

SUMMER 2023

Healthy *Living*

The Importance of Family

ADDRESSING

Dangers of Getting Overheated

THIS SUMMER

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Fitness Goals

FOR YOUR KIDS

COVER STORY:

Summertime Leisure fun

FOR THE WHOLE FAMILY

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WHAT'S INSIDE

- 4 Don't get overheated
- 6 How to establish fitness goals for kids
- 7 The power of parks and other green spaces
- 8 Fun and Games
- 9 Is Teen Substance Use Normal?
- 14 Keep summer days fun and busy when camp ends
- 16 Parents can help kids keep their weight in check
- 18 Great summertime leisure activities
- 19 Simple strategies to protect kids' vision
- 21 Why Are Our Kids Vaping?

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The Importance of Family

Charlotte Reeves

Surry County Office
of Substance Abuse Recovery

Family is one of the most significant aspects of life. It is where an individual can find love, support, and acceptance, both in good times and bad. Family units consist of parents and siblings, and extended family members, such as grandparents, aunts, uncles, and cousins. Family can also be a close-knit group of people who aren't biologically related, but who love and care for each other. Whether it is the nuclear or extended family, the role it plays in shaping an individual's life is enormous. Why is family important and why does it matter?

The family provides

emotional support to every member, particularly during trying times. It is the foundation upon which individual development is based. Family members support each other mentally, physically, and emotionally, especially during challenging times like an illness, financial difficulties, or a loss. The support reduces the impact of the problem on the individual, helps them cope, and can lead to a faster recovery. Family members offer advice, help, and care that they require, and in most cases, they do it without expecting anything in return.

Families also mold an individual's values, belief systems, and attitudes. They shape how an individual perceives the world and

their place in it. Parents are the child's first teachers, as they learn how to function in society, communicate, and interact with other people. The family unit often shapes the way children will grow and develop even after they leave the family atmosphere.

Growing up in a healthy family encourages positive behaviors and can aid in preventing destructive behaviors such as substance misuse. Children who grow up in a healthy family learn the importance of respecting authority, teamwork, setting and achieving goals, and the value of hard work. They are also likely to have effective problem-solving skills, form healthy relationships, and become responsible adults.

Furthermore, the family is an essential component of an individual's identity. Children often inherit certain traits from their parents, such as physical attributes and personalities. Even though this is not always the case, an individual's identity is shaped and influenced by their experiences and interactions within the family.

Families also play a significant role in supporting an individual's education and career. They encourage and support children to perform well in school by providing the necessary resources, including financial and emotional support. The motivation and support have long-term benefits for the child,

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SUMMER & SAFETY

Don't Get Overheated

Enjoy the outdoors, but beware the sun

Heatstroke can impact anyone — even young people. That's why it's important to protect yourself from the year's most powerful sunshine, and to hydrate often.

An average of 9,200 people are hospitalized annually with heat-related issues

already dealing with chronic dehydration. About 520,000 people are hospitalized for dehydration annually in the U.S., and about 10,000 die.

INSIDE THE NUMBERS

An average of 9,200 people are hospitalized annually with heat-related issues, and there are tens of thousands more who visit emergency rooms. Children take advantage of summer to play outside, and that can put them at a greater risk of exhaustion and heat stroke — in particular if they haven't been as active during the school months. They also may fail to rest and rehydrate during the hottest parts of the day. They are also at risk of being left behind by drivers: Nearly 40 children under age 15 die annually in hot vehicles. Pets are also endangered by

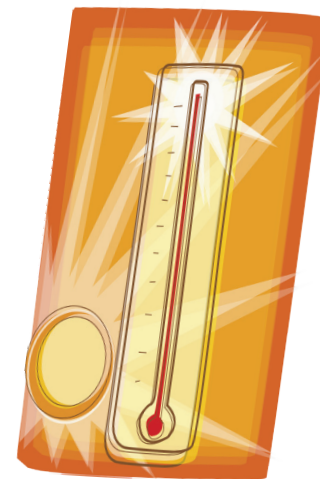
temperatures that can quickly reach 120 degrees.

