

# health sense



Winter 2014



## Breakfast: Power up your child's day

**S**tart your kids' day right with a healthy breakfast. It can help them focus and learn.

Choose foods that are rich in whole grains, fiber and protein and low in added sugar. Many cereals and pastries are loaded with sugar. That can make kids grumpy, tired and sleepy at school.

Breakfast can also help keep kids' weight in check. It gets their bodies started burning calories. And it helps them not need to snack as much for the rest of the day.

**Best breakfast foods.** Here are a few ideas for healthy breakfasts that can help kids do better in school.

- Whole-grain cereal topped with fruit and low-fat yogurt.
- Whole-grain waffles topped with peanut butter, fruit or ricotta cheese.
- Whole-wheat pita stuffed with hummus or with turkey and cheese.
- Breakfast smoothie. Mix low-fat milk or yogurt and fruit in a blender.

- Vegetable omelet or hard-boiled eggs.
- Yogurt with berries.
- Lean turkey or ham on a toasted English muffin.
- Low-fat cream cheese on whole-grain bread or a whole-grain bagel.
- Shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds.

Drinks such as 100% fruit juice, tomato juice, low-fat milk and plain drinking water are great ideas for breakfast.

**What not to serve.** When you go shopping, read nutrition labels. If it has more than 10 grams of sugar per serving, it has too much sugar!

Avoid serving kids foods like these at breakfast:

- Sugary breakfast bars.
- Pastries such as muffins, croissants and toaster tarts.
- Chips, chocolate or candy.
- Energy drinks and sugary drinks, like Gatorade, AriZona, Starbucks, sodas and Slurpees.

These are all high in sugar and are not a great breakfast option.

Source: kidshealth.org

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## SEXUAL ORIENTATION

# Talking with your teen

**T**he teen years are full of questions. One thing on teens' minds is sexual orientation. They may wonder if they are lesbian, gay, bisexual or transgendered (LGBT).

These 5 facts can help you talk with your teen about this.

**1.** It's normal. No one knows for sure why some people are LGBT and others not. But if your child is LGBT, you can be sure that:

- He or she is normal. All major medical groups agree on this. Being LGBT is not caused by a mental disorder.
- People don't choose to be LGBT or not.
- There is no way to change someone's sexual orientation.

**2.** LGBT teens are not alone. About 10% of all people are gay. For teens who are 18 to 19 years old, close to 8% of females say they are gay or bisexual. For males it's about 3%. Anyone—from any race, faith or area—can be LGBT.

**3.** But they are often at risk. LGBT teens are more likely than non-LGBT teens to be rejected by their friends and family. They are also at risk for being bullied. As a result, they may:

- Miss school because they do not feel safe.
- Use drugs or alcohol or have risky sex.
- Become homeless.
- Think about suicide or try to kill themselves.

**4.** With help from caring adults, they can thrive. Many LGBT teens are just as happy as non-LGBT teens. This is even more true if they have caring parents and teachers. Going to a school that makes sure all students feel safe also helps.

Ask your teen to tell you about any problems at school. If there is a gay-straight alliance group there, it might be a good place for your teen to find peer support.

**5.** Some LGBT teens do not want people to know. On average, LGBT teens are age 16 when they tell their parents they are gay. But some may not feel ready to come out until they are older.

The important thing is for your child to know you are there for him or her. Tell your teen you will always listen with an open mind—and an open heart.

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

## Suicide: Know the warning signs

What makes the risk of suicide go up? It could be a painful event, loss or change.

Seek help right away if you or someone you know has any warning signs. For instance, people at risk for suicide might:

- Talk about wanting to die or kill themselves.
- Look for a way to kill themselves. They search online or buy a gun.
- Talk about feeling hopeless or having no reason to live.
- Talk about feeling trapped or having pain they can't bear.
- Talk about being a burden to others.
- Increase use of alcohol or drugs.
- Act anxious or too excited or act in a reckless way.
- Sleep too little or too much.
- Withdraw from people or feel alone.
- Show rage or talk about seeking revenge.
- Have extreme mood swings.

