

KidzStrong

Winter 2017

Fast Facts to Keep Kids Healthy and Strong



Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.

Be Safe, Not Scared With Dogs

Dogs have lived with people for thousands of years. They can be a human's best friend, but many people are afraid of dogs. You don't need to be afraid but you do need to be careful around them. Even the friendliest dogs can bite you if they get scared, surprised or very excited. Follow these rules for dog safety when meeting a new dog and when playing with your own dog:

Continued on page 2

Health Partners Plans



Those Lousy Lice

Head lice are tiny bugs that live in people's hair. Like mosquitos, they bite your skin to suck your blood, leaving behind itchy welts. They grab onto hair and lay eggs. Just the thought of them can make you start scratching!

How do people get lice?

Lice can't jump and they crawl slowly. That's why they usually only spread through head-to-head contact. This often happens in sports and other play. Sometimes they can be spread by sharing combs, hats and pillows. Getting lice doesn't mean you're dirty!

How will I know if I have lice?

Itching is what most people think of when they hear about lice. Actually, it may take many bites before you start getting a reaction to them. Usually people notice the tiny eggs the lice lay in your hair. They attach to individual hairs. Sometimes people will feel the lice crawling. The only way to know for sure is to have someone carefully look through your hair under a bright light and actually see the lice or their eggs.

How do I get rid of them?

Regular shampoo doesn't remove lice. One common treatment is a chemical that is put on the hair and scalp. After treatment, you must wait two days before washing your hair. It's important for your parent or caregiver to follow the instructions. These treatments could be dangerous or not work if used wrong.



After treatment, they should use a special comb to remove and check for lice that are still alive. If it doesn't work, a different method may be needed. Pillows, sheets, hats and other clothing should be washed in hot water or stored in plastic bags for two weeks. Combs and brushes should be cleaned and soaked in hot water for 5 - 10 minutes or thrown away.

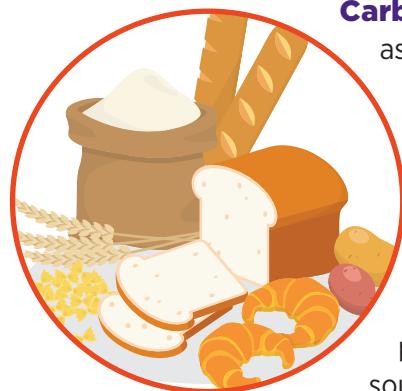
Be Safe With Dogs, Not Scared Continued from page 1

- Just like people, dogs can be surprised and scared by noise. Never yell at a dog. Don't slam doors or play with loud toys.
- Dogs don't like to be stared in the eyes. Looking at them straight in the eye is the same as yelling.
- Never chase a dog and don't roughhouse. Roughhousing includes pulling on a dog's ears and tail, hugging and wrestling.
- Leave dogs alone when they are eating or sleeping.
- Always ask its owner before petting a dog you are meeting for the first time. Never approach a dog in its yard when its owner isn't with the dog.
- Always let dogs sniff your hand before you pet them. Remember, not every dog wants to be your friend.
- If you run into a dog on the street that's not on a leash, don't panic. Just walk away slowly and quietly. If a dog ever chases you, keep still, keep your hands at your sides and look down at the ground.

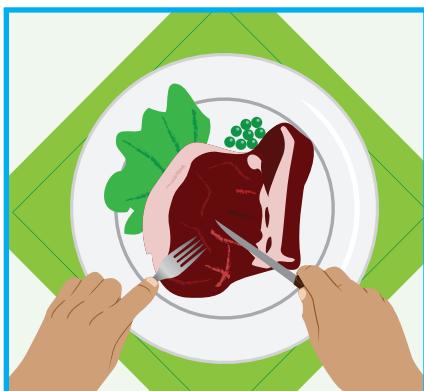
Food is Fuel

We hear a lot about what we should and shouldn't eat but do you ever wonder why it matters? All food gives you the fuel your body needs, but there are different kinds. The right mix helps you stay healthy.

