

Health Commission

National Association of School Nurses

“Voices of meningitis”

Meningococcal disease is a rare, but potentially fatal bacterial infection that can take a child’s life in just one day. Studies show preteens and teens are at increased risk for contracting the disease and are more likely to die than other age groups. The Centers for Disease Control and Prevention (CDC) and other leading medical groups recommend meningococcal vaccination for preteens and teens. However, in California, nearly a third of preteens and teens 13 through 17 years of age have not been vaccinated against meningococcal meningitis, which is below national public health goals.

As part of the vaccination program, there are a variety of resources available to help reach the community with this important information. These ready-to-use materials include posters, consumer brochures, and fact sheets. Materials are available in English and Spanish and can be ordered in hardcopy (mailed to you free of charge) or downloaded from www.VoicesofMeningitis.org. Additionally, the website features compelling downloadable videos from families personally affected by the disease and offers additional information about meningococcal meningitis and vaccination.

Sponsored by the National Association of School Nurses, *Voices of Meningitis* aims to motivate parents of preteens and teens to talk to their child’s school nurse or health-care provider about meningococcal vaccination. The program brings together the many “voices” of meningitis – school nurses, parents whose children have been affected by the disease, survivors of meningococcal meningitis, and public health professionals – to raise awareness about the dangers of meningococcal meningitis and the importance of prevention for preteen and teenage children.

Voices of Meningitis: www.VoicesofMeningitis.org

Get the facts, Protect your family, Who is at risk, Teens at risk, Vaccinate, Raise your voice. Get educational materials in English and Spanish:

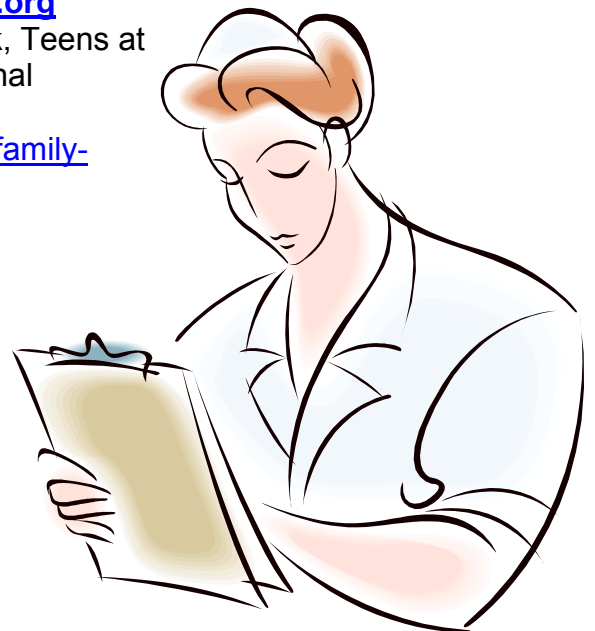
<http://www.voicesofmeningitis.org/protect-your-family-resource.html>

Centers for Disease Control:

www.cdc.gov/meningitis/index.html

Resources in English and Spanish. Meningitis infection is characterized by a sudden onset of fever, headache, and stiff neck. It is often accompanied by other symptoms, such as

- Nausea
- Vomiting
- Photophobia (sensitivity to light)
- Altered mental status



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Rewarding schools and districts for improving indoor air quality



Asthma is one of the most common chronic conditions of childhood, and is the leading cause of school absenteeism due to chronic illness. In California, about 17% of school-aged children (ages 5-18) have asthma. Thus, on average, in a classroom of 30 children, 5 are likely to have asthma. In addition to the health impacts of asthma, California schools lose approximately \$31 million each year in lost revenue as a result of asthma-related student absences.

As one response to this serious health and financial issue, each year California Breathing, a program in the California Department of Public Health, presents the Achievements in Respiratory (AIR) Health Awards to California K – 12 schools that have engaged in successful efforts to improve indoor air quality (IAQ) and create asthma-safe environments for students and school staff. All K-12 public and private schools are eligible for the award. You and your colleagues are invited to submit nominations.

On April 11 up to 15 California schools and 3 school districts receive a monetary prize at the following levels.

- **School District Award** **\$5000**
- **School Awards** **\$1000 to \$2000**

Award-winning schools and districts also receive a trophy and acknowledgement in the press.

The nomination period for the 2012 AIR Health Awards will open in January. Be sure to visit the California Breathing website for information, at www.californiabreathing.org. The website also features information about the burden of asthma and fact sheets about asthma for parents and schools.