Source: National Suicide Prevention Lifeline

**» HOW TO GET HELP.**  
Contact a mental health provider right away. Or call the Lifeline at 800-273-TALK (800-273-8255).



## News on Covered California!

The Affordable Care Act has started. It's also called Health Care Reform. Do you or does someone in your family want coverage through Contra Costa Health Plan (CCHP)? Please call **855-957-2247**. Press **3** for enrollment. Or you can apply online. Go to **www.coveredca.com**.

You must sign up by March 31, 2014. Things CCHP members should know:

**Purple card.** Did you have the Basic Health Care/Health Care Initiative (HCI) program? Your program ended on Dec. 31, 2013. Covered California is now an option for you. To sign up, call our CoveredCa line at **855-957-2247**. You can also apply online. Go to **www.coveredca.com**. You must sign up by March 31.

### MEDI-CAL MEMBERS

## Check out these new benefits

Now you can get more help with quitting drugs and alcohol and improving mental health.

As of Jan. 1, 2014, Medi-Cal covers more of these services.

### What are the substance use disorder benefits?

- Help if you choose to go to a detox center.
- Treatment not at a center.
- A stay at a rehab center.
- Help to be drug-free, not at a center.
- Treatment to quit pain meds.

**Green card.** Did you have the Medi-Cal Expansion (MCE) program? You now have full Medi-Cal coverage. You get this because of the new simpler rules. You will still get letters from CCHP and the California Department of Health Care Services (DHCS) telling you how this will work. Have questions about your new Medi-Cal coverage through the Health Plan? Please call CCHP's Member Services at **877-661-6230**.

**ALERT!** If you qualify to buy health coverage and you don't buy it by March 2014, you could have to pay more in taxes. You must enroll in Covered California by March 31, 2014. Otherwise you cannot get health coverage until the open enrollment for 2015.

### What are the mental health benefits?

- Mental health checkup and treatment, in a group or 1-to-1.
- Proper testing for a mental health issue.
- Checkups on how your meds are working.
- Lab visits, drugs, supplies and supplements.
- Talk with a mental health provider.

If you need to use any of these benefits, call **888-678-7277**. Or call the Advice Nurse at **877-661-6230**. Press **1**.

## Watch for stress warning signs

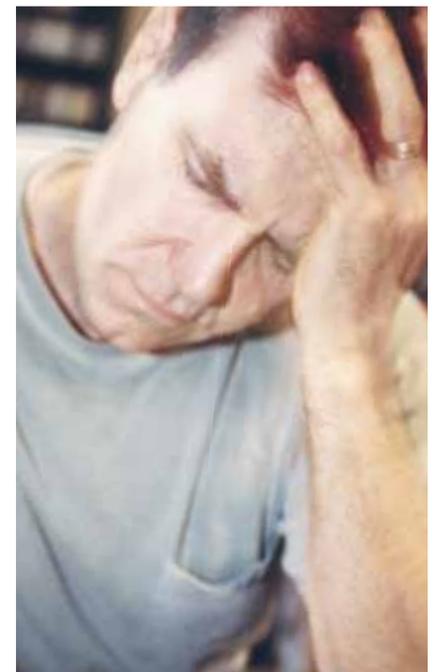
Stress doesn't just sneak up on you. There are signs that should warn you that you are too stressed out.

Signs can include:

- A short temper.
- Getting frustrated easily.
- A change in eating habits, like eating too much or too little.
- Headaches, muscle tension, and neck or back pain.
- An upset stomach.
- Chest pains or rapid heartbeat.
- Feeling overly tired.
- Trouble concentrating.
- Feeling nervous or anxious.
- Trouble sleeping.
- Problems remembering things.
- Feeling burned out from work.
- Feelings of hopelessness.
- Trouble performing daily tasks at home and work.

If you're having any of these signs of stress, talk to your provider about what you can do to feel better.

