

PoeCenter™

The Alice Aycock Poe Center for Health Education

POE in the Know

Fall 2012

Ready to Go at Poe!

The Alice Aycock Poe Center for Health Education (Poe Center) is ready to harvest good health through new attractions, projects and exhibits for the 2012-2013 school year!

We have also updated our curriculum to meet the NEW Essential Standards!

For additional information, contact the Poe Center's Scheduling Coordinator, Kate Mascho at (919) 231-4006 ext. 399, or visit us at pohealth.org.

The Essential Standards

It wasn't long ago when Les Spell, the Health, Physical Activity and Athletics Consultant for the North Carolina Department of Public Instruction (DPI), visited the Poe Center's Sunnybrook Road facility. Les' visit helped Poe's Health Educators throughout the entire summer as each program was crossed over from the Healthful Living Standard Course of Study to the Essential Standards.

Approximately 60 percent of Poe's programming addresses the importance of regular physical activity and proper nutrition. Therefore, ensuring that these programs continued to help support NC educators was critical.

The New Essential Standards were written using the Revised Bloom's Taxonomy (RBT), so that the NC school system can move closer to the complex thinking expected from future graduates. RBT was chosen because it has well-defined verbs and is built on modern, cognitive research.



The POE and Grow Garden offers visitors young and old the opportunity to learn about where their food comes from (above), so that they, and their families, can make healthier dietary choices in the future.

The verbs used in the New Essential Standards are referred to as the Cognitive Process. Professional development for NC educators will be focused on gaining a common understanding of these cognitive processes or verbs.

Finally, the Knowledge Dimension is the way to categorize what is being learned. RBT knowledge may be: factual, conceptual, procedural or meta-cognitive.

By using the initial crosswalk standards provided by DPI, Poe has successfully transitioned from the Standard Course of Study to the Essential Standards for all of our programs!

Should you have any questions or would like additional information on this topic, please contact us at info@pohealth.org.

This publication was funded in part by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.

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224 Sunnybrook Road Raleigh, North Carolina 27610

New Family Nutrition Programs for 2012-2013

The Poe Center launched a six-part series of nutrition and physical activity-focused programs for the Kinship in Action (KIA)-Raleigh Group in September 2012. Poe's Health Educators, Brenda Beatty and Anna Kristian Howell delivered *Healthy POEtential in the Real World* to participating KIA families to much success!

KIA is a support group for families fostering other family members' children and youth. The majority of KIA participants are grandparents providing a foster care home for their own grandchild or grandchildren. While children placed in foster care with relatives fare better than those who were placed with non-relatives, resources for this group are limited. The Poe Center's partnership with KIA helps to provide educational resources to participants that will help them make healthier choices.

Healthy POEtential is a program that educates participants on the My Plate food guide model so that they can make healthier food choices while still being budget-conscious. Participants learn about the importance of understanding proper portion and serving sizes and develop the basic skills necessary to read and understand food nutrition labels.

Brenda and Anna Kristian also helped to prepare a healthy alternative to a long-time favorite, Peach Cobbler: Peach Crisp. Participants learned how to make the Peach Crisp for dessert and thoroughly enjoyed the final outcome!

The Poe Center is looking forward to being a part of five additional KIA meetings over the next year!



2012 Healthy Habits Campers paint pots for growing sprouts. The Poe Center regularly infuses fun, creative and hands-on activities into the learning process to help children, youth and families (yes, even grown ups!) develop lifelong, healthy lifestyle habits.

Feeling Full Longer Tip: Drink two 8-ounce glasses (16 ounces total) of water before each meal. It will fill up your stomach and trim up to 60 calories per meal!

A Healthy Halloween Snack!

Pizza Mummies

Disguises aren't just for Halloween. Surprise your family with these dressed-up, spooky-looking snacks any time of year. Kids can help by spooning the pizza sauce on the English muffin and making the mummy face with the cheese and vegetables.

Ingredients:

Whole Wheat English Muffins
Black Olives
Red or Green Pepper

Pizza Sauce
Scallions
Skim Milk Cheese Sticks or Slices

Directions:

Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like).

Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.

Lay strips of cheese (we used a pulled-apart cheese stick) across the muffin for the mummy's wrappings.

Bake for about 10 minutes or until the cheese is melted and the muffin is toasty. Eat up and enjoy a fun, delicious and HEALTHY snack!



Wholesome Routines Continues in 2012-2013

Originally developed in 2008, *Wholesome Routines* is an evidence-based, three-year program designed to address overweight and obesity in 3rd through 5th grade students. The program will commence once again for two Wake County elementary schools in 2012-2013.

Participants create, complete and evaluate their personal goals during and for each *Wholesome Routines* session. Participants learn about the major food groups and nutrients, the importance of proper serving sizes and the difference between healthy vs. unhealthy choices. Cardiovascular health and the balance between My Plate and the Activity Pyramid is also addressed. Participants also develop the skills needed to read and understand a nutrition label so that they can visualize their future as a healthy adult.

Wholesome Routines participants demonstrate an increase in physical activity and nutrition knowledge, a reduction in overall Body Mass Index (BMI) and the achievement of a healthy weight relative to their height and age. The program begins with an evaluation of participants' physical activity and nutrition knowledge, behaviors, and physical measurements, and compares this to program-end data to determine the curriculum's overall effectiveness.



Why Wholesome Routines?

According to Be Active North Carolina, Inc. (2012), North Carolina spent almost \$54 billion in 2010 on medical bills and lost worker productivity. Physical inactivity and excess weight and obesity continue to be the costliest health-related factors for NC children and youth.