Automated External Defibrillators (AEDs) in schools

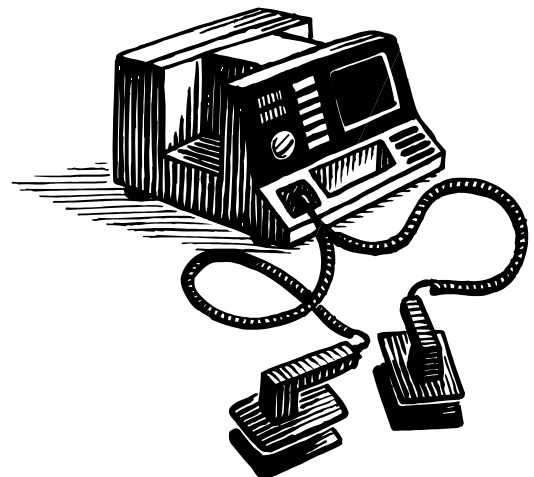
Annually there are an estimated 295,000 out-of-hospital sudden cardiac arrests (SCA) in the United States affecting every age, fitness level, gender and race, killing more than breast cancer, lung cancer and AIDS combined. Only five percent to seven percent of those who experience sudden cardiac arrest survive and survival rates are reduced by approximately 10 percent for each minute that passes after the onset of sudden cardiac arrest. Sudden cardiac arrest is reversible in most victims if it is treated within a few minutes with defibrillation to restore a normal heartbeat; rapid use 911, and prompt delivery of cardio-pulmonary respiration (CPR) when necessary.

An automated external defibrillator (AED) is a simple, small, portable device approved by the FDA for use by laypersons. The AED restores the victim's heart to a normal rhythm. Public Access Defibrillation (PAD) Programs place AEDs in visible, accessible, public locations.

The 2011 California State PTA resolution **Automated External Defibrillator (AED) Awareness In Schools** urges PTAs to support California schools in implementing AED programs; to support the acquisition of AEDs for school campuses, and to implement PAD Programs that include maintenance, testing and designated site staff training requirements. Finally PTAs are urged to encourage local schools and school districts to collaborate with organizations and foundations to assist with the purchase of AEDs and the implementation of PAD Programs that include training, testing and records management.

Recommendations for the number of AED devices for a school vary according to the physical size of campus, the number of individuals on campus during school hours, types of campus activities, and the location of the devices. According to the California State PTA Insurance and Loss Prevention Guide (2011), Defibrillators for School Use (20) are on the Yellow Light Page. Footnote 20 states: When you purchase a defibrillator it is important that you gift it to the school and not be responsible for the operation or training of the defibrillator.

For guidance visit these websites:
 American Heart Association at www.aha.org
 The Via Foundation at www.theviafoundation.org.



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How many AEDs do we need?

An AED should be available within 4 minutes of every person on campus during normal operating school hours. In some cases this may require more than 1 AED.

A good rule of thumb is 1,2,3

- 1 AED for elementary schools
- 2 AEDs for middle schools
- 3 AEDs for high schools.

Where should we place our AED?

The following explains the location that should most commonly be used to place AEDs on school sites, depending on the type of school. The following are suggestions; the final decision is up to the school. The most important factor in placing your AED should be accessibility to the greatest number of people.

In General

- AEDs should never be placed in a locked storage room, a locked cabinet, or an inaccessible area.

Elementary Schools

- In an Elementary School, the AED would most commonly be located in or near the front office.

Middle or Jr. High Schools

- In a Middle or Jr. High school, one AED would be located in or near the front office, and a second AED can be located in the gym.

High Schools

- In a high school, one AED would be located in or near the front office, a second AED would most likely be located in the gym, and a third AED can be placed at the athletic field.

THE VIA FOUNDATION
1725 Clay Street | Suite 100 | San Francisco, California
Office: 800-284-0125 | Fax: 415-226-0675 | www.theviafoundation.org

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Wall Cabinets

The AED should always be housed in a wall cabinet that remains unlocked and is located in a visible and accessible location.

The wall cabinet should be in a location that is accessible during normal school hours.

AEDs located at athletic fields should be made accessible for after school practices or events at the discretion of the athletic staff.

It is the choice of the athletic staff to bring the AED to practices and games. By communicating the importance of this to them from the start, you can help create a system for providing this life saving equipment at athletic events.



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Installing your AED

When the AED arrives on campus, work with the school facilities person to install the wall cabinet in the visible and accessible location.

