

## 2019 KACO Posts

### January

#### **'Now' Is the Most Important Word**

Patterning good behavior is a stalwart of parenting and pediatrician advice. It's also good for pediatrician wellness. So, help your patients by taking care of yourself. A recent study demonstrated that stroke risk, like diabetes and heart disease risks, are reduced by staying fit. And the most important take away is that people who have stayed fit or have become fit are the ones who benefit. Never being fit or losing fitness were indicators for people with the highest risk. When it comes to health and wellness, there really is no time like the present! You can read more [here](#).

### February

#### **Free App for Family Wellness**

Looking for a great little free app for your families, to help them find practical strategies for healthy nutrition and activity for their young children? Here's a great one from AAP and the Institute for Healthy Childhood Weight:

<https://tinyurl.com/y4bzdu7e>

### March

#### **Whether Lamb or Lion...**

March is the official start of Spring in Kentucky. And what a great time to get outside with the family, whatever your "family" may be! Looking for a great activity to do outside that is fun for all ages? Try Geocaching. If you are unfamiliar, Geocaching is basically a big scavenger hunt. You use your phone (ergo, no whining about not having a phone!) to locate hidden treasures left by other Geo-cachers wherever you may be. It's a blast and promotes problem-solving, physical activity and sun-induced vitamin D synthesis! The app is available at <https://www.geocaching.com/play/mobile>

### April

#### **The Most Important Meal**

Is breakfast really all that important? Obesity researchers have debated the point for years when it comes to healthy weight. In my opinion, the argument that eating breakfast is not an effective weight loss strategy really seems to miss the point. What we do know is that: 1) habits, not diets, are sustainable, 2) the benefits of good nutrition extend way beyond weight status, 3) children tend to not eat enough lean protein or fruits & vegetables, 4) children from under-resourced communities benefit from school-based nutrition and 5) breakfast can support #'s 1, 2, 3 and 4. Additionally, studies continue to trickle in that indicate the values of a healthy breakfast. <http://www.diabetesincontrol.com/missing-breakfast-and-its-correlation-with-increased-risk-of-childhood-obesity/> Bottom line? A healthy protein-containing breakfast is worth the effort!

### May

#### **Derby Day Signals Gardening Season**

May is arguably the pinnacle of the Kentucky calendar. Great weather and the Derby! It's also the time to start enjoying and preparing for some Kentucky favorites that are amazingly nutritious. It is time to plant in anticipation of the summer growing season. Some early arrivals like asparagus and lettuce are in. Who knew that the early season favorite, Bibb Lettuce, is named after John Bibb who developed the cultivar here in Kentucky in 1850? Get great ideas on making the most of Kentucky's agricultural bounty at our outstanding state extension service: <https://extension.ca.uky.edu/>

