Helping Your Children (and Grandchildren) Grow to be Healthy, Cancer-Free Adults

The American Cancer Society and
Congregational Health Ministry Team

August Module

To access this module via the Web,
visit to www.cancer.org and
type in congregational health ministry in the search box.

TOPIC: Helping Your Children (and Grandchildren) Grow to be Healthy, Cancer-Free Adults

AUGUST CONTENT

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TOPIC: Helping Your Children (and Grandchildren) Grow to be Healthy, Cancer-Free Adults

OVERVIEW

TALKING POINTS

With children, actions often speak louder than words. Incorporating healthful habits into your personal and family routines is the best way to establish lifelong healthy behavior.

- Serve balanced meals, placing an emphasis on vegetables, fruits, and grains.
- Combine exercise and family time with activities such as biking and walking around the neighborhood.
- Avoid smoking – children whose parents smoke are at greatest risk of becoming smokers. If you smoke, get help to quit and talk to your kids about the dangers of tobacco use.
- Teach your children the sun basics: Slip! on a shirt; Slop! on sunscreen with a sun protection factor (SPF) of 15 or higher; Slap! on a hat; and you're ready for fun in the sun.

BULLETIN BOX

- Set a healthy example for your children by eating a variety of healthful foods with an emphasis on plant sources.
- Encourage a physically active lifestyle for children and adolescents.
- Protecting skin from the sun during childhood and adolescence is very important in reducing the risk of skin cancer in adulthood.
- Talk to your kids about the dangers of tobacco use.

RESOURCES

American Cancer Society Web site: www.cancer.org
American Cancer Society phone number: 1-800-ACS-2345
National Cancer Institute Web site: www.cancer.gov
National Cancer Institute phone number: 1-800-4CANCER

Join us for an informative discussion on how to help you children and grandchildren grow to be healthy, cancer-free adults.

Location:

Date:

Time:

For more information, contact:

Join us for an Informative Discussion on Helping Your Children (and Grandchildren) Grow to be Healthy, Cancer-Free Adults

Learn about:
Importance of nutritious meals
Importance of physical activity
Dangers of sun exposure
Dangers of tobacco use

Location:

Date:

Time:

For more information, contact:

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SAMPLE NEWSLETTER:

TEACHING KIDS SUN BASICS CAN PREVENT SKIN CANCER IN THE FUTURE

Summer means more exposure to the sun. The American Cancer Society reminds parents to teach children the sun basics—Slip! on a shirt, Slop! on sunscreen with a sun protection factor (SPF) of 15 or higher, Slap! on a hat, and you're ready for fun in the sun.

Take Care of Your Kids Inside and Out

Making sure your children eat right and get enough sleep takes care of their insides, but their outsides needs special care too. It's important to protect their skin from the damaging effects of the sun. No matter what they're doing or what time of year it is, if they're outside, they need to be protected.

Play in the Shade

The sun's rays are generally strongest from 10 a.m. to 4 p.m. Whenever possible, plan outdoor activities so you're not in the sun during the middle of the day. When your children are outdoors, be sure their skin is protected. Ultraviolet (UV) rays reflect off water, sand, snow, and any light-colored surface, such as concrete. UV rays also reach below the water's surface.

Cover Up With Hats and Shirts

Have fun choosing hats and shirts with your children. Hats should shade faces, necks, and ears. When it comes to clothes, choose shirts and slacks made of tightly woven fabrics that you can't see through when held up to the light. Dark colors provide more protection than light ones, since they prevent more UV rays from reaching the skin.

Use Sunscreen Every Day

Apply sunscreen every day on skin that is not protected by clothing or a hat. Choose a sunscreen with an SPF of 15 or higher. For total block and a really cool look, try zinc oxide. It can be applied to sensitive areas like the nose, ears, cheeks, and shoulders. Parents should note that sunscreen is not recommended for children less than 6 months old – keep them covered and in the shade.

Avoid Tanning Booths

No matter how much your teenager may beg, a sunlamp or tanning booth is not a good idea. They are as harmful to skin as the sun. It's a common misconception that a tan from one of these artificial methods can protect a person in the sun when they go on a vacation.

For more information about skin cancer prevention, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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SAMPLE NEWSLETTER:

SMOKING ENDANGERS SMOKERS AND NONSMOKERS ALIKE

Everyone knows that inhaling smoke can be lethal to those who use cigarettes and cigars. Not until the past decade, though, did we realize how dangerous it is to nonsmokers as well, causing a number of life threatening diseases.

In 1993, The U.S. Environmental Protection Agency (EPA) declared that secondhand smoke, also called environmental tobacco smoke (ETS), is a human carcinogen.