STAYING HYDRATED

As our body temps rise, we perspire and replacement fluids are required. Staying hydrated also eases the heart's duties when pumping blood to our muscles. Monitor your hydration through the color of your urine. Those with the right hydration levels are clear and pale. Darker fluid means you need to drink more. These dangers are only heightened because some 75% of Americans in one survey had a net fluid loss — meaning, they were

PROTECT YOURSELF

Wearing clothing and sunscreen that protects your skin from the sun's heat and damaging rays is critically important. One in five U.S. citizens will develop skin cancer over the course of their lifetime, according to the American Academy of Dermatology. The Academy recommends choosing broad-spectrum options that shield skin from both UVA and UVB rays. Look for water-resistant products with an SPF of 30 or higher. For another layer of protection, opt for long sleeves, pants and wide-brimmed hats when possible.



BE WEATHER WISE

Prolonged sun exposure can also lead to cramps, heat exhaustion and heat stroke — the latter of which happens when the body pushes blood away from your brain and other vital organs in a last-ditch effort to cool your skin. Try to avoid being outside during the hottest part of the day, or on days when the forecast calls for particularly high temperatures.



Monitor your hydration



Wearing clothing and sunscreen that protects your skin from the sun's heat and damaging rays is critically important.

Family

From page 2

as they will be more likely to have better life opportunities and more chances of personal and professional growth.

Lastly, the family unit provides a sense of belonging and connection to the past, present, and future. Like a thread that connects generations, a family's shared history and experiences help members understand who they are and where they come from. The family maintains traditions, customs, and stories, which allow members to connect to their heritage. It is an opportunity to learn about the family, share stories, and create memories that will be treasured for years to come.

Family is important because it provides emotional support during difficult

times, it educates, encourages positive behaviors, shapes an individual's identity, supports individuals' educational and career goals, and provides a sense of belonging and connection. Family is the fundamental unit of society, and without it, life would be chaotic, lonely, and stressful. Therefore, we must cherish and value our families, and the role they play in our lives. We must prioritize spending time with our loved ones and creating happy memories.

If you would like to learn more about building stronger families, please contact Charlotte Reeves, Surry County Office of Substance Abuse Recovery Community Outreach Coordinator, at reevesc@co.surry.nc.us. Visit our website at surry-countycares.com for more information about substance use disorder and the many resources in our County.

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How to establish fitness goals for kids

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life.

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. In an analysis of data collected as part of the 2019 Youth Risk Behavior Survey, the Centers for Disease Control and Prevention found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Perhaps in recognition of that, parents often look for ways to promote physical activity to their youngsters. Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- **Include fun activities in a fitness plan.** Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life

should be sure to include activities kids find fun. Just because Dad liked playing baseball doesn't mean his children will. Identify activities that kids enjoy, whether it's hiking or cycling or playing an organized sport, and include that in the fitness plan.

- **Involve kids' friends.** Parents often make exercising a family affair, but a 2015 study led by a researcher affiliated with Cincinnati Children's Hospital Medical Center found that children who exercised with friends were far less likely to cite barriers such as lack of enjoyment or lack of energy as reasons for not exercising.

In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

- **Set aside time to exercise each day.** Physical activity should be part of everyone's daily routine, and kids are



no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

- **Make the goals attainable.** Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important factor to consider,

as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.



THE POWER OF PARKS and other green spaces

Green spaces can have a profoundly positive impact on adults and children alike. Researchers at the University of Chicago found that green spaces near schools promote cognitive development in children, while visible green spaces near children's homes promote behaviors associated with self-control. Researchers also found that adults assigned to public housing units in neighborhoods with more green space were more capable of effectively performing daily activities requiring attention than those assigned to units with less access to natural environments.



