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***Special
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LIVE HEALTHY

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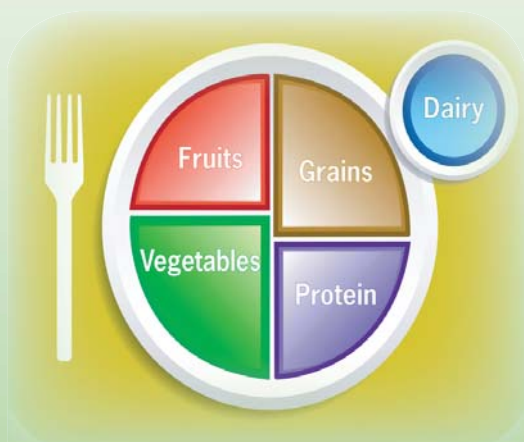


COACHES GUIDE

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Food Groups



Food Groups

Food groups on the plate show you the amount of each food group you should have to fill your plate and make a well balanced meal

The five food groups on the plate are:

Fruits and Vegetables

- Eat a variety of fruits and vegetables
- Choose fresh or frozen fruits and vegetables
- Make half of your plate fruits and vegetables
- Satisfy your sweet tooth with fruit

Grains

- Include foods like bread, pasta, cereal and rice
- Make half of your grains whole grains
- Look for food packaging that say whole wheat or whole grains and choose those varieties

Protein

- Includes meats, fish, eggs, cheese, and beans
- Include fish in your diet twice per week
- Eggs are a quick and easy protein food
- Choose meats like lean beef, chicken, turkey and pork
- Choose reduced fat cheeses

Dairy

- Provides calcium for strong bones
- Choose 1% or fat free milk
- Eat low fat dairy products like yogurt

Food Groups



Empty Calories

- Empty calories are calories in foods from solid fats and added sugars
- You should only consume a small amount of empty calories each day

Examples of foods that contain empty calories:

- Cookies
- Soda
- Ice cream
- Potato chips
- Candy bars
- Bacon

Many of these foods can be found in fat free, low-fat, and low-sugar forms that will reduce the amount of empty calories you eat

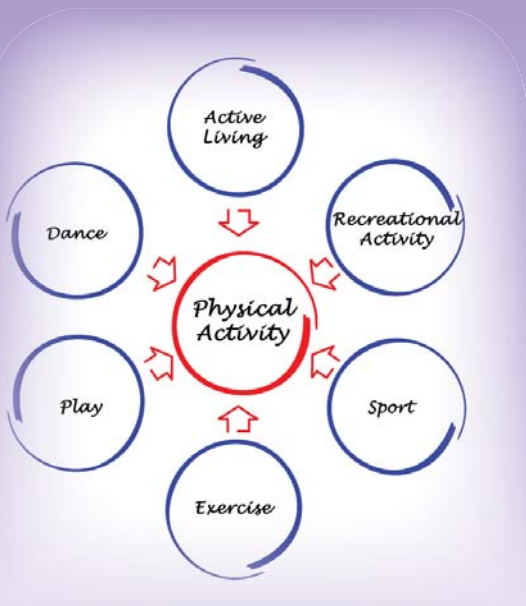
Saturated Fats

- Avoid or limit foods high in saturated fat
- A diet high in saturated fat can increase a person's cholesterol and fat levels

Other ChooseMyPlate.gov Tips:

- Avoid eating extra fat
- Use a smaller plate for portion control
- Satisfy your sweet tooth with healthy foods like fruit
- Take your time when you eat to avoid overeating
- When buying pre-packaged foods choose ones lower in sodium and fat
- When buying pre-packaged food choose one with whole grains

Healthy Weight & Obesity



Healthy Weight & Obesity

Tips for maintaining a healthy weight:

- Eat a healthy well balanced diet
 - Fill your plate with healthy foods from all 5 food groups
 - Check out ChooseMyPlate.gov for great tips on healthy eating and exercise
 - Watch portion sizes
- Avoid foods high in sugar and saturated fats like ice cream and bacon
- Drink water instead of sugar sweetened drinks
- Drink 1% low-fat or non-fat milk
- Exercise doing sports and activities you enjoy for one hour most days or what your healthcare provider recommends you do
- Limit screen time like watching television, video games, and computer time to no more than a couple hours a day

Healthy Weight

- Your healthcare provider or registered dietitian can give you information on what your recommended weight should be and the right diet for you
- Remember: Changes should be slow and gradual so be patient and you'll make your goal

What does being overweight or obese mean?