The amount of energy in food is measured in calories. Your body uses those calories to live, move and grow. The extra calories you don't use are stored as body fat. There are three types of calories in food: fat, carbohydrates and protein. There's also fiber, which your body needs for digestion.

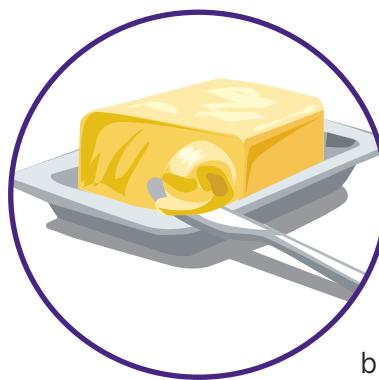


Carbohydrates, also known as carbs, are the largest part of most people's diets. They are your body's favorite source of fuel because they can be easily turned into energy. However, they are not as filling as protein and fat. The main sources of carbs are foods like bread, rice and potatoes, as well as fruits and foods with added sugar. You should get about half (50%) of your calories from carbs.



You should get about one out of five (20%) of your calories from protein.

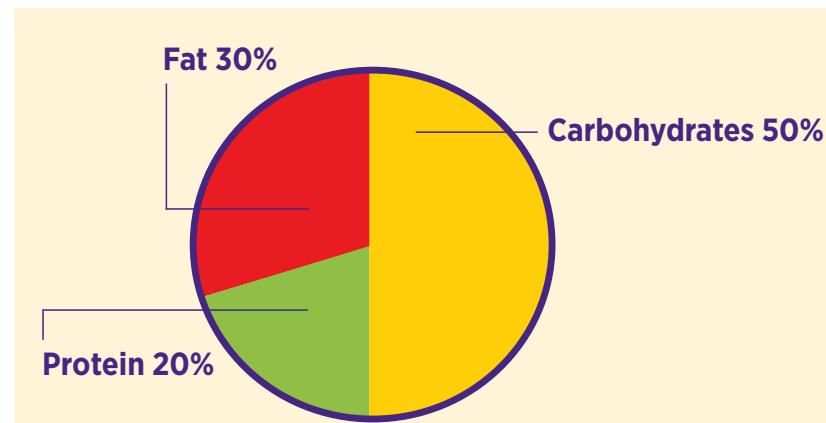
Protein helps your body grow and build muscle. Your body also turns protein into carbs to use as energy. Foods with lots of protein are meat, fish, nuts, dairy and beans.



Fat is found naturally in many foods such as meat, dairy and nuts. Butter and cooking oils are made of fat that was taken out of other foods. A little bit of fat has a lot of calories. That's why eating fatty foods makes you gain weight. You do need some fat, though. It helps your body use some vitamins and helps you feel full. You should get about three out of every ten (30%) of your calories from fat. Try to get fat from healthier foods like nuts and dairy instead of cakes and chips.



Fiber isn't used for energy, but it helps every part of your digestive process. It also helps you feel full. Fruits and vegetables are great sources of fiber and provide many of the vitamins you need.



Children and adolescents (4–18 years) should get 45–65% of their calories from carbohydrates, 10–30% from protein and 25–35% from fat.

*Source: Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*.* Washington, DC: National Academies Press, 2002.

The “Three Cs” of Healthy Relationships

Friendships and other personal relationships are all about respect. Respect others and respect yourself. That means following the three “Cs” of a healthy relationship: consensual, confidential and caring.

Consensual – Consensual means that both people agree to what they do together. To consent means to give permission. Consensual means both people say “yes” to activities and neither feels forced to go along with what the other person wants.