The school administration should then send out an email to all school staff explaining the location of the AED and what the device is for. The Via Foundation will provide a sample email upon request.



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Training to use your AED

Anyone can use an AED, but a CPR training class is recommended for a portion of the staff. This increases the likelihood that CPR will be performed in conjunction with the use of the AED, and has been proved to increase chances for survival.

At least one person certified by the American Red Cross or the American Heart Association is required by the California Health and Safety Code. Certifying at least 10 staff members is a good idea. The American Red Cross certification lasts for 1 year, the American Heart Association lasts for 2 years. Think about offering re-certification classes when they expire.



The people that will be most effective to participate in the training are the administrative assistant, front office staff, PE teachers, coaches, yard monitors, security, janitorial staff, and teachers. Teachers are often in a classroom for most of the school day, and sudden cardiac arrest is most likely to happen during or immediately following exercise. Staff who interact with the students during exercise periods, or staff that may be responding from the front office are usually the best to include in the training.

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Maintaining your AED

California's Health and Safety Code requires monthly maintenance for all AEDs. This is a visual check to ensure that the readiness indicator is on and the AED is ready to use in case of emergency.

Appoint a school Site Contact. This staff person will perform the monthly checks on the AED and maintain the records of the expiration date of the electrodes and batteries. An online maintenance program is part of The Via Foundations' Program Management. The Site Contact will receive a monthly email reminder to check the AED, and then login to our website to submit the permanent record.

We also track the expiration date of the battery and electrodes and will either remind you when those are about to expire or automatically ship out new supplies, depending on the maintenance plan for your school.

Summary of how to implement a successful AED program at your school:

1. Site Assessment. Determine the correct number and location of the AED or AEDs your school campus will need.
2. Purchase AEDs and wall cabinets
3. Install wall cabinets
4. Send out email to all staff notifying them of AED
5. Training Class
6. Determine the Site Contact at your school
7. Respond to all emergencies with the AED!



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Hands-Only™ CPR

Two steps to save a life:

-  Call 911
-  Push hard and fast in the center of the chest.

Check out this video to see Hands-Only CPR in action.

an Español

CPR. A lifesaving action.

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

Don't be afraid. Your actions can only help.

Introducing the Hands-Only™ CPR App.
 FREE download for iPhone, Android and Palm Pre phones

IPHONE **ANDROID** **PALM PRE**

Coming soon for BlackBerry



It's not normal to see an adult suddenly collapse, but if you do, call 911 and push hard and fast in the center of the chest. Don't be afraid. Your actions can only help. Take a minute and look around this site and invite your friends! Increasing the number of people who know about Hands-Only™ CPR will increase the chance that someone can help when an adult suddenly collapses, and more lives can be saved.

[Check out this video](#) to see Hands-Only CPR in action. www.heart.org

CALIFORNIA CANCER RESEARCH ACT



California State PTA supports CCRA. PTAs and members are encouraged to support and volunteer.

What is the California Cancer Research Act (CCRA)?

The CCRA is a ballot initiative that will be placed before California voters on June 5, 2012.

Through a \$1 per-pack tax on cigarettes – the first time California's tobacco tax has been adjusted in 14 years – the CCRA will deliver over \$855 million per year to pursue potential cures of cancers, heart disease, and other tobacco-attributed illnesses, drive down smoking rates, and assist law enforcement.

Why do we need the CCRA?

To Protect Our Kids by keeping California's anti-smoking programs strong. Big Tobacco has to recruit our kids because their customers die or quit. The CCRA will lead to a 13.7% decrease in youth smoking, and prevent more than 228,000 Californian kids from becoming addicted.

To Save Lives by helping leading medical researchers & reducing smoking. Tobacco-attributed diseases are the leading causes of death in California. Independent studies show that the additional \$1 cost of smoking alone will save over 104,500 Californians from an early smoking-attributed death.

To Protect Your Tax Dollars by saving taxpayers' money. Californians are paying \$618 per household in taxes for smoking-attributed healthcare costs, irrespective of whether or not you smoke. The CCRA will save \$5.1 billion in long-term health costs from resulting declines in smoking.

How will CCRA money be spent?

