



Manage Your Health

WINTER 2020

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

It's not too late to get your flu shot!

Flu season is upon us! You can help stop the spread of flu by getting the flu shot. Everyone 6 months of age and older should get the vaccine. It is not too late to protect yourself and your family. You can get the flu shot at your doctor's office or a drug store.



MK-2001-671

Take a look inside!

- 2 4 steps to keep your child well in the flu season
- 2 Be a fit kid
- 4 Smoking and asthma
- 4 Written asthma action plan
- 5 Treat your child's ADHD
- 5 7- and 30-day mental health follow-up
- 6 Lean Green Pita Dippers

P.O. Box 301011
Houston, TX 77230-1011



NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 1167
N. HOUSTON, TX

Be a fit kid!

There's a lot of talk these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit.

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some parts of this are up to parents — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge too when it comes to their health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

Eat a variety of foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

Here's one combination that might work for you:

- at breakfast: ½ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: ½ cup broccoli (about 2 big spears) and 1 cup of salad



Drink water & milk

When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day, or its equivalent. If you're 9 or older, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

- 2 cups (about half a liter) of low-fat or nonfat milk
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

If you want something other than milk or water once in a while, it's OK to have 100% juice. But try to limit juice to no more than 1 serving (6 to 8 ounces) a day. Avoid sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

Listen to your body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain.

Limit screen time

What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the less time you have for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school and educational activities.

Be active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

© 1995-2020. The Nemours Foundation/KidsHealth®. Reprinted with permission.



Smoking and asthma

Does smoking make asthma worse?

Yes. If you have asthma, smoking is especially risky because of the damage it does to the lungs.

Smoke irritates the airways, making them swollen, narrow, and filled with sticky mucus — the same things that happen during an asthma flare-up. That's why smoking can cause asthma flare-ups (or "attacks") to happen more often. They also might be more severe and harder to control, even with medicine.

Why should I quit smoking?

You may have started smoking because friends do or because you grew up in a house where other people smoked. No matter why you started, if you're thinking about quitting, it would probably help your asthma.

Here are some other reasons to quit:

- Smoking can undo the effect of any long-term control medicine you're taking.
- Smoking can force you to use your quick-relief medicine more often.
- Smoking can disturb your sleep by making you cough more at night.
- Smoking can affect how well you do in sports or other physical activities.
- Worst of all, smoking can send you to the ER with a severe asthma flare-up.

If you decide to quit, you don't have to do it alone. Get support from other people — like friends, family, or

other smokers who are trying to quit. Ask your doctor about medicines or things you can do to crave cigarettes less. Your doctor wants to help you quit!

Can secondhand smoke affect my asthma?

Even if you don't smoke, you may still run into smoky situations at parties, events, or even at home. Secondhand smoke is a known asthma trigger. You'll want to avoid it as much as possible if you have asthma.

If you hang out with smokers or have a family member who smokes in the house, you're likely to have more frequent and severe asthma symptoms. That might mean more medicine and more trips to the doctor's office or ER.

There's not much you can do about other people's behavior. But let your friends and family know that what they're doing is making your asthma worse. Ask them not to smoke in your house or car.

Is vaping ok for people with asthma?

Some people with asthma might think that e-cigarettes ("vaping") are a safe alternative to smoking. E-cigarettes don't fill the lungs with smoke, but do put nicotine in your system. Besides being an addictive drug, nicotine is also toxic in high doses, and raises blood pressure and heart rate.

Experts also agree that the vapors from e-cigarettes are harmful not only to those who vape, but to those around them.

© 1995-2020. The Nemours Foundation/KidsHealth®. Reprinted with permission.

Does your child have a Written Asthma Action Plan?



An Asthma Action Plan includes:

- A daily care plan to help keep your child well and meet goals for asthma control.
- A rescue plan to help your child deal quickly with increasing symptoms.
- A guide for asthma emergencies to help you know when to call the doctor and when you need emergency help.

Call us at **832-828-1430** or call Member Services at **1-866-959-2555 (STAR)** or **1-866-959-6555 (CHIP)** if you need an Asthma Action Plan.

Treat your child's ADHD

If your child has ADHD and has been getting treatment, be on the lookout for a welcome packet from Texas Children's Health Plan ADD/ADHD Program.

This packet has helpful information about ADHD. It also has a doctor's visit and medication log. This will help you keep track of doctor and therapy visits.

Texas Children's Health Plan and the Health and Human Services Commission (HHSC) are checking key parts of care for children who are given ADHD medication. You may get follow-up calls to help remind you about the visit.

- Your child should go to a follow-up visit by the prescribing doctor during the first 30 days from the first date the medicine was given.
- Your child should also go to 2 follow-up visits within the next 9 months from a prescribing doctor.