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FUN & GAMES

There can be so much more to summer than swimming and suntanning

Unfortunately, most of us don't have regular access to a luxurious pool or lazy beach. But you can still have plenty of summer fun with old standbys like Frisbees, volleyball or horseshoes — right in your own backyard. Here's a look back at the fascinating history of these classic summertime games.

THROW A FRISBEE

One of the activities most associated with summer was actually discovered by happenstance. Walter Morrison and Lucille, his future wife, began tossing a popcorn lid to one another out of boredom on Thanksgiving 1937. Finding it was fun, they brought a five-cent cake pan on a swimming trip and again began tossing it back and forth. When another beachgoer offered them 25 cents for the flying disc, Morrison realized he'd stumbled upon something that could perhaps turn a hefty profit.

He initially partnered with Warren Franscioni after World War II to make lighter, more durable plastic versions that served as the prototype for everything that followed. Later, after forming his own company called American Trends, Morrison introduced new versions called Flying Saucers and Pluto Platters. Wham-O subsequently bought Morrison's company, and the new owners coined a name that stuck — the Fris-

bee. By the 1960s, they were everywhere.

PLAY VOLLEYBALL

The game of volleyball is much older, having been invented in 1895 by William Morgan, an athletics director for the Holyoke, Mass.-based Young Men's Christian Association. He developed an early version of the game when he couldn't find another indoor sport for businessmen who weren't interested in or physically able to play basketball. Official rules for volleyball followed over the next few years, under the supervision of the YMCA and the NCAA. By 1928, the U.S. Volleyball Association had been formed.

TOSSING HORSESHOES

This fun backyard game actually goes back centuries. The practice of throwing quoits, or iron rings, was enjoyed by both Roman officers and medieval peasants, who were said to have played their own versions of a game that closely resembled horseshoes. They may have only turned to horseshoes because they couldn't find the proper iron rings. Settlers brought the tradition to the North American colonies, where it flourished. The National Horseshoe Pitchers Association was founded in 1926, and still oversees a series of championship tournaments.



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Is Teen Substance Use Normal?

Charlotte Reeves

Surry County Office
of Substance Abuse Recovery

We immunize. We require seat belts in the car and helmets while biking. We insist on sunscreen. We do just about everything we can to ensure that our kids are healthy, safe and primed for success. But when it comes to drinking alcohol or even smoking marijuana, why does it seem so easy to shrug it off as “a rite of passage” or “just experimenting”?

Is teen substance use normal?

From mood swings to rebellion, many types of challenging behaviors are normal during the teen years but experimenting with substance use isn't one of them.

We also need to rethink our perception of norms. It's not true that “everyone vapes” or “everyone drinks.”

That said, a variety of common teen experiences can become an excuse or reason for substance use. Understanding why some teens drink or use substances is a valuable step toward keeping them healthy and safe.

Fitting in

Feelings of being an outsider and longing to be included and liked by others are pretty pronounced during the teen years. If the kids your teen wants to be friends with, or is hanging out with, are drinking or using substances, they may feel that they need to participate as well or risk being left out. Some teens

see substance use as an easy path to making friends, fitting in, or being accepted with the “right” crowd.

What parents can do:

- Get to know your kid's friends and their parents and talk with those parents about their approach to supervision and their stance on substance use.
- Encourage your teen to use your home for socializing. Give them a private space if possible but keep an eye on them.
- Assure your child that they can call you to be picked up whenever needed, no questions asked.
- Talk about their need for acceptance and to fit in. Explain that real friends will give them space to be themselves and won't make them



do anything they're uncomfortable with.

Socializing

Some teens use drugs and alcohol to overcome insecurities, let their guard down and feel socially confident. Substance use may make them feel like they are open and connecting with others. In addition to more obvious risks, this can lead teens to



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feel like substance use is necessary to achieve a certain level of interaction.