- 60% on **Cancer and tobacco-attributed Disease Research** (approximately \$468 million annually) to support research into prevention, detection, treatment, and cures.
- 15% on **facilities and equipment** (approximately \$117 million annually) to support research.
- 20% on **tobacco education and cessation** (approximately \$156 million annually) to help smokers quit and protect our kids from smoking.
- 3% on helping police **stop tobacco smuggling & enforce** tobacco laws (approximately \$23 million annually), which includes preventing illegal sales of tobacco to minors.
- **Protect existing tobacco tax revenue streams** (approximately \$75 million annually) to ensure that programs funded by existing tobacco taxes are not negatively impacted by the projected decline in tobacco-use resulting from the CCRA.
- No more than 2% on administration, including the costs of collecting and distributing CCRA revenue.

Who are the CCRA decision makers?

CCRA puts decisions in the hands of medical doctors, researchers, and health advocates. A nine-member oversight committee will award all funds. That committee will be composed of:

- Three **University of California Chancellors** whose campuses have medical research expertise.
- Three **Directors from California's National Cancer Institute** Cancer Centers.
- One **practicing California physician** with expertise in cardiovascular diseases.
- Two representatives from **Health & Patient Advocacy Organizations**.

Help pass this life-saving ballot initiative at
www.CaliforniansForACure.org

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American Cancer Society 2011-2012 School Wellness Recognition Program

California State
PTA
everychild.one voice.



The School Wellness Recognition Program is sponsored by the American Cancer Society in collaboration with the California State PTA and California Action for Healthy Kids and is designed to recognize and applaud schools that are making significant improvements in their school environment related to healthy eating, physical activity, and tobacco free lifestyles.

American Cancer
Society, California
Division, Inc.

For more information

Phone: 510-464-8146

E-mail:
david.saunders@cancer.org

Healthy Kids, Ready
To Learn

ACS and PTA want to motivate and empower California schools to “step up” and create healthy school environments.

To register your school, complete the Recognition Program application. Apply here:
<https://www.surveymonkey.com/s/SWRP>

Deadline to submit application: March 30, 2012.



Links and resources for kids, adults and schools www.heart.org



Jump Rope For Heart

Since 1978, Jump Rope For Heart has been AHA's educational fundraising program for millions of elementary school students across the nation. Participants learn jump rope skills as well as how their hearts work, and how to keep them beating healthy and strong.



Hoops For Heart

Middle school students that participate in Hoops For Heart learn basketball skills and the importance of heart health, while raising dollars to support lifesaving research and learning about the importance of community service.



Teaching Gardens

We're growing a harvest of better health! A fresh new approach to learning! We're sowing the seed of knowledge to grow healthier kids. Experience the value of vegetables.



NFL PLAY 60 Challenge

The AHA has teamed up with the NFL's PLAY 60 campaign to create the NFL PLAY 60 Challenge to inspire middle school students to be more physically active and to help schools become places that encourage active lifestyles year-round.



Understanding Childhood Obesity is an AHA

sourcebook on child nutrition and physical activity. It's a great resource for media, policy makers, health professionals, school officials and other stake holders to begin meaningful dialogue toward concrete solutions to the obesity epidemic. Download the [full PDF](#) or [condensed version](#).

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[Educators & Teachers](#)

A healthy school environment can result in greater academic achievement, healthier students and school staff.

[Elementary Lesson Plans](#)

[Middle School Lesson Plans](#)



Be the Beat

Now teens have a fun way to learn the signs of cardiac arrest and the simple steps to save a life with the American Heart Association's Be The Beat website, loaded with interactive games, music, videos, and chances to win cool prizes.

Check us out at: bethebeat.heart.org.

[Heartsaver® CPR in Schools](#)

Heartsaver CPR in Schools is designed to teach middle and high school students lifesaving skills. The course is presented in several modules giving schools the flexibility to teach the course over several class periods. Students can even earn a credential card after successful completion of the course.



Face the Fats:

www.facethefats.org

Good for science education. There are fun cartoon characters.

My Life Check

www.MyLifeCheck.org In just a few minutes with Life's Simple 7, you can learn the state of your heart and how to live a healthier life.

AED Resources

Sudden cardiac arrest and other life-threatening emergencies can happen anywhere, even in schools or your workplace. Giving CPR and using an Automated External Defibrillator (AED) can greatly increase the victim's chance of survival.

http://www.heart.org/HEARTORG/CPRAndEC/C/WorkplaceTraining/AEDResources/AED-Resources_UCM_001296_SubHomePage.jsp

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MAKE IT YOUR **MISSION** TO FIGHT HEART DISEASE IN WOMEN



Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year.