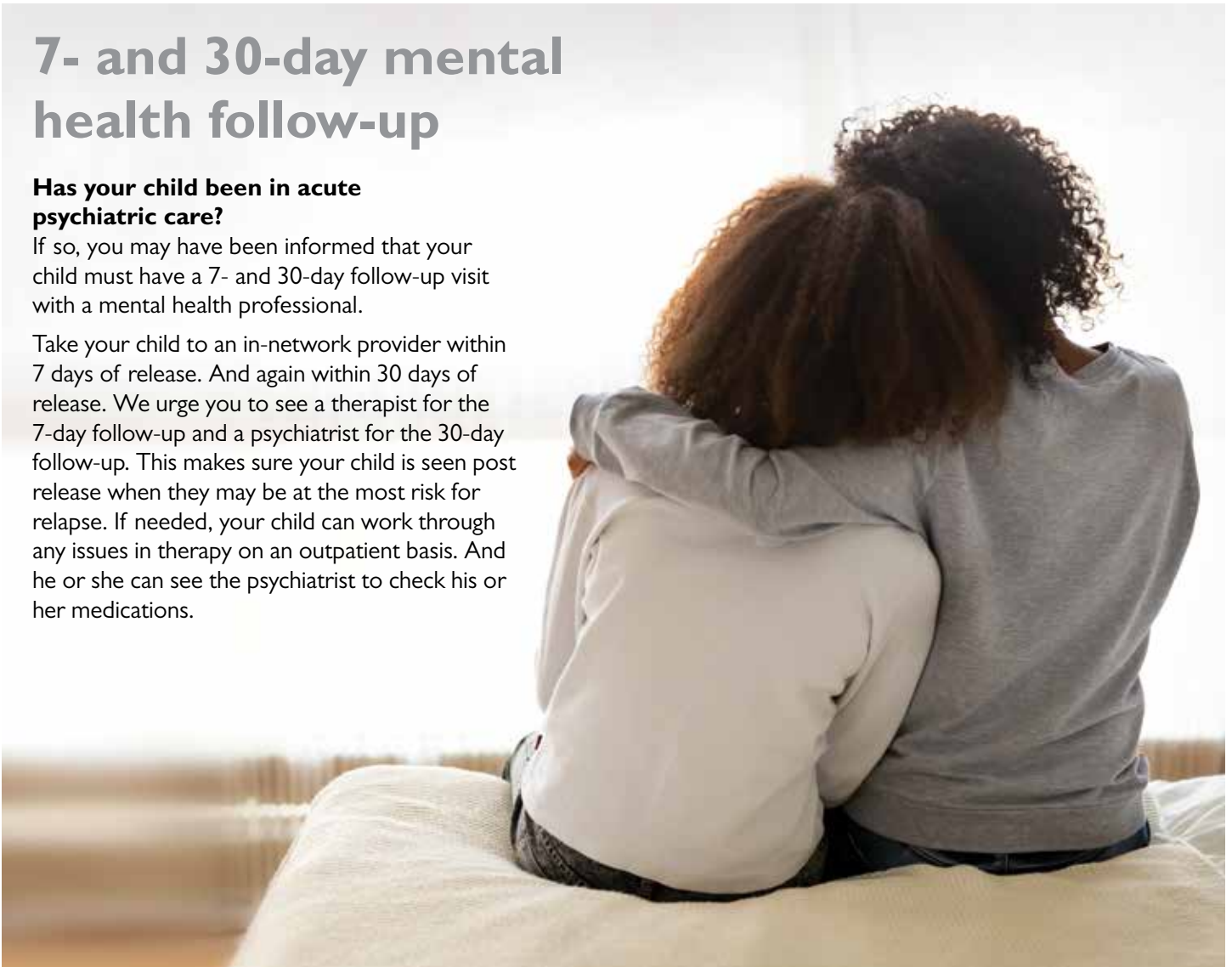


7- and 30-day mental health follow-up

Has your child been in acute psychiatric care?

If so, you may have been informed that your child must have a 7- and 30-day follow-up visit with a mental health professional.

Take your child to an in-network provider within 7 days of release. And again within 30 days of release. We urge you to see a therapist for the 7-day follow-up and a psychiatrist for the 30-day follow-up. This makes sure your child is seen post release when they may be at the most risk for relapse. If needed, your child can work through any issues in therapy on an outpatient basis. And he or she can see the psychiatrist to check his or her medications.



Lean Green Pita Dippers

Note: You'll need an adult's help because this recipe involves using a food processor and cutting. Complete this light lunch by adding your favorite cut-up veggies or a side salad.

Ingredients:

4 whole-wheat pitas
1 cup fat-free plain Greek yogurt
½ cup fresh or frozen spinach
¼ of cucumber, sliced
Pinch of salt
½ teaspoon black pepper

Equipment and supplies:

Large mixing bowl
8x8-inch baking pan
Measuring cups and spoons

Directions:

1. Preheat oven to 400°F.
2. Have an adult help you with this step: Place yogurt, spinach, cucumber, salt, and pepper into food processor or blender. Process until smooth, about 1 minute.
3. Place dip into a bowl and refrigerate until chips are done.
4. Cut pitas into 8 wedges.
5. Arrange pita wedges on a baking sheet in a single layer.
6. Spray with cooking spray and sprinkle lightly with garlic powder.
7. Bake for 5 minutes or until light golden brown and crispy.
8. Use the pita wedges to scoop up the yogurt dip!

© 1995-2020. The Nemours Foundation/KidsHealth®. Reprinted with permission.



Nutritional analysis (per serving):

210 calories	12g protein
1.5g fat	0g sat. fat
38g carbohydrate	5g fiber
0mg cholesterol	410mg sodium
4g sugars	

Serving size: 8 chips and ½ cup dip (Serves 4)

Note: Nutritional analysis may vary depending on ingredient brands used.

Texas Children's Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Texas Children's Health Plan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-959-2555 (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-959-2555 (TTY: 711).

© 2020 Texas Children's Health Plan. All rights reserved. Todos los derechos reservados. 01/20