What parents can do:

- Find activities for your teen to socialize in a healthy, safe and supervised environment.
- If your child is socializing at someone else's home, know where they will be. Call the parents in advance to verify the occasion, location and that there will be supervision.
- Communicate your expectations and rules for when your teen goes out with friends, and include regular check-ins.
- Model healthy behaviors. Find opportunities to socialize and connect in environments that don't include alcohol.

Life transitions

Periods of transition in teens' lives — like moving,

divorce, puberty, changing schools, and illness or death in the family — can become a time of upheaval, leading some to attempt to find solace in alcohol or drugs.

What parents can do:

- Ramp up the monitoring and communication during and after transitions.
- Encourage an open dialogue with your teen about their experiences.
- Set aside regular one-on-one time with your teen to bond and have fun together.

Emotional and psychological pain

Whether it's the pressure of everyday teen drama or the emotional toll of family problems, stress or trauma, some teens use substances to dull the very real pain in their lives. Loneliness, low self-esteem, depression, anxiety disorder and

other mental health issues are commonly associated with teen substance use. Furthermore, many of these issues occur in combination with one another, each compounding the intensity of the others.

What parents can do:

- Offer empathy and compassion. Let your child know you understand. Acknowledge that everyone struggles sometimes.
- Remind your child that you are there for support and guidance — and that it's important to you that she or he is healthy and happy and makes safe choices.
- Model healthy coping skills like exercise, meditation or mindfulness. Show your kids how to learn from mistakes and disappointments.
- Brainstorm together to identify healthy ways to

manage the stress in their life (e.g., more sleep, getting outdoors, one-on-one times, etc.). Let your child offer suggestions and help them think through their ideas.

- If your child is suffering, reassure them that you will seek out appropriate professional help and then do just that.

This article was part of a teen series by the Partnership to End Addiction. If you would like to learn more about more about healthy ways to engage your child, please contact Charlotte Reeves, Surry County Office of Substance Abuse Recovery Community Outreach Coordinator, at reevesc@co.surry.nc.us. Visit our website at surrycountycare.com for more information about substance use disorder and the many resources in our County.



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Take a Hike

There's adventure to be had whether at a park or on your own



You'll need the right gear, and a good sense of where you're headed. Once you get going, however, hiking can be one of the best ways to get needed exercise while communing with nature.

RULES OF THE TRAIL

Those on their way uphill are given the right of way. Hikers who are descending should come to a full stop and step aside so they can climb by. When allowed, bicyclists yield to all others, including those on horseback. Stay on the trail, unless you absolutely have to step aside while yielding. You can damage or even kill plants and animals without knowing it. Leave everything as you found it, and pack out all trash.

GEARING UP

This may look a lot like walking, but the long distances

that are usually associated with hiking means you'll need more specialized gear. More advanced hikes may require additional tools, as well. Invest in a pair of high-quality boots that can handle a wide range of terrain, so you won't have to pause before venturing off paved trails. Depending on how rugged your surroundings are, you may also need a pair of hiking poles. Purchase a sturdy, roomy backpack to carry energy bars, a compass, flashlight, camping gear and water.

FINDING A PLACE

Hiking opportunities are all around us, from local parks to faraway adventures. Start with city or state parks, since they'll typically have shorter, well-marked trails that provide more stable footing. As you grow more experienced and confident, consider national parks and well-

known major trailways. These government-run facilities will have maps and lots of helpful information on their websites. You can also consult independent sites like AllTrails.com.

First-timers should make sure they're healthy enough to take up hiking. Don't trust your gut instinct. Instead, visit a doctor to get a sense of how far you should push yourself. Start with shorter

trips and a lighter backpack. You won't need as much water or as many snacks, but don't leave them behind. Pack sunscreen, a first-aid kit and pest repellent. Hiking with a friend is a good idea as you become more experienced, too. Once you've gotten the go-ahead from a medical professional and some shorter hikes under your belt, you and friends can take longer trips.