Sources: American Psychological Association; Mental Health America



COMMUNITY PRODUCE PROGRAM

# Fresh fruits and veggies—free

**Y**ou know you need to eat lots of fruits and vegetables. But what do you do if you don't have enough money for them?

Check out the Food Bank of Contra Costa and Solano. They give away fresh fruits and vegetables twice a month. They have several locations. They get this produce from

farmers in California. At each Community Produce Program site, the Food Bank provides only fresh produce, no canned goods.

Please check the schedule below. You can also call **800-870-FOOD (800-870-3663)**. Or go online to get the location for your city. Go to **[www.foodbankccs.org](http://www.foodbankccs.org)**.

Rules and notes:

- Bring 1 or 2 sturdy bags with handles to carry your produce home.
- Only 1 person from your home can take away produce.
- It's only 2 times a month.

You only need to tell the Food Bank your income falls below program guidelines.

Persons in home	Max. income per month	Max. income per year
1	\$1,915	\$22,980
2	\$2,585	\$31,020
3	\$3,255	\$39,060
4	\$3,925	\$47,100
5	\$4,595	\$55,140
6	\$5,265	\$63,180
7	\$5,935	\$71,220
8	\$6,605	\$79,260



## Get fresh fruits and veggies for free at these locations



### 1st and 3rd Tuesday of each month

Buchanan Park, noon to 1 p.m.  
4150 Harbor St., Pittsburg

Pittsburg City Park, 2 to 3 p.m.  
167 N. Parkside Drive, Pittsburg

Rio Vista Elementary, 4 to 5 p.m.  
611 Pacifica Ave., Bay Point

Hercules Senior Center, 11 a.m. to noon  
111 Civic Drive, Hercules



### 2nd and 4th Tuesday of each month

Immaculate Heart, noon to 1 p.m.  
500 Fairview Ave., Brentwood

Brentwood Community UMC,  
4 to 5 p.m.  
218 Pine St., Brentwood



### 1st and 3rd Wednesday of each month

Church of the Nazarene, noon to 1 p.m.  
1650 Ashbury Drive, Concord

WIC Concord, 2 to 3 p.m.  
2355 Stanwell Circle, Concord

St. Bonaventure's, 4 to 5 p.m.  
5562 Clayton Road, Concord



### 2nd and 4th Wednesday of each month

Salvation Army: Antioch, noon to 1 p.m.  
620 E. Tregallas Road, Antioch

Jubilee Christian Center, 2 to 3 p.m.  
11 Texas St., Antioch

Mission Elementary, 4 to 5 p.m.  
1711 Mission Drive, Antioch



### 1st and 3rd Thursday of each month

WIC Pittsburg, 1:30 to 3 p.m.  
2311 Loveridge Road, Pittsburg

Ambrose Teen Center, 4 to 5 p.m.  
3105 Willow Pass Road, Bay Point

Shields-Reid Center, noon to 1 p.m.  
1410 Kelsey St., Richmond

WIC Richmond, 2 to 3 p.m.  
39th Street and Bissell Avenue,  
Richmond



### 2nd and 4th Thursday of each month

The Pentecostals, noon to 1 p.m.  
310 Central Ave., Pittsburg

First Baptist Church, 2 to 3 p.m.  
224 Linda Vista, Pittsburg

Solomon Temple, 4 to 5 p.m.  
655 California Ave., Pittsburg



### 1st and 3rd Friday of each month

Holy Rosary, 1 to 2 p.m.  
1313 A St., Antioch

American Legion Hall, 3 to 4 p.m.  
403 W. 6th St., Antioch

Kids Club, 5 to 6 p.m.  
800 Gary Ave., Antioch



### 2nd and 4th Friday of each month

Boys & Girls Club of Martinez,  
noon to 1 p.m.  
1301 Alhambra Ave., Martinez

Laborers' Local 324, 2 to 3 p.m.  
611 Berrellesa St., Martinez

Las Juntas Elementary, 4 to 5 p.m.  
4105 Pacheco Blvd., Martinez

Davis Park, noon to 1 p.m.  
1651 Folsom Ave., San Pablo



### 1st and 3rd Saturday of each month

La Clinica de la Raza, 10 to 11 a.m.  
2000 Sierra Road, Concord

Cambridge Elementary,  
noon to 1 p.m.  
1135 Lacey Lane, Concord

Mt. Diablo High School, 2 to 3 p.m.  
2611 East St., Concord

Living Hope Neighborhood Church,  
10 to 11 a.m.  
2800 Rheem Ave., Richmond

Sojourner Truth, noon to 1 p.m.  
2621 Shane Drive, Richmond

Kennedy High School, 2 to 3 p.m.  
4300 Cutting Blvd., Richmond



### 2nd and 4th Saturday of each month

Antioch High School, 10 to 11 a.m.  
700 W. 18th, Antioch

Carmen Dragon Elementary,  
noon to 1 p.m.  
4721 Vista Grande Drive, Antioch

Marsh Elementary, 2 to 3 p.m.  
2304 G St., Antioch