Each year, approximately 3,000 nonsmoking adults die of lung cancer as a result of breathing the smoke of others' cigarettes. ETS causes an estimated 35,000 to 40,000 deaths from heart disease in people who are not current smokers.

Secondhand smoke contains over 4,000 chemical compounds, including carbon monoxide, formaldehyde, ammonia, nickel, zinc, acetone, cholesterol, hydrogen-cyanide, and formic acid. Four chemicals in secondhand smoke (benzene, 2-napthylamine,4-amnilbiphenyl, and polonium-210) are known carcinogens, based on EPA standards. The EPA classifies 10 other chemicals in secondhand smoke as probable human carcinogens. Secondhand smoke also causes other respiratory problems in nonsmokers: coughing, phlegm, chest discomfort, and reduced lung function.

The children of smokers have a greater chance of developing certain illnesses, such as:

- Colds;
- Bronchitis and pneumonia, especially during the first two years of life;
- Chronic coughs, especially as children get older;
- Ear infections;
- Reduced lung function; and
- Increasing severity of symptoms and episodes among children with asthma.

As with adults, the more smoke a child is exposed to, the more that child's risk is increased. Therefore, if it is the smoking parent who handles most of the child's care, the child's chances of developing the ailments listed above are greater. And, of course, the risk is highest if *both* parents smoke.

For information on secondhand smoke, call the American Cancer Society at 1-800-ACS-2345, or visit their Web site at www.cancer.org.

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SAMPLE NEWSLETTER:

KEEPING KIDS CANCER-FREE

Parents would do anything to protect their children from a serious disease like cancer, but most don't realize daily health habits that start in childhood and adolescence — like diet, exercise, and tobacco use — can affect a child's future risk of getting it. These choices are among the most important risk factors and they are within our own control. The earlier healthy habits are established and maintained, the greater the chance of reducing the risk of cancer.

Both parents and schools can have a tremendous influence in lifestyle choices. Parents can guide kids' diet choices and activities, while schools can help reinforce healthy behavior by providing consistent health education and healthy environments.

What Parents Can Do

With children, actions often speak louder than words. Incorporating healthful habits into your personal and family routines is the best way to establish lifelong healthy behavior.

- Serve balanced meals, placing an emphasis on vegetables, fruits, and grains.
- Combine exercise and family time with activities such as biking and walking around the neighborhood.
- Avoid smoking — children whose parents smoke are at greatest risk of becoming smokers. If you smoke, get help to quit and talk to your kids about the dangers of tobacco use.

Parents can also have a positive effect on schools. Find out if your school district has a school health council. If it does, get involved as a parent representative. If it doesn't, ask school administrators how you can recruit school and community representatives to form one. With this group, you can help address what school health should include and how to integrate it into your school system.

What Schools Can Do

Recent research shows the effectiveness of school health education in reducing cancer risk factors, yet few schools have taken all the steps necessary to make this difference. To achieve the biggest impact on students' health, schools can:

- Ensure well-trained, qualified staff teach health and wellness classes from kindergarten through 12th grade.
- Enhance school policies to reflect healthy choices, such as healthful food options in the cafeteria and vending machines and a no-smoking code for staff.
- Develop health-focused school programs that provide kids with the knowledge, skills, and attitudes to resist behaviors that place their health at risk.

A coordinated school health program including the active involvement of parents and community members can ensure healthy children today grow into healthy adults tomorrow. The more kids learn about good health habits now, the greater the chance those habits will become permanent as they grow.

For more information about healthy living, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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FACT SHEET

- Nutritional factors account for about one-third of U.S. cancer deaths. You can protect your family and set a healthy example by encouraging a well balanced diet, regular physical activity, and avoidance of tobacco products.
    - Eat a variety of healthful foods, with an emphasis on plant sources.
    - Eat five or more servings of a variety of vegetables and fruits every day.
    - Watch your portion sizes – little steps can add up to big calorie savings.
    - Reduce the fat. Try substituting vegetables, fruits, or whole grains for higher fat foods.
    - Maintain a healthful weight throughout life.
    - A physically active lifestyle for children and adolescents includes at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

- Skin cancer is the most common of all cancers.
    - About 80 percent of skin cancers could be prevented by protecting skin from the sun's rays.
    - Protecting skin from the sun during childhood and adolescence is very important in reducing the risk of skin cancer in adulthood.

- Did you know that more than three–fourths of adult smokers started smoking in high school? Each day, more than 3,000 kids begin using tobacco products. Talk to your kids today about the dangers of tobacco use.
    - Tobacco companies continue to advertise to children.
    - Secondhand smoke is dangerous to nonsmokers, including children.

- Since the early 1900s, educators have recognized the important connection between health and success in school. To find out how to help your child's school emphasize healthy living, call the American Cancer Society at 1-800-ACS-2345 and ask for information on school health.