- "Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height." (cdc.gov)
- BMI or body mass index is calculated for children and teens ages 2-19 years old using height, weight, age, and male/female. Healthcare providers use BMI as "a screening tool to identify possible weight problems for children" (cdc.gov)

Obese children are at risk for developing:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Breathing problems like asthma
- Joint problems
- Heartburn
- "Obese children are more likely to become obese adults. Health problems associated with adult obesity include heart disease, diabetes, and some cancers" (cdc.gov)

Behavior & Stress Management



Behavior & Stress Management

Behavior Management is managing your new healthy lifestyle changes. Remember no one is perfect and we all make mistakes. You may have a day when you eat too much candy or too much fatty food. It is also easy to skip getting enough exercise. However, you don't want to slip back into unhealthy habits. We will be providing some tools that should help you live your healthy lifestyle.

Self-monitoring

- Keep tabs on yourself every day and monitor your progress
- Think of exercise and eating behaviors you want to change, write them down and make a plan to achieve your goals
- Think of things that would encourage you to make those healthy changes

Manage stress

- Stress can be both good and bad.
- A little stress can motivate us to be ready for our event or ready to take a test.
- When stress causes anxiety and tension and interferes with how you function, that is bad stress and it is not good for your health
- Stress can cause many emotions like feeling excited, sad, mad, tired, hungry, not hungry or depressed.
- Relaxation techniques can be very effective in helping you deal with stress. Two strategies/techniques to help you cope with stress are:

1. Positive Self-talk

- Self-talk represents the things you say in your head about yourself
- Self-talk can be Positive Or Negative:
 - Positive self-talk, helps reduce stress and helps us reach our goals. It involves repeating a helpful and positive word or phrase such as "I am fit and ready to play." "I'm going to do my best", "I practiced hard and am ready"
 - Negative Self-Talk increases stress and can keep us from reach our goals. It involves repeating negative phrases such as "I'm not good at this", "Their team is much better than ours"
- Think of some examples of Positive Self-Talk that can help you reach your goals
- Positive Self-talk can be used individually or cooperatively as a team.
- Taking time to develop a word or phrase, and then, using it at each practice and competition either individually or as a team can promote self-confidence and success.
- One thing you can do to help promote Positive Self-talk is to create a pre-performance/competition routine that includes the individual/team work/phrase.

Behavior & Stress Management



2. Guided imagery

- The human brain creates an emotional reaction just by thinking about things. This means that having negative thoughts can produce a negative response. On the other hand, thinking about positive things will fill us with a feeling of calm, focus, and confidence.
- Thinking positive thoughts will help you feel less stressed.
- Other activities to decrease stress are:
 - Reading a book
 - Listening to music
 - Hanging out with friends
 - Dancing
 - Exercising

Lapse and relapse

- Everyone will experience this many times throughout a lifetime.
- A lapse is when you temporarily do some of your old eating and/or exercise habits.
- A relapse is when you permanently go back to your old eating habits.
- How to avoid a relapse?
 - Try to avoid situations that will make you break your healthy diet or exercise routine
 - Eat smaller portions
 - Use smaller plates
 - Drink a glass of water before eating
 - Take a walk instead of eating unhealthy

Food cravings

- They are very common and usually involve unhealthy food choices
- An occasional small treat may be okay. Beyond that, you must learn how to resist the cravings and make healthy choices
- Cravings usually last 15-20 minutes. If you can resist the craving, it will go away
- Think of healthy alternatives to satisfy your cravings. For example:
 - Have an apple instead of a candy bar
 - Have a bottle of water instead of a sugar sweetened drink
 - Have yogurt instead of ice cream

Rewards for good behavior

- Set goals for yourself for positive behaviors each week. For example:
 - I will eat healthy foods from all 5 food groups each day
 - I will replace sugar sweetened drinks with water or low-fat milk
 - I will exercise 5 days this week
- Keep track of your goal progress by keeping a daily log
- Positive changes are hard to make. You should always reward yourself by doing something you enjoy. For example-
 - Have a family movie night

Bone Health



Bone Health

Bone health is an important step towards better health. Bone health, as you will see, has an important relationship with exercise and proper nutrition. Both diet and exercise, affect how strong and healthy your bones are.

What is a bone?

- Bones are made of protein and minerals (Calcium and phosphorous)
- Bones need calcium and Vitamin D to stay strong

What are good sources of calcium?

- Low-fat or skim milk
- Yogurt
- Low-fat cheese

What are some other good sources of calcium if I can't drink milk or have dairy products?

- Drink 100% juice fortified with calcium
- Soy milk fortified with calcium
- Cereal fortified with calcium
- Vegetables like broccoli and spinach
- Almonds
- Corn Tortillas

Why is vitamin D important?

