

Spring 2011 Newsletter



More information:

www.albertahealthservices.ca/pcwh.asp

Phone: 780-401-BOOK (2665)

Toll-free: 1-866-401-BOOK

pcwh@albertahealthservices.ca

Active Start

More than 20 families have finished the Active Start Orientation, and many have moved on to the Active Start Club.

PCWH families say that “the orientation was definitely worth it”, and Active Start Club is “awesome!”.

Active Start is for PCWH families, and is run by the City of Edmonton. This low-cost program is open to 8-17 year old PCWH clients, their siblings and parents. It runs on Saturdays year round. For info, contact:

Misericordia: Kristine.godziuk@albertahealthservices.ca
Edmonton General: pcwh@albertahealthservices.ca

Community Connections

Cool YMCA Fact

Swimming lessons are included when you join!

www.edmonton.ymca.ca

Improve Your Posture

Follow the simple steps at:

www.straightenupalberta.com

Seedy Sunday and Beyond the Supermarket

Buy heritage seeds and learn about gardening. Find out about food co-ops, clubs, delivery boxes, and community supported agriculture programs.

When: Sunday March 20th

Where: Alberta Avenue

Community League, 118 St

www.slowfoodedmonton.ca

Misericordia Energy

Exciting progress is happening at the PCWH Misericordia. Families are utilizing the grocery store tours, workshops, Active Start and clinic appointments to help create a healthy home environment that benefits the children and their parents. Great work everyone!

PAC Research Update

The PCWH Edmonton General is now testing their Parents as Agents of Change (PAC) program in a clinical trial. Of the families who completed the first phase in December, 100% said they would recommend PAC to other families. Parents also said PAC helped them make healthy lifestyle changes like meal planning and being more active. The next PAC group starts in September.



Family Walks and Runs

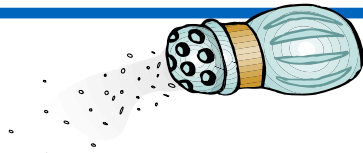
Race season is coming up! A list of events can be found at

www.events.runningroom.com.

We recommend: WildOnes

Marafun (runwild.ca) and the

Little Big Run (littlebigrun.ca).



The Salty Truth

Salt contains sodium. We all need a little sodium each day, because it performs some of our body's vital functions. We get sodium from both food and drink. But, too much sodium can increase health risks related to your heart, blood pressure, and kidneys.

Sodium is added to food for taste or as a preservative. The amount in a food depends on the natural amount in that food, and how much is added during processing, cooking, or at the table. You can't rely on taste to spot sodium in foods, as some sources are tasteless.

Here are some ways to identify and reduce the amount of sodium you eat and drink:

- Check the "Nutrition Facts" table on the label. Avoid items with more than 5% of our daily value.
- Avoid processed and pre-prepared food. They often have a *lot* of added sodium.
- Try not to add salt to your food during cooking or at the table. Try herbs and spices like oregano, celery seed, and cumin.



By Jessica Sweezie, Registered Dietitian

Pressure Check

As your heart beats, it pushes blood into your arteries. Then, your heart relaxes and fills with blood before the next beat.

Blood pressure is a measure of the pressure inside your arteries as your heart beats and then relaxes.



If your blood pressure is high all the time, it can damage your arteries. Your heart will have to work harder. Most people with high blood pressure feel fine and have no symptoms.

Eating healthy and being active helps to manage your weight, and can also help keep your blood pressure healthy.

Want to get a blood pressure check up? Just ask the doctor or nurse next time you visit the PCWH.

By Anna Stephenson, Registered Nurse



Your Winning Team

A coach motivates their sports team, provides proper equipment, schedules practices, and teaches players skills needed to compete in games.

In a similar way, parents are the coaches of their team—their family! Parents can provide healthy food options and opportunities for activity. They also support and help their children to be healthy.

An effective coach will ask themselves: "What am I doing to build a winning team?" Parents can ask themselves if the decisions they are making as the "coach of their team" contributes to a healthy lifestyle for their family.

By Christine Orosz, Ph.D.
Registered Psychologist