- As a new school year begins, refresh your family's health habits. Make sure everyone is getting five or more servings of fruits and vegetables every day, and make time after school for fun physical activity.

For more information about healthy living, call the American Cancer Society at 1-800-ACS-2345 or visit their Web site at www.cancer.org.

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KIDS' QUIZ – TOBACCO WORKD SEARCH

I	T	J	H	R	I	D	E	N	S	D
N	S	D	Y	O	W	C	A	E	J	R
S	M	O	K	I	N	G	J	T	O	A
T	E	W	D	A	N	C	U	S	G	W
E	L	N	D	I	K	S	M	I	H	O
A	L	R	H	M	O	W	P	L	A	Y
D	U	T	J	T	H	I	N	G	S	R
W	O	M	G	O	F	M	S	I	N	G
N	S	Y	T	A	L	K	R	E	D	S

Find and circle these words:

Things to do instead of smoking

dance
draw
jog
jump
listen
nothing
play
ride
sing
smell
swim

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HEALTH FOR SUCCESS CLASSROOM WORKSHEET

Questions taken from the American Cancer Society youth Web site www.healthforsuccess.org.

Nutrition Questions:

1. How many servings of fruits should you eat each day? _____
2. How many servings of vegetables should you eat each day? _____
3. Fiber is found in _____.
4. Name one benefit of eating breakfast. _____
5. One serving from the meat group is about the size of what? _____
6. Name one side effect of steroid use. _____
7. How many muscles are in your body? _____
8. Name one cause of acne or "zits." _____
9. Milk is a good source of _____.
10. Name one type of cardiovascular exercise. _____
11. Sore or cramped muscles need _____, _____, and _____ in order to _____ in order to heal.

Tobacco Questions:

1. Does smoking cause throat cancer? _____
2. Because of throat cancer, what does Stan Piper have to use? _____
3. Smoking accounts for what percent of low birth weight babies? _____
4. Why do smoking mothers have smaller babies? _____
   _____
5. Name one thing arsenic causes? _____
6. At least 43 of the chemicals in tobacco smoke are known to do what?
   _____

7. _____ is the cause of 19 percent of all deaths.
8. _____ are the cause of almost 15 percent of all deaths.
9. Old movies made smoking look _____.
10. In the 1940s and 1950s, people did not know tobacco was _____.

Sun Exposure Questions:

1. The abbreviation “SPF” stands for _____.
2. What SPF gives your skin the best protection form the sun? _____
3. Protecting ourselves from the sun’s rays could prevent _____ percent of skin cancer.
4. Who is at risk for skin cancer? _____
5. Sunlight can reflect off of _____, _____, _____, and _____.
6. Do UV rays come through cloudy skies? YES / NO
7. Name the three common types of skin cancer.
   a.
   b.
   c.
8. _____ is the most serious form of skin cancer.
9. What are the four warning signs of skin cancer?
   a.
   b.
   c.
   d.

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HEALTH FOR SUCCESS CLASSROOM WORKSHEET ANSWERS

Questions taken from the American Cancer Society youth Web site www.healthforsuccess.org.

Nutrition Questions:

1. How many servings of fruits should you eat each day? **2-4**
2. How many servings of vegetables should you eat each day? **3-5**
3. Fiber is found in **plants**.
4. Name one benefit of eating breakfast. **Live longer, helps physical endurance, increases one's ability to learn**
5. One serving from the meat group is about the size of what? **A deck of cards (2-3 ounces)**
6. Name one side effect of steroid use. **Severe acne, violent temper, stunted growth, shrinkage of sexual organs**
7. How many muscles are in your body? **640**
8. Name one cause of acne or "zits." **Heredity, poor diet, hormones**
9. Milk is a good source of **mineral calcium**.
10. Name one type of cardiovascular exercise. **Running, cycling, circuit training**
11. Sore or cramped muscles need **rest**, **ice**, and **massage** in order to heal.

Tobacco Questions:

1. Does smoking cause throat cancer? **yes**
2. Because of throat cancer, what does Stan Piper have to use? **An electronic voice box**
3. Smoking accounts for what percent of low birth weight babies? **30 percent**
4. Why do smoking mothers have smaller babies? **Nicotine makes the mother's blood vessels smaller so less food and oxygen gets to the developing fetus.**
5. Name one thing arsenic causes? **Skin irritation, lung cancer, lymphatic cancer**

6. At least 43 of the chemicals in tobacco smoke are known to do what? **Cause cancer in humans and animals.**
7. **Tobacco** is the cause of 19 percent of all deaths.
8. **Poor diet and exercise** are the cause of almost 15 percent of all deaths.
9. Old movies made smoking look **glamorous**.
10. In the 1940s and 1950s, people did not know tobacco was **harmful**.

