



KEEPING CHILDREN SAFE

AUGUST 2014

Children at some point are going to scrape their knees, take a tumble and have accidents. It is all part of being a child. There are a few key things that parents can do to help children dodge serious injuries. It is important to remember that your child still needs to practice good safety habits and should be properly supervised during these summer months.

SPORTS:

Signing your child up for sports team is a great summer activity. Consider allowing your child to join a sports team only if his or her interest is strong and you feel they can handle it.

• Physical Exams:

- All children should have an annual complete physical exam by their primary care physician before participating in any sport. An annual wellness physical makes sure that he/she is in good health and can safely play the game.

• Proper Gear:

- Ask their coaches about the proper gear your child needs to keep them safe such as helmets, knee pads, wrist guards, protective cups, mouth guards and eyewear.



BIKE RIDING:

Bike riding provides a chance for you and your child to exercise and enjoy the outdoors. Here are some tips on bike safety:

- Make sure that a helmet is worn at all times.
- Ride on the sidewalk or the right side of the road.
- Teach children stop at all stop lights, stop signs, intersections and certain hand signals.
- Make sure your kids knows to make eye contact with a driver.
- If biking at dusk or dawn, wear bright-colored clothing, have reflectors on your tires and clip lights to your bikes so that you are visible to motorists.



WATER SAFETY:

Water safety is very important in Florida. The warm weather gives us a reason to cool off at the beach or pool. Teaching water safety is important because drowning is the leading cause of death for children.

- Never leave children unattended around any body of water – babies and toddlers can drown in just an inch of water.
- Provide 100% attention to your child at all times.
- If you are boating, each child is required to wear a Coast Guard-approved life vest.
 - The life vest should have a snug fit when worn. Have the child make a “touchdown” signal, raising both hands straight up; if the vest hits at the chin or ears the vest is too big or the straps are not tight enough.
- Make it a priority to learn CPR.

These helpful safety tips can protect your child/children for a lifetime. Beat the heat and remember to always wear sunscreen and keep hydrated when being active outdoors.

Sources: CDC.gov; AAP.org and ACPEDES.org

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CARING FOR YOUR SKIN, INSIDE AND OUT

Taking care of your skin is probably second nature to you by now. It's critical to always apply sunscreen and scan your skin for new or changing moles to keep your skin happy and healthy. The right care can improve its support, elasticity, and shine. Your skin's appearance and texture can give you clues about the rest of your health.

A FEW TIPS FOR HEALTHY SKIN:

- **Protect yourself from the sun.** Sunscreen is the real fountain of youth. Get into the habit of applying sunscreen or a lotion with minimum SPF 30 daily. Remember that the sun's rays can still be damaging in winter months even when it is not as hot. Seek shade and try to avoid the sun between 10 a.m. and 4 p.m. Wear protective clothing such as clothes with sleeves and a hat. Also, be sure to book an annual appointment with your dermatologist for a skin scan.
- **Treat your skin gently.** Daily cleansing, shaving and exfoliation can take a toll, as it tends to dry out your skin. Try to use mild soaps and moisturize daily. Limit your alcohol intake and drink plenty of water to stay hydrated.
- **Eat a healthy diet.** A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. Research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.
- **Don't smoke.** Smoking makes your skin look older and contributes to wrinkles and skin cancer. The more years and packs smoked, the more likely wrinkles will occur. What you can do? Stop smoking.
- **Manage stress.** Unmanaged stress can make your skin more sensitive and trigger other skin problems. Be sure to take steps toward stress management, such as relaxation breathing techniques, yoga and exercising.

Remember certain habits and behaviors do increase the risk of premature skin aging. Avoiding them can help keep your skin looking younger and healthier.

Sources: niams.nih.gov and webmd.com

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ask THE DIETITIAN



Q I love summer, especially in Florida. What are the best fruits and vegetables to choose on my way to the beach or pool?

A Summer officially began on June 21st. As you grab your swimsuit, be sure to grab a seasonal fruit or vegetable too. Choosing fruits and vegetables that are in season from your local grocer or farmers market will be the most flavorful this summer. Try any of the following Florida-grown crops this summer. Be sure to check for the “fresh from Florida” label.

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|---------------|---------------|
| Raspberries | Potatoes |
| Cantaloupes | Summer Squash |
| Grapes | Tomatoes |
| Green Beans | Avocados |
| Green Onions | Basil |
| Onions | Mushrooms |
| Watermelon | Passion Fruit |
| Sweet Peppers | Peanuts |

Source: *Crops in Season, USDA. Available at: <http://www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season>*

fresh AND HEALTHY RECIPE OF THE MONTH



SUMMER PEACH SALSA

- **Servings:** 10
- **Serving Size:** 1/4 cup
- **Active Time:** 15 minutes
- **Total Time:** 15 minutes

Serve this sweet-and-tangy peach and basil salsa recipe as a dip with crunchy tortilla chips or as a topping for tacos, tostadas or even grilled meats and fish.

Ingredients

- 1 ½ cups diced firm ripe peaches (about 4 small)
- ¾ cup diced cherry tomatoes
- 1 fresh jalapeño, finely chopped
- 3 tablespoons chopped fresh basil
- 2 tablespoons finely chopped red onion
- 1 tablespoon lime juice
- ½ teaspoon brown sugar
- ¼ teaspoon salt

Preparation

Combine peaches, tomatoes, jalapeño, basil, onion, lime juice, brown sugar and salt in a medium bowl.

Tips and Notes

- **Make Ahead Tip:** Prepare up to 2 hours ahead.
- **Nutrition:** Per 1/4 cup serving: 18 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 3 g total sugars; 0 g protein; 1 g fiber; 59 mg sodium; 103 mg potassium.

Recipe courtesy of EatingWell.com