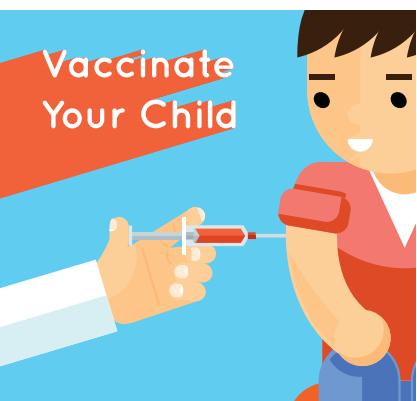
Confidential – Confidential means private. When you tell someone something, you don’t want your business all over school and social media, right? The people who trust you feel the same way. An exception that does need to be shared is abuse. If someone is hurting you physically or emotionally, tell someone who can help you.

Caring – If you care about a person, the first two “Cs” come easy. Caring means being kind to a person. People who care try to make each other happy, healthy and confident.

Take these tips to heart. They will help your relationships be healthy, not hurtful. Plus, you’ll be someone others know they can trust.



Get the Shot, Not the Flu!



Nobody wants to get the flu. It can leave you stuck in bed missing school and activities. The flu can even send you to the hospital. That’s why it’s so important to get a flu vaccine, which is usually given as a shot. Sure, nobody likes getting shots, but it sure beats getting sick.

Your body’s immune system uses the vaccine to learn how to fight the flu virus. There are many different kinds of flu. They are always changing, too. That is why you need to get the flu vaccine every year.

Flu season usually starts in October and the virus keeps spreading through May. That means it’s not too late to get protected. Ask your parent to take you to get a flu shot today. There is no cost for KidzPartners members.

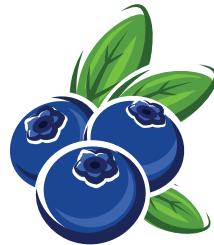
Recipe for KIDZ

Microwave Mug Blueberry Crisp

Try this easy dessert you can make in the microwave! It uses stuff from the freezer and pantry, so you can have it any time. You can try it with other fruits too – try raspberries, blackberries, strawberries or a mix. You will need a small bowl, a mug, and two measuring spoons – 1/2 tablespoon (tbsp.) and 1 teaspoon (tsp.). Remember to be careful removing hot food from the microwave!

Ingredients:

- 1 cup frozen blueberries
- 2 tbsp. quick-cooking oats
- 1 tbsp. sugar
- 1/2 tbsp. butter or margarine
- 1 dash of salt
- 1 dash of cinnamon
- 2 tsps. all-purpose flour



Directions:

- Using a small bowl, mix blueberries with 1/2 tbsp. sugar and 1 tsp. flour.
- Put your blueberry mixture in a large mug.
- Using the same bowl, mix 1/2 tbsp. sugar, 2 tbsp. oats, 1 tsp. flour, a light sprinkle (dash) of salt and a dash of cinnamon. Stir.
- Using a fork, mash the butter into the mixture until you have a paste with no big chunks of butter left.
- Put your oat mixture on top of the blueberries.
- Put a paper towel in the microwave to catch any drips, then put the mug on top.
- Microwave for 4 minutes. Let it cool for 2 minutes before opening the microwave.
- Your blueberry crisp is now ready to eat, but be careful, it may still be very hot.



Nutrition Facts

Servings: 1

Amount Per Serving: 1 Mug

Calories: 235, % Daily Value*

Total Fat: 7g, 11%

Total Carbohydrate: 44g, 15%

Saturated Fat: 4g, 21%

Dietary Fiber: 5g, 20%

Monounsaturated Fat: 0g

Sugars: 27g

Polyunsaturated Fat: 0g

Protein: 3g, 6%

Trans Fat: 0g

Vitamin A: 6%

Cholesterol: 15mg, 5%

Vitamin C: 24%

Sodium: 289mg, 12%

Calcium: 1%

Potassium: 117mg, 3%

Iron: 6%

*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. These values were generated using the MyFitnessPal.com Recipe Nutrition Calculator and may not be 100% accurate because the recipe has not been professionally evaluated nor have they been evaluated by the U.S. FDA.