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KEEP SUMMER DAYS FUN AND BUSY WHEN CAMP ENDS

When summer camp ends, parents have different options they can explore to keep children engaged and supervised until a new school year begins

Many adults have fond memories of attending summer camp when they were children. The American Camp Association reports that each year more than 14 million children and adults take advantage of the camp experience. Summer camp is a place for kids to learn new skills, make new friends, experience being away from home for extended periods of time, and explore new locales.

Summer camp program lengths vary. Some children attend local camps that may last a week or two, while others attend sleep-away camps that last a little longer. Since summer vacation typically lasts between eight to ten weeks, parents may discover there still is plenty of downtime after summer camp ends. Here are some ways to fill the gap between the end of camp and the start of a new school year.



RECREATE FAVORITE CAMP ACTIVITIES AT HOME

Why not take what makes camp entertaining and try it at home? Copy the camp's itinerary and engage in similar activities, such as canoeing or nature hikes. On nights when the weather cooperates, everyone can gather around a fire pit to roast marshmallows.



ORGANIZE A SLEEPOVER EXCHANGE

Parents of school-aged children can coordinate with one another to fill up a week or more with sleepovers. Each family can take a night or two, and the kids can jump from house to house extending the fun with one another. Sleepovers can occur inside the home or under tents in the yard.



SCHEDULE A FAMILY VACATION

What better way to keep the magic of summer going than by rolling summer camp right into a family vacation? Give kids time to enjoy a few days to relax at home, but then buckle up for the next adventure. This can be a trip away from home, or a series of day trips or activities guided by all members of the family.



ENROLL IN A RECREATIONAL PROGRAM

Some towns offer free or low-fee activities to residents through their parks and recreation departments. If budgeting does not allow for a camp experience, there are likely town-wide activities that can fill the gaps until it's time for children to go back to school. Some even may offer after-hours childcare options for parents who have scheduling conflicts with work.

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Parents can help kids keep their weight in check

Obesity poses a significant threat to adults and children across the globe. Being overweight or obese is a particular concern for children because the extra pounds gained in childhood can follow them into adulthood, potentially leading to serious health issues down the road.

According to the Centers for Disease Control and Prevention, the prevalence of obesity was 19.7 percent and affected about 14.7 million children and adolescents between the ages of two and 19 in the United States between the years of 2017 and 2020. The Government of Canada reports that roughly 30 percent of Canadian children and adolescents between the ages of five and 17 are overweight or obese. Carrying extra pounds puts children

at risk for chronic diseases and health conditions like asthma, type 2 diabetes and heart disease.

A healthy lifestyle can turn the tables on the obesity epidemic. Parents and other caregivers are instrumental in helping children avoid the pitfalls of obesity, and the following are some ways they can help kids make healthy choices.

- **Involve children in health discussions.** When children visit the pediatrician for periodic health examinations and physicals, inform them in age-appropriate ways about their health. Doctors frequently use charts and body mass index numbers to explain healthy weight ranges. Use these diagrams and data sets to show children where they rank, but don't make

it seem like they made mistakes. Assure them that everyone will work together to get on track.

- **Stock the home with healthy foods.** Easy access to high-calorie junk foods is a problem for many kids. Children may be more inclined to reach for a bag of chips than an apple if the chips are easier to access.

Parents can keep plenty of healthy food on hand, and limit the propensity to keep sweets or other foods available.

- **Model good behavior.** Parents who are overweight themselves and do not eat a healthy balance of foods may be setting the wrong example for their children. Make maintaining a healthy

Keep plenty of healthy food on hand



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weight a family affair by cooking and exercising together.

• **Encourage physical activity.** Parents can set strict parameters on screen usage so that children will have to find other activities to fill their time. When video games or TV shows

are no longer available, kids will venture outdoors to ride bikes or play sports.

Parents should be vigilant in their efforts to prevent childhood obesity. Learning to manage weight is an important life lesson that can pay lasting health dividends.