This means women just like you – mothers, sisters, friends – are dying at the rate of one per minute because they don't know what you know: **heart disease kills.**

Go Red For Women asks you to **bring your network into our network.** Now that you know heart disease kills, join us in our mission to fight heart disease in women. **Tell 5 women you want them to live** and we can help stop heart disease in our lifetime. Heart disease has already touched you or someone you love, so help us save a woman's life today.

Make It Your Mission to stop the No. 1 killer.

Here are 5 ways to help stop heart disease in our lifetime.

Heart to heart. Share your stories at GoRedForWomen.org. Your voice, wisdom and experiences can make a big difference in the lives of other women.

Heart on your sleeve. Inspire your community and others to **Go Red** on **National Wear Red Day®** by sporting your own red attire.

Food for heart. Take the free, 12-week online makeover to make heart-healthy choices to become a BetterU. It can change your life!

Be a heart hero. You can change a life! Donate to save a woman's life and help fund lifesaving research and education programs for women.

Heart warrior. Become an advocate for **Go Red For Women** by lobbying state and national officials for public policies that advance the fight against heart disease and stroke. Learn more at YoureTheCure.org.

Visit GoRedForWomen.org/WearRedDay and Donate To Save A Woman's Life.



Use your smartphone to scan this code and view the compelling and inspiring videos of these women and their experiences with heart disease. To download a free QR code reader for your iPhone or Android device, simply text "AHAPP" to 82350 or use your own scan code app.

nationally sponsored by



Liz, 43
Heart Disease
Survivor

Jamie, 36
Heart Transplant
Recipient

Tamara, 33
Family History
Of Heart Disease

Eva, 39
Heart Disease
Survivor

Dianne, 53
Heart Attack
Survivor

Shermane, 40
Stroke Survivor

Health Commission



Shermane, 40
Stroke Survivor

5 Reasons to Make It Your Mission

- **Heart disease is still the No. 1 killer of women age 20 and over**, killing approximately one woman every minute.
- More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer.
- **Eighty percent of cardiac events in women could be prevented** if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.
- Hispanic women are likely to develop heart disease **10 years earlier** than non-Hispanic white women.
- African-American females **have higher death rates** from heart disease, stroke and other cardiovascular diseases than white females.

Give 5 women you care about the power to save their lives at GoRedForWomen.org

Make it Your Mission to Give

The American Heart Association uses all revenues from local and national Go Red For Women activities, like **National Wear Red Day**,[®] to support awareness, research, education and community programs to benefit women. These funds help women by offering educational programs, advancing women's understanding about their risk for heart disease and providing tools and motivation to help women reduce their risk to protect their health. Learn more at GoRedForWomen.org/WearRedDay.

Visit GoRedForWomen.org/WearRedDay to give a gift.
Donate To Save A Woman's Life.



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Help your members Have a nutritious winter season

Kick off the winter season with new, quick and healthy recipes and video cooking tips from the American Heart Association.

Photo caption: Quick chicken chili; orange-glazed turkey with potatoes and carrots; and blackened fish with strawberry-kiwi salsa. for those busy family evenings. These are just a few of the inexpensive and easy recipes found at Simple Cooking with Heart, a new online destination at www.heart.org/simplecooking.

Show and tell is a favorite of the kids but it works for adults, too. Demonstrating how simple heart-healthy cooking can be is a great way to inspire families to learn new cooking skills and prepare nutritious and budget friendly meals at home.

In addition, any of your members can download a free home host kit from www.heart.org/simplecooking and create a fun in-home cooking party for friends and neighbors.

Simple Cooking with Heart is an effort to help people change the way they think about food and return to the kitchen as part of the 2020 goal: to improve the cardiovascular health of all Americans by 20 percent and to reduce deaths from cardiovascular disease and stroke by 20 percent by the year 2020.

- Less than one-third of Americans who eat dinner at home cook their meals from scratch – a seven percent reduction in two years.
- Most adults don't realize they are lacking the proper skills to prepare healthy meals at home. Seven out of 10 adults rated their cooking skills above average, but less than four out of 10 scored above average on a basic cooking skills quiz
- Where Americans eat have a dramatic effect on what and how much foods, are consumed: the more people eat out, particularly at fast-food restaurants, the more calories, fat and sodium they tend to consume and away-from-home meals contain fewer fruits, vegetables, and whole grains than foods prepared at home. This contributes to higher BMIs (body mass index) in both children and adults.

Simple Cooking with Heart is a partnership of the American Heart Association and the Walmart Foundation.