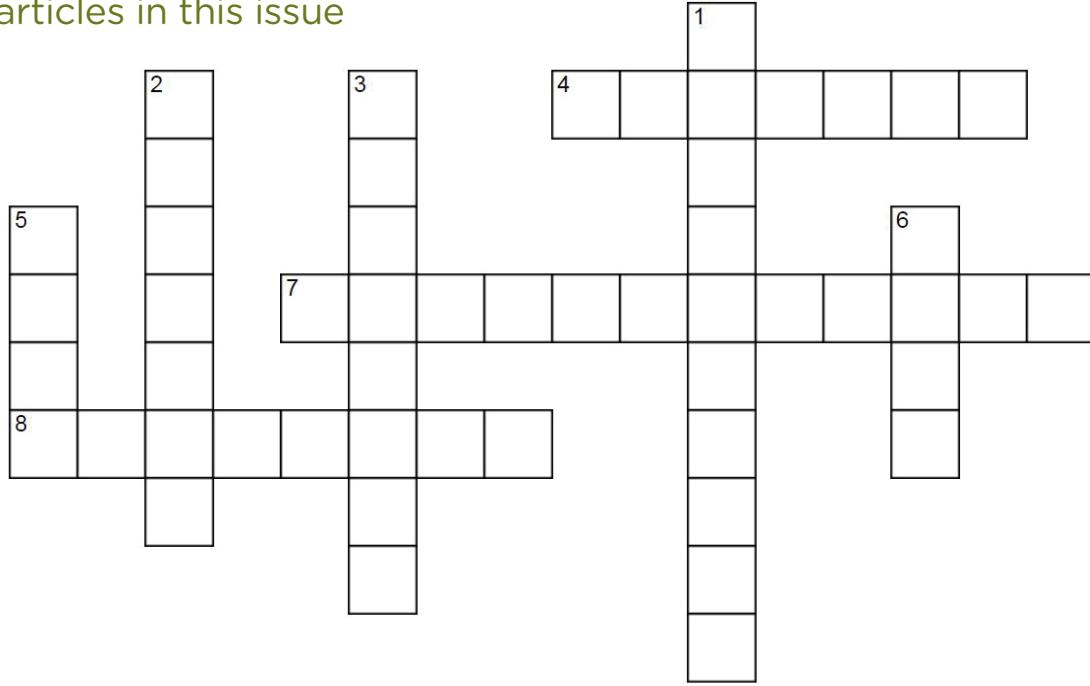


Kidz Crossword

Answers based on articles in this issue

ACROSS

4. This nutrient helps your body grow and build muscle.
7. This "C" word means private.
8. Leave dogs alone when they are eating or _____.



DOWN

1. This word means that both people agree to what they do together.
2. What month does flu season usually start?
3. The energy in food is measured in these.
5. They can really be a human's best friend
6. These tiny bugs can live in hair.

Attention Parents: There's More Online!

Visit www.healthpartnersplans.com to learn more about your child's benefits, including no-cost fitness center memberships and the convenience of talking to a doctor by phone or video through Teladoc®. Use the member portal to view your child's personal healthcare information, including claims. Access the health and wellness program called EveryBODY Get Healthy! featuring fun tools, games, videos, activities and more.

Read Our Notice of Privacy Practices

 KidzPartners is committed to maintaining and protecting the confidentiality of our members' protected health information. The parents or guardians of all new members receive our Notice of Privacy Practices upon initial enrollment. This meets the requirements of federal regulations governing the privacy of your protected health information, including the Health Insurance Portability and Accountability Act (HIPAA) of 1996. The Notice explained how we use and disclose member health information in the process of providing members with medical care, and how you can access this information.

To obtain the current version of our Notice of Privacy Practices, please call us at 1-888-888-1211 (TTY 711) and request that we mail one to you. You can call 24 hours a day, seven days a week. You can also get the notice online at www.healthpartnersplans.com. Simply click "Privacy Practices" at the bottom of any page.

Answers