- Vitamin D is very important when it comes to bone health
- Without it your body cannot absorb calcium well
- Your body generates vitamin D when exposed to the sun but you must be safe in the sun
- Some cereals, juices, yogurt and milk are fortified with vitamin D and are a good source of vitamin D
- Many fish are naturally high in vitamin D such as sword fish, salmon, tuna, and sardines

Why do tweens and teens need calcium?

- Most do not get enough calcium
- Most bone mass accumulates between the ages of 9 and 18 so calcium is very important for bone development during this time
- Stronger bones are less likely to break
- Strong bones now can decrease the risk of developing osteoporosis when you are older

Bone Health



- Calcium is important for strong teeth, gums and jawbones

Sports & exercises that strengthen bones include:

- Weight-bearing physical activities
- Soccer
- Basketball
- Volleyball
- Jumping rope
- Walking
- Dancing
- And others.....

Bone Health Summary

- Make sure you get plenty of calcium in your diet
- Exercise every day and make sure to include bone strengthening exercises
- Good eating habits and exercising when you are young will help you have strong bones as you get older

Sports Nutrition & Hydration



Sports Nutrition & Hydration

When should you eat before you compete or exercise?

- A healthy meal should be eaten 2-3 hours before you compete
- Your meal should be rich in carbohydrates
- What are carbohydrates?
 - Referred to as “carbs”
 - Most common source of energy
 - Some foods rich in carbohydrates include:
 - Breads
 - Cereals
 - Pastas
 - Fruit
 - Potatoes
 - Milk
 - Rice
 - Yogurt
- You should avoid foods in your pre-event meal that cause gas, are high in fat, or are high in fiber
- Some examples of a pre-event meal could be:
 - Small portion of spaghetti with tomato sauce
 - Turkey sandwich and soup
 - Cereal with milk, fruit and toast

What if you didn't have a pre-event meal or are competing early in the morning?

- A healthy light snack should be eaten 1-2 hours before you compete
- Your snack should be rich in carbohydrates
- Some examples of a pre-event snack could be:
 - Low fat yogurt
 - Bagel
 - Low fiber fruits or vegetables like watermelon or carrots

Other sports nutrition tips:

- If you follow a special diet, always follow the instructions your doctor gives you for eating
- Avoid eating the hour before your event, unless your doctor has you eat at certain times due to a health condition; always follow your doctor's advice.
- If your meal contains fatty foods you should wait even longer before you exercise
- Eating a large meal and exercising right away may cause cramping, pain and discomfort
- Make sure you eat a healthy dinner the night before your event or game including foods from all 5 food groups

Sports Nutrition & Hydration



Other sports nutrition tips continued:

- Get a good night's sleep of at least 8 hours the night before practice, a game or an event
- You should drink water before, every 15-20 minutes during and after exercising and competing!

What about after my competition or game?

- Your body will need to be refueled
- Have a small snack like a piece of fruit and a hard boiled egg when you finish.
- Protein is important to rebuild your muscle tissue after intense exercise
- Have a well-balanced meal with foods from all food groups a couple of hours after you finish your event or game

Hydration

- Hydration is a measurement of fluid in the body
- Good hydration requires that fluids lost from our body everyday be replaced
- Most of our body is made up of water
- Your body needs water everyday
- The exact amount of water a person needs is determined by age, weight, activity and weather conditions. Your healthcare provider can tell you this amount
- If you have a medical condition and your doctor limits the amount of water or fluids you should drink, you should always follow your doctor's advice
- Water is in fluids you drink and some foods you eat
- You will need to drink more water when you compete or exercise
- Don't wait to drink water until you feel thirsty!

How does your body use water?

- Helps regulate body temperature
- Aids in digestion of foods you eat
- Helps your body absorb vitamins and minerals from the food you eat
- Helps our body and mind work properly

Sports Nutrition & Hydration



Did you know that some foods contain water that can help keep you hydrated?

Some examples:

- Fruits like cantaloupe, grapes, oranges or watermelon
- Vegetables like carrots, cucumbers and celery

What can happen if you don't drink enough water?

- Dehydration
- You can feel weak, tired, or dizzy
- You can have mood changes

What is dehydration?

- Dehydration occurs when a person loses more fluids than they take in
- A person who is dehydrated may feel dizzy, have a dry mouth, feel thirsty, or produce less or darker urine
- Tell your coach or parent if you are feeling like this!