Mixing junk food advertising, movies and television



According to a new policy statement from the American Academy of Pediatrics entitled “Children, Adolescents, Obesity and the Media,” ads for junk food and fast food increase kids' desire for these foods. And what's a great way for your fast food message to reach kids? When it's wrapped up in an ad for the latest movie.

“Considerable research has shown that the media contribute to the development of child and adolescent obesity, although the exact mechanism remains unclear. Screen time may displace more active pursuits, advertising of junk food and fast food increases children's requests for those particular foods and products, snacking increases while watching TV or movies, and late-night screen time may interfere with getting adequate amounts of sleep, which is a known risk factor for obesity.”

Young people view more than 40,000 ads per year on television alone and increasingly are being exposed to advertising on the Internet, in magazines, and in schools. This exposure may contribute significantly to childhood and adolescent obesity, poor nutrition, and cigarette and alcohol use. Media education has been shown to be effective in mitigating some of the negative effects of advertising on children and adolescents.

One way to combat the messages is to assert your views loud and clear. Start a conversation with your kids about the way that food is marketed and the tricks advertisers use to make it look appetizing. [Review these pointers from California State PTA's advisory board member Common Sense Media, for keeping junk food advertising off your kid's plate:](#)

Tips for parents of all kids

- **Keep them away from advertising as much as possible.** Let them watch commercial-free TV or sign up for a DVR service that will let you skip through ads.
- **Take the TV out of your kid's bedroom.** There's a correlation between a children's weight and TV in their bedrooms.
- **Teach kids under 7 the difference between a TV program and a commercial.** Point out commercials and use a timer to show them when commercials begin and end.

Tips for parents of elementary school kids

- **Talk about health, not appearance.** Help your kids have a balanced approach to food, emphasizing healthy food choices based on nutrition, not diet.
- **Help kids identify junk food advertising messages in product placement, website games, and guerilla marketing.** Watch TV or play a video or online game with your child and find the products and logos used as props or part of the storyline. Have a conversation about how the messages try to get kids to buy a product.
- **Start a conversation.** Ask your children what they know about who created the ad and what words, images, or sounds were used to attract their attention. How did they feel after seeing the ad?
- **Watch what websites they visit.** Some of the most popular websites for kids, such as Millsberry, are actually giant ads.
- **Explain “tricks” that advertisers use in commercials, such as using Vaseline to make hamburgers look juicy.**

Tips for parents of middle and high school kids

- **Talk about “super sizing.”** Your kids need to know that a 32-ounce soda isn’t a “good deal.” It’s a cheap way to add more sugar and empty calories.
- **Agree on fast-food rules for lunch.** As in, as little fast-food as possible. Point out why schools around the country have banned sodas and junk food.
- **Take time to have dinner together.** We are still the role models for our kids. If we feed them right and set an example for good eating, chances are they will follow it.
- **Talk about peer pressure.** Many ads will count on the fact that kids are especially sensitive to peer pressure to be “cool.” Remind your kids that advertisers are counting on this vulnerability to sell things.
- **Take the TV out of your kid’s bedroom.** There’s a correlation between a children’s weight and TV in their bedrooms.

Thanks to Common Sense Media: <http://www.commonsensemedia.org/advice-for-parents/junk-food-ads-tips>



The SCOOP ON High-Fructose Corn Syrup

You may have heard a lot of information about High-Fructose Corn Syrup in the media. We'd like to give you some quick facts and useful tips to help navigate your way through the information.

WHAT IS HIGH-FRUCTOSE CORN SYRUP (HFCS)?

Food companies introduced High-Fructose Corn Syrup into the food market in the 1970s. HFCS is made by chemically modifying corn starch so that it contains a higher level of fructose (sugar). HFCS tastes sweeter than sugar and it's cheaper, making it a cost-saving incentive for food manufacturers.

WHERE IS HFCS FOUND?

HFCS can be found in soft drinks, fruit drinks, sport drinks, breads, baked goods, cookies, crackers, cereals, jams and baked goods. HFCS can now be found in almost every processed food on the grocery store shelves.

WHY IS HFCS BAD?

There are many reasons HFCS is bad but here are a few important points:

- ★ HFCS is used by food manufacturers because it's a cheap way to sweeten foods. Since HFCS is so cheap, food manufacturers can sell super-size items at low prices. When you get a super-size drink, you are drinking more calories and not getting an additional nutrition benefit.
- ★ Studies have shown that consuming high levels of HFCS may increase the level of fat in the bloodstream.