Choose healthy food options over junk food.



Eating a lot of junk food can contribute to obesity in children.



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Great summertime leisure activities

A warm breeze on a summer day embodies the spirit of this beloved season for millions of people. Seen by many as a season to relax and recharge, summer, not coincidentally, goes hand in hand with leisure.

Summer is the season to relax and recharge

or even the ocean, the water beckons each summer. Simply sitting on a beach or beside a lake or pool is a great way to pass the time without much stress. Nothing needs to be scheduled when relaxing poolside, lakeside or on a beach; simply enjoy some time to relax by the water.

With more time on their hands due to vacations from school and work and less hectic activity schedules, particularly for families that include school-aged children, individuals often find summer affords more time for leisure. With that in mind, people from all walks of life can consider these summertime leisure activities.

•Relax by the water: Whether it's a pool, lake

•Paddleboarding: Paddleboarding is another leisurely way to spend a summer day. Paddleboarding requires physical exertion, so this might not be the ideal activity for those looking to relax without lifting a finger. However, paddleboarders typically take to the water when it's at its most calm, making this a great activity for those who want to capitalize on peaceful, serene summer vibes.



Museums are a great way to relax without breaking the bank

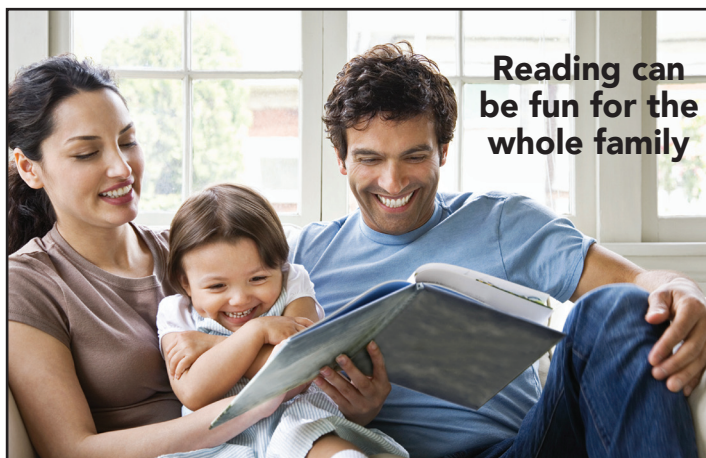
•Fishing: Few activities may be more relaxing than fishing. Though there are many different ways to fish, some of which require considerable physical effort, casting a line and waiting for a fish to bite is a relaxing way to spend a day in nature. That might not seem like much to novices, but spending time in nature has been found to reduce stress and lower heart rates, which the U.S. Forest Service notes are both risk factors for cardiovascular disease.

much like other summertime leisure activities, reading has been linked to reducing stress. A 2009 study from researchers at the University of Sussex in England found that reading can reduce stress by as much as 68 percent.

•Visit a museum: On summer afternoons when it's raining or too hot outside or individuals simply want to spend some time indoors, a museum makes for the perfect place to visit. Museums do not typically draw crowds in summer, making this an ideal season to visit. Many offer discounted prices to individuals like seniors and students, so this is a great way to relax without breaking the bank.

•Read: Books make for great companions on warm summer afternoons. Reading is such a popular summer pastime that many bookstores set up displays featuring books that make for great beach reads, providing inspiration for individuals who aren't sure which book or books to dive into this summer. And

Summer is a season of leisure, and there are many activities that align with that spirit of relaxation.



Reading can be fun for the whole family

Children's *Health & Wellness*

Simple strategies to protect kids' vision

Parents recognize there's no aspect of kids' health that can be taken for granted. Common colds can appear overnight, and injuries on the playground can occur in the blink of an eye. Such issues may be hard to see coming, but the risk for colds, playground injuries and other health-related conditions, including childhood vision problems, can be mitigated with various preventive measures.