Some drinks can cause dehydration

- Avoid drinks with caffeine; especially when competing and when the weather is hot
 - This includes drinks like coffee with caffeine, soda with caffeine, and energy drinks
- Caffeine drinks can cause you to lose fluids and may cause dehydration

What are some things you can do to stay hydrated and prevent dehydration?

- Drink water before and after exercising or competing and every 15-20 minutes during exercise and competition
- Sports drinks will replace fluids, carbohydrates, and electrolytes after an hour or more of exercising
- On warm days wear light, loose fitting clothing, a hat, and stay in the shade as much as possible.

Exercise & Injury Prevention



Exercise & Injury Prevention

Exercise is very important to your overall health. Exercise will improve your health and will make you feel good about yourself at the same time. Exercising does not mean running a lot or lifting weights all day. Playing sports you enjoy is a great way to get your exercise. There are many ways exercising can benefit you. Exercising can help you manage your weight, boost your energy levels, improve your mood, improve self-esteem, strengthen bones, help you sleep better, and make your heart and lungs stronger.

There are many ways you can fit exercising into your schedule. For example:

- Exercise first thing in the morning
- Exercise after work or school
- Make your exercise fun and invite friends and family to join you

Types of Exercise

- **Flexibility-** Before you exercise, you need to stretch and spend 5-10 minutes dedicated to stretching and getting loose. The reason for stretching is to reduce your chances of straining or spraining a muscle. Stretching will warm-up and cool down your muscles.
- **Aerobic-** This type of exercise makes your heart and lungs stronger and able to take in more air. Examples of aerobic exercises are jogging, a fast walk or chair aerobics.
- **Anaerobic-** This type of exercising builds muscle through tension and promotes strength. Push-ups and sit-ups are examples of anaerobic exercises. This type of exercise should be done 2-3 times a week.

Important exercise tips

- Start slow
- Build up gradually
- Choose activities that are good for your fitness level
- Check with your doctor first before you start a new exercise program
- DRINK WATER before, during, and after you exercise.
- Have a positive attitude
- Have fun!

Exercise & Injury Prevention



Exercise Safety Tips

- SAFETY IS ALWAYS FIRST!!!!!!
- If you have any health condition like diabetes, heart disease, foot or joint disease or any other health condition, you **MUST** check with your doctor before starting to exercise. Follow what your doctor tells you to do
- If you don't feel well or feel pain in your chest, feel like throwing up, feel dizzy, or it becomes hard to breathe, you must **STOP** exercising immediately and get help.
- If you see a friend or another athlete who is not feeling well, tell a coach or parent/guardian right away.

Injury

- If you get hurt, tell your coach or parent/guardian right away.
- It is important to remember that:
 - Some injuries may hurt, you may see redness, or the area swells (gets bigger)
 - Sometimes you may not see anything different after you get hurt
 - No matter what kind of injury you get, tell your coach or parent/guardian right away
- Do not participate in your sport if you are injured, ill or not fully healed from an injury.
 - If you come back too soon you could get hurt again and it could be worse
 - Talk to your coach, trainer, or doctor to see when you should return to your sport

Sports Injury Prevention

- Stretching and warming up is key to help prevent injury.
- Make sure that you are warmed up prior to any stretching. Begin a stretch in a slow and controlled manner. Hold stretches for 30 seconds. A good warm up can consist of:
 - A brisk 5 minute walk
 - A slow jog
 - Doing jumping jacks for 2-3 minutes
- Always make sure you have the proper equipment.
 - You must wear the right equipment when you are participating.
 - Make sure it is sized correctly for the sport you are participating in and that it is in good working condition.
 - Check for broken equipment **BEFORE** you start your game. If you think your equipment is not properly fitted or may be broken, **DO NOT** be afraid to leave the game.

Exercise & Injury Prevention



- Your coach can tell you what equipment is required for the sport you are participating in.
- Equipment you may need includes:
 1. A helmet to protect your head
 2. Eye protection like sports goggles and face shields
 3. Mouth guards to protect your mouth, teeth and tongue
 - Your parent/guardian should help you to make sure it fits you right
 4. Wrist, knee, and elbow guards
 5. Pads like shoulder, chest, and shin pads
 6. Shoes
 - Must fit well
 - Must be the right kind of shoe for the sport
 - Should be replaced when they become too worn or no longer fit