Revolution Foods does not use products with HFCS in any of our products. We hope these tips are helpful!

PRACTICAL TIPS TO AVOID HFCS:

- 1 READ LABELS!**
Food manufacturers are required to list HFCS on food labels. HFCS may be written on labels the following ways: High-Fructose Corn Syrup, HFCS, HFCS Solids.
- 2 BUY MORE WHOLE FOODS**
such as fruits, vegetables, nuts, poultry, beef. Cook with them at home.
- 3 CHECK YOUR GROCERY STORE SHELVES FOR "ORGANIC" PRODUCTS.**
Most products labeled this way will not have HFCS in them and the cost difference may not be that great.
- 4 AVOID FAST FOOD.**
Most fast food items contain HFCS. If you are eating at a fast food restaurant ask for the ingredients list, you may find items such as salads that do not contain HFCS, but check the dressing label.
- 5 AVOID CANNED OR BOTTLED BEVERAGES.**
Soft drinks, sports drinks, lemonade, iced tea, and almost every sweet drink you can think of contains HFCS. Try 100% juice occasionally or sparkling water beverages.

La VERDAD SOBRE

El Jarabe De Maíz Alto En Fructosa

Usted ha debido escuchar varios reportajes e informes en los medios de comunicación acerca del jarabe de maíz alto en fructosa. Nos gustaría darle algunos datos rápidos como también algunos consejos prácticos para ayudarle a decifrar toda la información.

¿QUÉ ES EL JARABE DE MAÍZ ALTO EN FRUCTOSA (HFCS)?

Las fábricas de comestibles lanzaron el jarabe de maíz alto en fructosa al mercado de alimentos en los años 70. El HFCS se produce químicamente modificando la maicena para que contenga un nivel más alto de fructosa (azúcar). Un incentivo que ahorra en costos para las fábricas de comestibles es el HFCS por ser más dulce y barato que el azúcar.

¿EN QUÉ COMIDAS SE ENCUENTRA EL HFCS?

Se puede encontrar el HFCS en las gaseosas (sodas), jugos de fruta embotellados, refrescos, panes, productos de repostería, galletas tanto dulces como saladas, cereales y mermeladas. Hoy en día se encuentra el HFCS en casi todo tipo de comida procesada en las repisas del mercado.

¿POR QUÉ ES DAÑOSO EL HFCS?

Hay varias razones por las cuales es dañoso el HFCS, pero hay algunos puntos importantes que recordar:

- ★ Los fabricantes de comida usan el HFCS porque es una forma barata de endulzar la comida. Puesto que el HFCS es tan barato, los fabricantes de comida pueden vender productos en raciones grandes a precios bajos. Cuando usted toma algo en tamaño grande, está bebiendo más calorías sin recibir mayor beneficio nutritivo.
- ★ Los estudios han comprobado que el consumir niveles altos de HFCS puede aumentar el nivel de grasa en la sangre.

Revolution Foods no usa HFCS en ninguno de nuestros productos.
¡Esperamos que estos consejos le hayan servido!

CONSEJOS PRÁCTICOS PARA EVITAR EL HFCS:

- 1 ILEA LAS ETIQUETAS!**
Por ley las fábricas de comestibles están obligadas a incluir el HFCS en las etiquetas de comida. Se puede escribir HFCS en las siguientes formas en las etiquetas: jarabe de maíz alto en fructosa, HFCS, sólidos de HFCS.
- 2 COMPRE COMIDA MÁS INTEGRAL**
como frutas, vegetales, frutos secos, carne de aves como también carne de res. Prepárelos en casa.
- 3 BUSQUE PRODUCTOS "ORGÁNICOS" EN EL MERCADO.**
La mayoría de los productos con este tipo de etiqueta no tendrán HFCS y no habrá una gran diferencia en el precio.
- 4 EVITE LA COMIDA RÁPIDA.**
La mayoría de la comida rápida tiene HFCS. Si usted está comiendo en un restaurante de comida rápida, pida la lista de ingredientes. Por ejemplo, puede encontrar una ensalada que no tenga HFCS, pero fíjese en la etiqueta del aderezo.
- 5 EVITE BEBIDAS EN LATA O BOTELLA.**
Las gaseosas, los refrescos, la limonada, el té helado y casi toda bebida dulce tienen HFCS. De vez en cuando pruebe jugos puros o agua mineral.