# Health can be your child's habit

**T**here's a secret to helping kids develop healthy habits. Make it easy for them.

When something is easy, you can do it again and again without thinking about it. It's just what you do. Eating well and being active can help keep your family well. And your kids could keep these habits for the rest of their lives. Here are some tips to get your kids started.

## Stock smart foods.

- Eat meals together. At family meals, kids are more likely to eat healthy foods and less junk food.
- Keep healthy snacks on hand. Chips and cookies are OK now and then. But store them out of sight. Keep fruits and veggies where kids can get them.
- Go for the color. Have everyone choose a color. Then ask them to name a fruit or vegetable of that color. See how many of these foods you can eat in 1 week.
- If you use whole milk, switch to

2% and then to skim. Everyone's tastebuds will adjust.

## Get active for fun.

- Fill your home with active toys, like basketballs, hula hoops and flying discs. Store them where your kids can get to them anytime.
- Plan birthday parties that will get people moving. It could be a swimming or skating party. Or everyone could walk to the park for a game of touch football or volleyball.
- Plan family fun nights. Spend at least 30 minutes 3 times a week doing something active. It might be a bike ride, a hike or a game of tag in the yard. It's a time to be together and get some exercise.
- Make active things a game. For instance, when you take your child shopping, count how many steps it takes to get from your car in the parking lot to the front door of the store. On your next trip, see if you can increase your steps.

Sources: LetsMove.gov; National Institutes of Health

## Fast, healthy meals for busy families

On busy nights, it's great to have healthy, go-to meals on the menu.

Want to save time? Make a double batch of some dishes on the weekends to have ready for the week.

Some quick and easy ideas:

**Great Greek.** Sprinkle boneless, skinless chicken breasts with lemon juice and a pinch of oregano. Bake for 20 minutes, and top with a little feta cheese. Serve with steamed green beans, brown rice and low-fat yogurt topped with fresh berries.

**Noodle night.** Top cooked, whole-wheat pasta with your favorite tomato sauce and a sprinkle of grated cheese. Serve with fresh salad, fruit and milk.

**Speedy pitas.** Stuff whole-wheat pitas with tuna and chopped veggies. Have sliced tomatoes, a fruit salad and frozen yogurt on the side.

Source: Academy of Nutrition and Dietetics

# Food Addicts support group

**D**o you have trouble with eating or food?

Do you weigh too little or too much? Or do you obsess about food, your weight or dieting?

Food Addicts (FA) may be a great support group for you.

FA is a free support group. FA members are men and women of all ages from all over the world. Some members have had obesity. Others might not have eaten enough. Some might have bulimia. And some might have been so obsessed with food or weight that they could not live freely.

If you answer yes to any of the questions below, FA may be able to help you. For a list of meetings, go to [www.foodaddicts.org](http://www.foodaddicts.org). Or call 781-932-6300.

**Are you a food addict?** To find out, answer these questions

as honestly as you can:

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight all the time?
3. Have you tried many diets or food plans without success?
4. Do you eat large amounts of food at a time? This is called binging.
5. Do you binge and then "get rid of the binge"? Some ways people do this: vomit, exercise, take a laxative or purge in other ways.
6. Do you eat differently in private than you do in front of other people?
7. Has a doctor or family member ever been concerned about your eating habits or weight?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever thrown away food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or cut off your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel a drive to exercise all the time to control your weight?
17. Do you obsess about how many calories you have eaten and burned?
18. Do you often feel guilt or shame about foods you eat?
19. Are you waiting for your life to begin "when you lose the weight"?
20. Do you feel hopeless about food?