According to the National Survey of Children's Health, 19.3 percent of North Carolina youth are obese, compared with 14.8 percent nationally. This ranks North Carolina the 5th most obese state in the nation for youth ages 10-17. One-third of NC children typically consumed one serving or less of vegetables per day and 20% of children did not meet the physical activity recommendation of 60 minutes per day.

Obese children are almost six times more likely than children with healthy weights to have an impaired quality of life--equal to that of children undergoing treatment for cancer.

For more information on *Wholesome Routines*, contact Poe's Registered Dietitian, Kate Mascho at (919) 231-4006 ext. 399.

*Physical Activity Tip of the Season:
If you're watching TV, stretch, exercise,
or pedal a stationary bike!*

The Squash: Poe's All-Star FRUIT for Fall/Winter 2013!

She's cute, fortified in antioxidants, and available in the Winter to make all your holiday culinary dreams come true!

Each Fall and Spring, Seymour Poe (the official Poe Center mascot) polls his friends to identify a special fruit or veggie with a whole bunch of nutrients. This season, the Poe Center celebrates The Winter Squash.

Why?

According to **The World's Healthiest Foods** (www.whfoods.com), winter squash is extremely important worldwide to antioxidant intake, especially so in the case of carotenoid antioxidants. This, combined with the winter squash's anti-inflammatory properties, make this vegetable a potential candidate for cancer prevention and treatment! To infuse winter squash into your diet, remember that they are available August-March, but are at their best October-November. For the most robust, flavorful squash, choose ones that are firm, heavy for their size and have dull, not glossy,



rinds. These delicious fruits can be the base of many healthy, wholesome, and cost-effective meals.

Send us your winter squash recipes!
info@poehealth.org

Winter Squash French Fries

Makes approx. 4 servings

Ingredients:

1-2 Butternut Squash
Extra Virgin Olive or Coconut Oil
(Optional) Sea Salt, Pepper

Directions:

Pre-heat oven to 400 degrees.

Peel squash and cut horizontally then vertically. Cut the squash into strips and toss in olive oil. (Spices optional.)

Bake at 400 degrees for 25 minutes.
Cool down and enjoy!

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Staff Spotlight

Meet Dana Orr, the Poe Center's Senior Health Educator! Originally from Valley Forge, PA, Dana attended Penn State University where she received her Bachelor of Science in Health Administration, and West Chester University where she received her MBA in Leadership Management. She has also completed several leadership and marketing training programs and has earned a certification in Nutrition. She began her career in health, working in Nursing Home Administration. It is there that she saw the effects of not taking care of your health when you have it! She noticed that she was observing more "sick care" than health care. She became inspired to begin her focus on disease prevention and reversal.



In 2005 she began teaching in community, school and faith-based settings using curricula from world renowned health professionals including Dr. William Sear's L.E.A.N™ program, which focuses on the four pillars of health: Lifestyle – How we live, Exercise – How we move, Attitude – How we think and Nutrition – How we eat. She has also taught Yale University School of Medicine and Prevention Research Center's Dr. David Katz's Nutrition Detectives™ "Teaching Kids to Make Healthy Choices" Program.

When not at the Poe Center Dana can be found spending time with her kids, being involved in her church and community, reading, exercising, experimenting with new recipes, visiting or hosting family members and friends, or on the sidelines of a ball field watching her kids do what they love most – play baseball and softball. She also enjoys working on her children's ministry, Fruitful Friends, LLC. She and her family participate in local distance runs and kids' triathlons. In 2010 she completed one of her lifelong goals of completing a marathon.

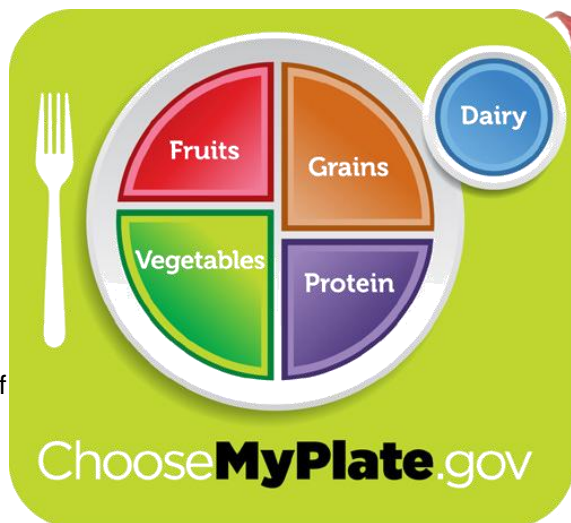
Dana is passionate about health, and is enthusiastic about working at the Poe Center! She enjoys sharing the good news of health education and prevention in order to empower NC families to make wiser, healthier choices.

MyPlate Ideas

Tips for Eating Healthy When You Dine Out...

- ✓ As a beverage choice, ask for water, fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- ✓ Request whole-wheat bread for sandwiches, burgers, or toast.
- ✓ Ask for salad dressing to be served on the side. Then use only as much as you want.
- ✓ When your food is delivered, set aside or pack half of it to go immediately.
- ✓ Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

For more tips, visit: ChooseMyPlate.gov.



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 [Facebook.com/PoeCenter](https://www.facebook.com/PoeCenter)

 [Twitter.com/PoeCenter](https://twitter.com/PoeCenter)

 PoeHealth.org/Blog

Meet Seymour: The Official Poe Mascot!
[Facebook.com/SeymourPoe](https://www.facebook.com/SeymourPoe)

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