RINCÓN DE LA FAMILIA
www.revolutionfoods.com

Health Commission

The **SCOOP** on **HIGH-FRUCTOSE CORN SYRUP**



You may have heard a lot of information about High-Fructose Corn Syrup in the media. We'd like to give you some quick facts and useful tips to help navigate your way through the information.

FAMILY CORNER
www.revolutionfoods.com

WHAT IS HIGH-FRUCTOSE CORN SYRUP (HFCS)?

Food companies introduced High-Fructose Corn Syrup into the food market in the 1970s. HFCS is made by chemically modifying corn starch so that it contains a higher level of fructose (sugar). HFCS tastes sweeter than sugar and it's cheaper, making it a cost-saving incentive for food manufacturers.

WHERE IS HFCS FOUND?

HFCS can be found in soft drinks, fruit drinks, sport drinks, breads, baked goods, cookies, crackers, cereals, jams and baked goods. HFCS can now be found in almost every processed food on the grocery store shelves.

WHY IS HFCS BAD?

There are many reasons HFCS is bad but here are a few important points:

- ★ HFCS is used by food manufacturers because it's a cheap way to sweeten foods. Since HFCS is so cheap, food manufacturers can sell super-size items at low prices. When you get a super-size drink, you are drinking more calories and not getting an additional nutrition benefit.
- ★ Studies have shown that consuming high levels of HFCS may increase the level of fat in the bloodstream.

PRACTICAL TIPS TO AVOID HFCS:

- 1 READ LABELS!**
Food manufacturers are required to list HFCS on food labels. HFCS may be written on labels the following ways: High-Fructose Corn Syrup, HFCS, HFCS Solids.
- 2 BUY MORE WHOLE FOODS**
such as fruits, vegetables, nuts, poultry, beef. Cook with them at home.
- 3 CHECK YOUR GROCERY STORE SHELVES FOR "ORGANIC" PRODUCTS.**
Most products labeled this way will not have HFCS in them and the cost difference may not be that great.
- 4 AVOID FAST FOOD.**
Most fast food items contain HFCS. If you are eating at a fast food restaurant ask for the ingredients list, you may find items such as salads that do not contain HFCS, but check the dressing label.
- 5 AVOID CANNED OR BOTTLED BEVERAGES.**
Soft drinks, sports drinks, lemonade, iced tea, and almost every sweet drink you can think of contains HFCS. Try 100% juice occasionally or sparkling water beverages.

Revolution Foods does not use products with HFCS in any of our products. We hope these tips are helpful!

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La VERDAD sobre EL JARABE DE MAÍZ ALTO EN FRUCTOSA



Usted ha debido escuchar varios reportajes e informes en los medios de comunicación acerca del jarabe de maíz alto en fructosa. Nos gustaría darle algunos datos rápidos como también algunos consejos prácticos para ayudarle a decifrar toda la información.

RINCÓN DE LA FAMILIA
www.revolutionfoods.com

¿QUÉ ES EL JARABE DE MAÍZ ALTO EN FRUCTOSA (HFCS)?

Las fábricas de comestibles lanzaron el jarabe de maíz alto en fructosa al mercado de alimentos en los años 70. El HFCS se produce químicamente modificando la maicena para que contenga un nivel más alto de fructosa (azúcar). Un incentivo que ahorra en costos para las fábricas de comestibles es el HFCS por ser más dulce y barato que el azúcar.

¿EN QUÉ COMIDAS SE ENCUENTRA EL HFCS?

Se puede encontrar el HFCS en las gaseosas (sodas), jugos de fruta embotellados, refrescos, panes, productos de repostería, galletas tanto dulces como saladas, cereales y mermeladas. Hoy en día se encuentra el HFCS en casi todo tipo de comida procesada en las repisas del mercado.

¿POR QUÉ ES DAÑOSO EL HFCS?

Hay varias razones por las cuales es dañoso el HFCS, pero hay algunos puntos importantes que recordar:

- ★ Los fabricantes de comida usan el HFCS porque es una forma barata de endulzar la comida. Puesto que el HFCS es tan barato, los fabricantes de comida pueden vender productos en raciones grandes a precios bajos. Cuando usted toma algo en tamaño grande, está bebiendo más calorías sin recibir mayor beneficio nutritivo.
- ★ Los estudios han comprobado que el consumir niveles altos de HFCS puede aumentar el nivel de grasa en la sangre.

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Revolution Foods no usa HFCS en ninguno de nuestros productos. ¡Esperamos que estos consejos le hayan servido!

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