

# Vibrant Health



Pack for the future: Check out our backpack basics infographic at [sgmh.org/backpack](http://sgmh.org/backpack) for more backpack tips.

## Backpacks: Get the right fit

A well-fitting and properly worn backpack can save pain and strain on kids' shoulders, necks and backs. Here are four backpack safety tips from the American Occupational Therapy Association:

- 1 Insist on the use of both straps.** Slinging a heavy pack over just one shoulder puts uneven pressure on the spine. Encourage your child to wear the waist belt too—this helps distribute the weight of the pack more evenly.
- 2 Adjust the straps.** The pack should fit snugly against the back.
- 3 Adjust the bottom.** It should rest in the curve of the back and never more than 4 inches below your child's waistline.
- 4 Pack it right.** Children shouldn't carry more than 10 percent of their weight—10 pounds for a 100-pound child—in their backpacks. Load the heaviest items at the center of the pack, closest to the back.



## Fuel for learning

If you pack your kids' lunches, the need to make them both delicious and nutritious can seem overwhelming.

Fortunately, there are ways to make it less daunting and a lot more fun for everyone:

- ▶ **Get the kids involved.** Sit down together and make a list of each child's favorite fruits, veggies, whole grains and lean proteins. Mix and match from the list when planning lunches for the week. Or let the kids plan an entire lunch sometimes.
- ▶ **Try something new.** Broaden your child's culinary horizons with occasional forays into the unknown. Peruse

the produce aisle for fun new treats, such as star fruit, freeze-dried strawberries or jicama.

- ▶ **Create interest.** Grab your child's attention with fun shapes—put those cookie cutters to good use on sandwiches and other items—and sizes. Turn fruit or vegetables into kebabs.
- ▶ **Ask the kids to help.** Your kids may be more likely to eat

things they've helped prepare. So get them to pitch in on making that pasta salad or rolling up that wrap.

Finally, make food safety a part of your plans. Use an insulated lunch bag and include an ice pack or frozen beverage containers to keep cold foods cold and hot foods hot.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics



Inspiring teens to eat healthy

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Five facts about the flu

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Is it a cold or the flu?

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Remember:  
Make healthy choices a priority for the whole family. Learn how to avoid added sugars at [sgmh.org/eathealthy](http://sgmh.org/eathealthy).

- ▶ Hard-boiled eggs
- ▶ Nuts and raisins
- ▶ Ingredients for smoothies
  - ▶ Peanut butter and whole-grain bread
  - ▶ Breakfast bars
- ▶ **Eating fast foods.** If you can't break your teen's fast-food habit, support healthy choices by:
  - ▶ Suggesting alternatives. Point out the better selections, such as grilled chicken sandwiches, burgers without cheese or small orders of fries.
  - ▶ Encouraging balance. Pizza and burgers are OK, but suggest adding a salad or fresh fruit.

**Snacking.** Instead of trying to curtail it, offer healthy options. At this busy time in their lives, teens will gobble up a platter of veggies and low-fat dip—even if they won't take time to peel an orange themselves. And keep the focus on health, not weight. Teens should never be put on a weight-loss program without consulting a doctor first.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

# How to inspire your teen to eat healthy

**AS** kids grow into teens, their world broadens to include friends, activities, social pressures and lots of homework. And extra sleep or time with friends may take priority over breakfast and family dinner.

But they need healthy food during these growth-spurt years. Luckily for them, they have you to help them out.

## What you're up against

Keep an eye out for these common nutrition challenges:

- ▶ **Skipping meals.** Teens may skip breakfast altogether and settle for a soda and chips for lunch. To encourage better choices, keep healthy grab-and-go items on hand, such as:
  - ▶ Yogurt

## IMMUNIZATION SCHEDULE { BIRTH TO 18 YEARS }

### Vaccines children and teens need

These are general recommendations. Talk with your doctor about what is right for your child.

**DTaP** = diphtheria, tetanus, pertussis (whooping cough)  
**Flu** = influenza  
**HepA** = hepatitis A  
**HepB** = hepatitis B

**Hib** = *Haemophilus influenzae* type b  
**HPV** = human papillomavirus  
**IPV** = polio  
**MenACWY** = meningococcal A, C, W, Y  
**MenB** = meningococcal B  
**MMR** = measles, mumps, rubella

**PCV13** = pneumococcal  
**PPSV23** = pneumococcal  
**RV** = rotavirus  
**Tdap** = tetanus, diphtheria, pertussis  
**VAR** = varicella (chickenpox)  
\*Needed in some cases