Sun Exposure Questions:

1. The abbreviation "SPF" stands for **sun protection factor**.
2. What SPF gives your skin the best protection form the sun? **30 or higher**
3. Protecting ourselves from the sun's rays could prevent **60** percent of skin cancer.
4. Who is at risk for skin cancer? **Everyone**
5. Sunlight can reflect off of **water**, **sand**, **snow**, and **concrete**.
6. Do UV rays come through cloudy skies? **YES** / NO
7. Name the three common types of skin cancer.
    a. **Basal cell**
    b. **Squamos cell**
    c. **Melanoma**
8. **Malignant melanoma** is the most serious form of skin cancer.
9. What are the four warning signs of skin cancer?
    a. **Asymmetry**
    b. **Border irregularities**
    c. **Color**
    d. **Diameter**

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SUGGESTED MATERIAL

Title:	Choices for Good Health: Guidelines for Nutrition and Physical Activity for Cancer Prevention
Description:	Lists nutrition and physical activity guidelines and shows how to fit them into one's lifestyle.
Order #:	2089.00
Cost:	$0.053
Quantity:	Banded in 25

Title:	A Parent's Guide to Skin Protection
Description:	Provides tips on protecting kids from the sun's harmful rays. Also lists facts about Skin damage during youth.
Order #:	2012.04
Cost:	$0.075
Quantity:	Banded in 25

Title:	Questions About Smoking, Tobacco, and Health…And the Answers
Description:	Contains basic questions about tobacco, with informative and concise answers.
Order #:	2023.00
Cost:	$0.1425
Quantity:	Banded in 25

To order, call your American Cancer Society at 1-800-ACS-2345.

Other References:
American Cancer Society's Web site, www.cancer.org
American Cancer Society Web site on prevention for youths: www.healthforsuccess.org

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SPEAKER'S NOTES FOR PRESENTATION

Slide 1: Welcome to this presentation on Helping Your Children (and Grandchildren) Grow to be Healthy, Cancer-Free Adults. My name is _____. I appreciate the opportunity to share this information with you and hope that you will find it useful.

Slide 2: It is very important that we become good role models for our children.

Slide 3: Place an emphasis on vegetables, fruits, and grains.

Slide 4: What you eat is important. Choose at least five servings of vegetables and fruits every day, such as sweet potatoes, carrots, broccoli, cabbage, green peppers, oranges, strawberries, peaches, tomatoes, and watermelon. Eat at least six servings of whole grain products, such as breads, cereals, rice, pasta, or beans. What is a serving? What is a serving? One serving is: one-half cup fruit; three-fourths cup juice; one-half cup cooked vegetable; one cup leafy vegetable; one medium piece of fruit; one slice of bread; one ounce dry cereal; or one-half cup cooked cereal, rice, or pasta.

Slide 5: Choose foods that help maintain a healthful weight.

Slide 6: Watch your portion sizes – little steps can add up to big calorie savings.

Slide 7: None

Slide 8: It's fun and easy to include exercise in your quality family time. Regular activity helps maintain a healthy weight, which is important for lowering your risk for cancer, heart disease, and stroke.

More ideas: shoot hoops, play soccer, or go rollerblading when the kids get home from school; rake leaves, plant a garden, or weed the garden; or split up active household chores and have a contest to see who can finish first.

Slide 9: Check with your health care provider before you begin an exercise routine.

Slide 10: Protecting skin from the sun during childhood and adolescence is very important in reducing the risk of skin cancer in adulthood.

Slide 11: No matter what your children are doing or what time of year it is, if they're outside, they need to be protected.

Slide 12: None

Slide 13: Avoid smoking. Children whose parents smoke are at the greatest risk of becoming smokers.

More than three-fourths of adult smokers started smoking in high school.

Slide 14: The 1998 tobacco settlement banned billboard advertising and prohibited the tobacco companies from using cartoon images in their marketing. However, several recent studies show that, rather than reducing their advertising expenditures, the tobacco companies have redirected their money and may be reaching children more effectively than ever. In 1998, tobacco-marketing expenditures rose to an all time high of $6.73 billion for the year.

Slide 15: Secondhand smoke causes other respiratory problems in nonsmokers, such as coughing, phlegm, chest discomfort, and reduced lung function.

Slide 16: The more smoke a child is exposed to, the more that child's risk is increased. If it is the smoking parent who handles most of the child's care, the child's chances of developing the ailments listed are greater. The risk is highest, of course, if both parents smoke.

Slide 17: Parents can have a positive effect on schools. Try to become an active participant at your child's school.

Slide 18: A coordinated school health program, including the active involvement of parents and community members, can ensure healthy children today and healthy adults in the future. The more kids learn about good health habits now, the greater the chance those habits will become permanent as they grow.

Slide 19: None