# Fight back

## GET ACTIVE—NO EXCUSES

**Y**ou want to exercise. You know it's good for your mind and body. And you actually feel better when you do it.

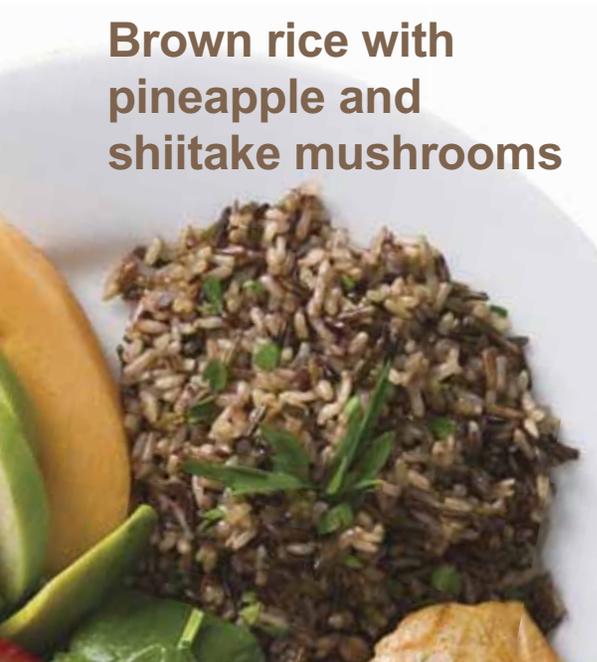
So what's getting in the way? Maybe lots of things. Life gets busy. But are you making excuses not to be active?

Here are some thoughts that might stop you from getting active and ways to work around them.

THE EXCUSE	THE REMEDY
"I'm too tired."	<b>The truth: Being active each day will make you feel less tired.</b> Plan your workout for a time of day when you have some energy left.
"I don't have the time."	<b>Exercise is too important to miss. Plan it just like anything else you have to do.</b> » Take walking shoes to work and head out for a brisk walk during lunch or breaks. » Pack your gym bag the night before. » Break your active time into 10-minute chunks. » Do 2 things at once. Walk in place while you watch TV. Ride an exercise bike while on the phone. Park 20 minutes from work and walk to and from your car.
"It's too wet/cold/hot."	<b>Come up with an indoor routine you can do when the weather is bad.</b> You could climb stairs, jump rope, walk in a mall or swim indoors.
"Who cares? Why bother?"	<b>That's your negative voice talking.</b> It makes you feel too weak or tired to do things. Keep track of your miles, time, reps or steps. Give yourself credit for a job well done!

Sources: American College of Sports Medicine; American Council on Exercise; Centers for Disease Control and Prevention

### Brown rice with pineapple and shiitake mushrooms



#### Ingredients

- 1 cup water
- ½ cup long-grain brown rice or brown basmati rice
- 1 tablespoon canola oil
- ½ medium red bell pepper, diced
- 8 shiitake mushrooms, stems removed, diced
- 1 cup chopped green onions
- ½ cup crushed canned pineapple, drained

#### Directions

■ Bring water to a boil. Add brown rice, bring to boil again, then cover and reduce heat to low simmer. Cook rice for 45 minutes or until all the water is absorbed.

■ While rice is cooking, sauté red pepper and shiitake mushrooms in canola oil for 3 minutes. Add green onion and pineapple. Continue to saute for 1 more minute.

■ Using a fork, add rice to vegetables in pan. Cook, breaking up rice and stirring until well combined and hot. Serve immediately.

#### Nutrition information

Makes 4 servings. Amount per serving: 166 calories; 4g total fat (<1g saturated fat); 30g carbohydrates; 3g protein; 3g dietary fiber; 12mg sodium.

Source: American Institute for Cancer Research