| Range of routinely recommended ages |                            | Range for certain high-risk groups |       | Range for catch-up immunizations |       | Range for non-high-risk groups subject to doctor's advice |             |            |             |       |      |      |       |       |      |       |
|-------------------------------------|----------------------------|------------------------------------|-------|----------------------------------|-------|---|-------------|------------|-------------|-------|------|------|-------|-------|------|-------|
| BIRTH                               | MONTHS                     |                                    |       |                                  |       |   |             |            | YEARS       |       |      |      |       |       |      |       |
| 0                                   | 1                          | 2                                  | 4     | 6                                | 9     | 12  | 15          | 18         | 19-23       | 2-3   | 4-6  | 7-10 | 11-12 | 13-15 | 16   | 17-18 |
| HepB                                | HepB                       | HepB                               | HepB  |                                  |       |   | HepB series |            |             |       |      |      |       |       |      |       |
|                                     | RV                         | RV                                 | RV*   |                                  |       |   |             | HPV series |             |       |      |      |       |       |      |       |
|                                     | DTaP                       | DTaP                               | DTaP  | DTaP                             | DTaP  | DTaP  | DTaP        | DTaP       | DTaP        | Tdap  | Tdap | Tdap | Tdap  | Tdap  | Tdap | Tdap  |
|                                     | Hib                        | Hib                                | Hib*  | Hib                              | Hib*  | Hib   |             |            |             | Hib   |      |      |       |       |      |       |
|                                     | PCV13                      | PCV13                              | PCV13 | PCV13                            | PCV13 | PCV13   |             |            |             | PCV13 |      |      |       |       |      |       |
|                                     | PPSV23                     |                                    |       |                                  |       |   |             |            |             |       |      |      |       |       |      |       |
|                                     | IPV                        | IPV                                | IPV   |                                  |       |   | IPV         | IPV        | IPV series  |       |      |      |       |       |      |       |
|                                     | Flu, yearly (1 or 2 doses) |                                    |       |                                  |       |   |             |            |             |       |      |      |       |       |      |       |
|                                     | Flu, yearly                |                                    |       |                                  |       |   |             |            |             |       |      |      |       |       |      |       |
|                                     | MMR                        |                                    |       |                                  | MMR   | MMR   | MMR         | MMR        | MMR series  |       |      |      |       |       |      |       |
|                                     | VAR                        |                                    |       |                                  | VAR   | VAR   | VAR         | VAR series |             |       |      |      |       |       |      |       |
|                                     | HepA series                |                                    |       |                                  |       |   |             |            | HepA series |       |      |      |       |       |      |       |
|                                     | MenACWY series             |                                    |       |                                  |       |   |             |            |             |       |      |      |       |       |      |       |
|                                     | MenB                       |                                    |       |                                  |       |   |             |            |             |       |      |      |       |       |      |       |


Updated 2017, with information from the Centers for Disease Control and Prevention

## FLU FACTS

# Don't let the flu get you down




Since 2010, the flu has sent anywhere from **140,000 to 710,000** Americans a year to the hospital.



**Your BEST protection:**  
A yearly flu **VACCINE.**  
Nearly everyone older than 6 months should get one.



Germs can travel as far as 6 feet when a person coughs or talks.



Flu viruses can survive on some surfaces for **24 hrs.**

**More stay-healthy TIPS:**

- ▶ Wash your hands often.
- ▶ Avoid touching your face.
- ▶ Steer clear of people who are sick.

Source: Centers for Disease Control and Prevention

## Classes & Programs

For more information on all classes and programs, please call **951-845-1121**.

### Support Groups

#### Al-Anon

▶ **Every Monday at 6:30 p.m.**

Where: Classroom B

Contact: Kathy Calhoun, **951-849-2614**

Part of the worldwide fellowship that offers a program of recovery for the families and

friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help.

#### Cocaine Anon

▶ **Every Tuesday at 6 p.m.**

Where: Classroom B

#### Narcotics Anonymous

▶ **Every Friday and Saturday at 6:30 p.m.**

Where: Classroom B

Program to help struggling addicts, hosted by past addicts who lend support to those trying to get clean.

#### Bosom Buddies

▶ **Third Tuesday of each month at 10 a.m.**

Where: Classroom C

Contact: Russie Friese, **951-769-0389**

Breast cancer support group. Wherever you are in your journey with breast cancer, we are here for you.

### Classes

#### Basic Life Support

▶ **Every Wednesday from 3:30 to 5 p.m.**

Contact: **951-845-1121, ext. 2116**

Please call for location and more information about fees associated with this class.

#### Behavioral Health Center

The Behavioral Health Center provides adult outpatient psychiatric services located in Palm Springs. For information about specific classes or programs, please call **760-325-2683**.

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# Vibrant Health

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## Symptom check: Cold vs. flu

**YOU'RE** sneezing, your nose is stuffed up and you're tired. In other words, you're feeling lousy.

You're considering going to the drugstore to pick up some over-the-counter medicines to help relieve your symptoms. But before you do, you might want to ask yourself, "Do I have a cold or the flu?"

The answer to that question is important because you may want to see your doctor for a prescription medicine if you think you have the flu.

Prescription flu drugs (called antivirals) are medicines that can reduce the amount of time you're sick.

They may also reduce your risk for potentially dangerous complications from the flu, such as pneumonia. The catch is that these medications work best when taken within the first 48 hours of developing flu symptoms.

Use this chart to help figure out what's ailing you.



| SYMPTOM              | COLD            | FLU  |
|----------------------|-----------------|--|
| Fever                | Rare            | Usual, 100 to 102 degrees—may be higher, especially in young children; lasts 3 to 4 days |
| Headache             | Rare            | Common   |
| General aches, pains | Slight          | Usual, often severe  |
| Fatigue, weakness    | Sometimes       | Usual, lasts up to 3 weeks   |
| Exhaustion           | Never           | Usual, at the beginning of the illness   |
| Stuffy nose          | Common          | Sometimes  |
| Sneezing             | Usual           | Sometimes  |
| Sore throat          | Common          | Sometimes  |
| Chest discomfort     | Sometimes       | Common   |
| Cough                | Common, hacking | Common, can become severe  |