

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/>

June

Make It an Active Vacation

Vacation does not always have to involve a plane ride or crushing expense. But it should be a time for fun, relaxation and trying something different. How about including a rafting or canoeing trip on the Cumberland? Or a hike at Red River Gorge? Or boating on Lake Barkley or Barren River? Or wandering around Fort Boonesborough or Fort Harrod? Or climbing through a cavern at Mammoth Cave National Park? We live in an awesome state. Get out there and explore it. And, the more active, the better! <https://www.kentuckytourism.com/>

July

Thinking About Obesity in a Different Way

When we are faced with an illness like obesity that seems to defy all our efforts at treatment, it is easy to get discouraged. But, as it has been many times in medical and scientific history, a single “Aha!” moment can have a huge impact. Bill Dietz, the former CDC Director for Obesity Treatment has great insight on obesity as a disease. He uses the word “syndemic” to describe the interplay of obesity with malnutrition and climate change and how we need to think more comprehensively about how obesity fits into our daily lives. Fascinating stuff that you can read about here: <https://www.npr.org/sections/goatsandsoda/2019/01/28/689292566/does-the-world-need-a-new-buzzword-syndemic-to-describe-3-big-crises>

August

Food for Thought

Canada released its new “food plate” this year and it is a major departure from previous iterations. An evidence-based reformulation, the new plate boils down food into three groups: fruits & vegetables, whole grains and protein sources. It also drives the importance of water in diet and stresses the health benefits of plant-based protein. While we can quibble about messaging and graphics, the new Canada plate is a step forward because it acknowledges data in nutritional practice. <https://nationalpost.com/health/health-canada-new-food-guide-2019>

September

A License to Roughhouse

Physical activity comes in all shapes and sizes. And sometimes the most important types are types we don't even think about. Recent studies indicate that involved parents who play physically with their kids not only help their physical conditioning, but their emotional regulation. Play on! <https://psychcentral.com/lib/losing-touch-revisiting-the-importance-of-touch-and-physical-play-in-childhood-development/>

October

We Want to Pump YOU Up!

Think weightlifting is a young person's game? Think again. As we age, resistance training becomes more and more important in weight management, injury prevention and mental health. Physician, heal thyself! [How to Build Muscle Strength](#)

November

Fruit is NOT the Enemy

Despite what some fad diets would have you believe, fruit is not the blood sugar-spiking, pesticide-laced problem in American diets. Where this mythology came from is a bit of a mystery but seems to be rooted in the truth that we need to watch our carbohydrate intake for proper glucose metabolism. However, fruits provide several benefits and these benefits are especially valuable for our pediatric patients. They help us avoid other ubiquitous sweet foods. They provide numerous nutrients. They are a great source of fiber and water. They often come packaged in serving-size convenience courtesy of Mother Nature. Seriously, is there a better packaged food for a hike than an apple or raisins?

You can read more about why we should promote fruit intake [here](#).

December

Diet Drinks Still Not As Good As Water

When trying to help our patients lose weight, we usually fall back on the statement, “Diet drinks are at least better than regular ones”. And honestly, theoretically it makes sense that diet drinks likely have some role, but water consumption still needs to be our goal with our patients. People who drink diet drinks consume about 200 calories more per day than people who drink water. Even more perplexing is that the greatest calorie intake occurred in people who drink both sugary drinks and diet drinks. We clearly have a lot to learn, but one thing we do know is to drink water for health.

<https://wtop.com/health-fitness/2019/05/diet-sodas-wrecking-the-diet-study-finds-low-calorie-drinks-dont-translate-to-low-calorie-lifestyle-in-kids/>