Vision issues that affect children can lead to a host of unwanted outcomes, including physical injuries and decreased academic

performance. Though kids may ultimately need vision problems to be corrected with the help of an eye doctor, the following are some steps parents can take to protect their children's vision over the long haul.

- **Schedule routine eye exams.** The American Academy of Ophthalmology notes that children's vision can be screened by various medical professionals, including eye doctors but also pediatricians, family physicians or other properly trained health care providers. The AAO recommends children at all age levels



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receive eye examinations. Newborns will need eye exams so doctors can check for various indicators of eye health, while a second eye exam conducted during a well visit before the child's first birthday can confirm healthy eye alignment and movement. Exam intervals can be discussed with a physician as children age, but it's important that kids receive routine eye exams to confirm their vision is healthy and to identify any issues that could be compromising their vision.

• **Feed children a healthy diet.** The Centers for Disease Control and Prevention recommend a diet rich in fruits and vegetables, which have the vitamins and minerals necessary to maintain healthy vision.

• **Monitor screen time.** The CDC notes that excessive screen time can exacerbate uncorrected vision problems. Daily screen time limits can help protect kids' vision, and parents should ensure kids take frequent breaks when using digital devices. Fre-

quent breaks from additional activities like reading, writing and drawing also can protect kids' vision.

• **Squeeze in time outdoors.** Access and exposure to nature pays a host of health-related dividends, including some linked to eye health. The CDC notes that going outdoors affords kids' eyes the opportunity to look at distant objects, which can provide a respite from the eye strain and fatigue that can develop when looking at screens or books.

• **Provide protective eyewear, including sunglasses.** Exposure to UV rays from the sun can harm children's eyes, so kids should wear sunglasses with 100 percent UV protection when spending time outside. The CDC also urges children to wear protective eyewear when engaging in activities such as sports that can increase their risk for eye injury and vision loss.

Taking steps to protect long-term vision is a vital component of childhood preventive health care.



Daily screen time limits can help protect kids' vision



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Kids should wear sunglasses with 100 percent UV protection when spending time outside

Why Are Our Kids Vaping?

Charlotte Reeves

Surry County Office
of Substance Abuse Recovery

E-cigarettes are the most popular type of tobacco product being used among U.S. middle and high school students. Why are youth using these products in the first place?

Some of the most common reasons that teens use e-cigarettes, as reported by The Centers for Disease Control and Prevention are:

- Because a friend or family member used them (39 percent)
- The availability of flavors, such as mint, candy, fruit or chocolate (31 percent)
- The belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes (17.1 percent)

That almost a third of students — 31 percent — reported the availability of flavors as a reason they used e-cigarettes is no surprise considering that big tobacco's original marketing plan was to target young adults and teens. Research shows that young people are more likely to try flavored e-cigarettes and believe that they are less harmful than tobacco-



flavored e-cigarettes (Truth Initiative, 2018).

Other reasons youth reported for using e-cigarettes include that they are easier to get and cost less than other tobacco products, can be used in areas where other tobacco products, such as cigarettes, are not allowed, or because they see famous people using them and believe them to be safe.

Youth vaping and using e-cigarettes is a public health concern.

Vaping prevalence among teens started to increase in 2017 and has become a public health concern for several reasons. The Surgeon General's report on e-ciga-

rette use among youth and young adults concluded that e-cigarettes have the potential to be addictive to some users, and that early nicotine addiction can harm brain

development and alter nerve cell functioning. Other research shows that e-cigarette use increases the potential future use of using combustible tobacco cigarettes among youth and young adults, and that young adults who use e-cigarettes are more than four times as likely to begin smoking cigarettes within 18 months, compared with their peers who do not vape (Truth Initiative, 2018).

