

The secret to getting kids to eat 54 percent more vegetables

What's the secret to get kids to eat vegetables? Just mess with their schedule, says a new [study](#) published in the journal *Preventive Medicine*: Kids who have recess before lunch are more likely to eat their fruits and vegetables than those who play after they eat.

Previous [research](#) found that children in the United States throw away nearly \$4 million in fruits and vegetables every day, so an easy schedule swap may be a cheap way to reduce food waste, and increase focus and improve diets.



The Via Heart Project (formerly Via Foundation) is launching an "AED-a-Month Giveaway"-- beginning **NOW!**

Help Via find homes for 12 AEDs this year. Do you know of a school, business, or organization that can benefit from winning a free defibrillator (AED), wall cabinet, maintenance plan, and five years of medical direction, batteries and electrodes? Everyone is eligible!

<http://us4.campaign-archive2.com/?>



Parent's Guide to Teen Depression:

Learn the Signs of Depression in Teens and How You Can Help



Teenage depression isn't just bad moods and the occasional melancholy—it's a serious problem that impacts every aspect of a teen's life. Teen depression can lead to drug and alcohol abuse, self-loathing and self-mutilation, pregnancy, violence, and even suicide. But as a concerned parent, teacher, or friend, there are many ways you can help. Talking about the problem and offering support can go a long way toward getting your teenager back on track: <http://www.helpguide.org/>

Teenager's Guide to Depression:

Tips and Tools for Helping Yourself or a Friend

The teenage years can be tough, and it's perfectly normal to feel sad or irritable every now and then. But if these feelings don't go away or become so intense that you can't handle them, you may be suffering from depression. The good news is that you don't have to feel this way. Help is available and you have more power than you think. There are many things you can do to help yourself or a friend start feeling better: <http://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

February 2015

Health and Wellness Observances

AMD/Low Vision Awareness Month:

[Prevent Blindness](#)

American Heart Month:

[American Heart Association](#)

National Children's Dental Health Month:

[American Dental Association \(ADA\)](#)

National Teen Dating Violence Awareness Month: <http://www.teendvmonth.org/>

February 1-7: African Heritage & Health Week:

<http://oldwayspt.org/programs/african-heritage-health/african-heritage-health-week>

February 6: National Wear Red Day:

[American Heart Association](#)

February 6: Give Kids A Smile Day:

<http://www.ada.org/en/public-programs/give-kids-a-smile>

February 7: National Black HIV/AIDS

Awareness Day: <http://nationalblackaidsday.org/>

February 14: National Donor Day:

[U.S. Dept of Health and Human Services](#)

February 22-28: National Eating Disorder Screenings Program:

<http://www.mentalhealthscreening.org/events/national-depression-screening-day.aspx>



Health Commission

Vice President – Kathy Rabun

health@capta.org

Commissioners: Rhonda Brambley,
Wendy Davis, Scott Folsom, Deanna Ford,
Jeanette Jin, Deb Levine,
Anna Measles, Lisa Mielke, Carla Niño
Health Advocate: Cathy Hall

Health Tidbits is published monthly;
to subscribe [click here](#).

www.capta.org

New laws improve student health supports

Learn more about the new laws that will affect students' physical, emotional and behavioral well-being. These laws will change how schools operate this year, and regulate:

- basic needs grants for truant students
- pesticide use
- expulsions for "willfully defiant" behavior
- other important issues.

[Find out more.](#)

Do suspensions harm 'well-behaved' kids?



It's a belief repeated every day by teachers, principals and parents of rule-abiding children: Suspending disruptive students will allow the rest of the class to settle down and learn. But a new [study](#) calls this rationale into question.

The study is believed to be the first to look closely at the academic performance of individual students who have never been suspended, but who attend schools where others are suspended. After tracking nearly 17,000 students over three years, two Midwestern researchers found that high rates of school suspensions harmed math and reading scores for non-suspended students. [Read the complete article.](#)