In the meantime, The Surgeon General recommends continued efforts to prevent and reduce e-cigarette use among youth and young adults, such as incorporating e-cigarettes into smoke-free indoor air policies, restrict-

See VAPING | 22

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The basics of ADHD

September marks the beginning of a new school year for millions of children. A new school year contains a host of challenges for every student, but some, particularly those with attention deficit hyperactivity disorder (ADHD), may face steeper challenges than others.

ADHD is common in both the United States and Canada. The American Academy of Pediatrics reports that ADHD

affects between 4 and 12 percent of school-aged children, while the Center for ADHD Awareness, Canada indicates between 5 and 7 percent of Canadian youngsters have the condition. Such figures are disconcerting, particularly when considering the adverse effects of ADHD on academic performance. In fact, a 2019 study published in the Journal of the American Academy of Child and Adolescent Psychiatry found that ADHD

was associated with substantially lower performance in school independent of socioeconomic background factors.

The stakes are high regarding ADHD and academics, so

as a new school year begins, students and their families can familiarize themselves with the condition to ensure it does not interfere with their efforts to do their best in the classroom in the year ahead.

What is ADHD?

The AAP describes ADHD as "a chronic condition of the brain that makes it difficult for children to control their behavior." Such characteriza-

See ADHD | 23



A condition like ADHD can compromise a child's ability to excel in the classroom.

Vaping

From page 21

ing access to e-cigarettes in retail environments, and establishing specific package requirements like minimum pack sizes and health warnings.

Parents can also do their part in helping to educate our youth on the risks and dangers of using e-cigarettes. Vaping education and prevention programs implemented in our schools and at home are extremely beneficial as well.

If your teen is showing signs of e-cigarette use, or if they are already addicted, there are resources available at truthinitiative.com. Truth Initiative works to use provocative, creative, and innovative approaches to influence

culture, inspire youth and young adults, and initiate action. This is all grounded in research to achieve a future where tobacco use, and nicotine addiction are a thing of the past (Truth Initiative, 2018).

This is part of the familiar program "Talk. They Hear You.", which helps parents learn to talk to their kids about substance use and vaping on a continuous basis. If you, or someone you know, would benefit from learning more about the dangers of vaping, please contact Charlotte Reeves, Surry County Office of Substance Abuse Recovery Community Outreach Coordinator, at reevesc@co.surry.nc.us. Visit our website at surrycountycare.com for more information about substance use disorder and the many resources in our County.

The Surgeon General's report on e-cigarette use among youth and young adults concluded that e-cigarettes have the potential to be addictive to some users, and that early nicotine addiction can harm brain development and alter nerve cell functioning.



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ADHD

From page 22

tion explains why the link between ADHD and poor academic performance is so strong. The AAP notes that children with ADHD often have trouble getting along with other children and, if they have issues with attention, they can have difficulty learning.

Behavioral symptoms of ADHD

The AAP notes that ADHD includes three distinct groups of symptoms: inattention, hyperactivity and impulsivity. Children with inattention may daydream and have a hard time paying attention, often do not seem to listen, may be easily distracted from work or play, and may not follow through on instructions or finish tasks. Children with hyperactivity may be in constant motion, exhibit difficulty staying seated, frequently squirm or fidget, talk too much, and be incapable of playing quietly. Children with impulsiv-

ity may frequently act and speak without thinking, run into a street without first looking for oncoming traffic, be incapable of waiting, and frequently interrupt others.

It's important for parents to recognize that children with ADHD will not necessarily have all the symptoms. Symptoms are classified by the type of ADHD a child has, and a physician will indicate that upon diagnosis. ADHD cases are usually determined to be inattentive only, hyperactive/impulsive or combined ADHD, which includes symptoms of inattention, hyperactivity and impulsivity.

When should I alert a physician?

The AAP notes that all children exhibit the symptoms noted above from time to time. However, a physician should be alerted when children exhibit those symptoms on a regular basis for more than six months.

ADHD can affect children both academically and socially. More information can be found at healthychildren.org.

A physician should be alerted when children exhibit those symptoms on a regular basis for more than six months.



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