Concussions

- You've probably heard about concussions.
- A concussion is a brain injury caused by bumping your head on someone or something, or by a blow to the head.
- Bumping your head on someone or something, or a blow to the head should be reported to your coach or parent/guardian immediately.
- You can't see a concussion, but you should tell your coach or parent/guardian right away if you have bumped your head on someone or something, or had a blow to the head and now feel or have:
 - A headache
 - Sick to your stomach
 - Dizziness
 - Trouble seeing the way you usually do
 - You are sensitive to light and sound
 - Tired and have no energy
 - Trouble remembering things you usually would
 - Or, "just don't feel right"
- Don't return to sports after a concussion until your healthcare provider says it's okay.
- Always warm up and stretch before you exercise
- Warm up activities include: an easy jog, jumping jacks or walking for a few minutes
- Follow your warm up with stretching of your arms, legs and body
- Your coach will be able to show you warm ups and stretches you can do every time before you play your sport or exercise
- Make sure you know all the rules of the sport or event you are participating in
- This will promote your safety, as well as others playing with you

Sun Safety



Sun Safety Lesson

Why is sun safety important?

- **To Avoid Sunburns**
 - Sunburns can be mild or severe
 - A sunburn turns skin red
 - More severe sunburns can become blistered
 - A sunburn is painful
 - Sunburns can increase your risk of developing skin cancer later in life
- **To Prevent Dehydration**
 - Dehydration occurs when a person loses more fluids than they take in
 - A person who is dehydrated may feel
 - Weak
 - Tired
 - Thirsty
 - Dizzy
 - Tell your coach or have a friend tell your coach if you have any of these symptoms right away!

Precautions you should take if you will be spending time in the sun

- **Sunscreen and lip balm**
 - Always wear sunscreen and lip balm
 - Use sunscreen and lip balm with an SPF of 15 or higher
 - Apply sunscreen 10 minutes before going outside and reapply every 2 hours, or sooner if you are sweating a lot or doing water activities
 - Tell your coach if you don't have sunscreen on
- **Cover Up!**
 - With cool, protective clothing
 - With a wide-brimmed hat
 - Wear sunglasses that block UV rays
- **Avoid Midday Sun**
 - Stay in the shade or inside between 10 am and 4 pm when the sun's rays are the strongest
- **Find Shade When Outside in the Sun**
- **Don't Use Tanning Beds!**

Sun Safety



- **Stay Hydrated in the Sun**
 - Drink plenty of water when you are outside in the sun
 - Drink larger amounts of water if you are exercising, sweating excessively or it's a very warm or hot day
 - If you are exercising for longer than one hour or it is a very warm or hot day, a sports drink may be beneficial. Sports drinks replace fluids lost and contain electrolytes.

Personal Hygiene



Personal Hygiene

What is hygiene?

The things that you do to keep yourself and your surroundings clean in order to maintain good health (<http://www.merriam-webster.com/dictionary/hygiene>).

We are going to talk about two examples of personal hygiene:

1. Hand washing
2. Oral hygiene

Hand Washing

Why is hand washing important?

- GERMS!! They are tiny and you can't see them, but they are all around us and can make you sick!
- You could come in contact with germs when you touch objects like toilet seats, toilet levers, doorknobs, phones, keyboards, money, and almost any surface or object.
- If you touch your eyes, nose, or mouth with germs on your hands, you could become sick.

Washing your hands often and following the correct hand washing steps:

- Washing your hands often and following the correct hand-washing steps will:
 - Washes the germs off your hands
 - Stops germs from spreading
 - Helps prevent you and others from becoming sick
- Remember! Washing your hands is the #1 way to stop the spread of germs!

Personal Hygiene



When should you wash your hands?

- After going to the bathroom
- When they are dirty
- Before you eat or touch food
- Before and after you help prepare food in the kitchen
- After you cough, sneeze, or blow your nose
- After touching garbage
- If you touch a cut or scrape you have on your skin
- After playing with or touching pets or animals
- After playing outside
- Before and after you visit someone who is sick or not feeling well
- Other times your parent/guardian or healthcare provider tells you that you should

What is needed to wash your hands?

- Clean running water
- Soap
- Clean towel or paper towel

How should you wash your hands?

1. Turn on the water faucet.
2. Wet your hands with warm water.
3. Put enough soap on your hands to completely cover all surfaces.
4. Wash your hands for at least 20 seconds by rubbing them together and make sure you:
 - Clean all sides of your hands, fingers, and wrists.
 - Clean between your fingers.
 - Clean under your fingernails; germs can hide there!
 - You can count to 20 slowly, sing your ABC's, or sing the Happy Birthday song 2 times to make sure you spend enough time washing your hands.
5. Rinse your hands with warm water and make sure you get all the soap off.
6. Dry your hands with a clean towel or paper towel.

Personal Hygiene



Oral Hygiene

What is oral hygiene?

The things you can do to keep your mouth and teeth healthy.

What can happen if I don't have good oral hygiene?

- A sticky film called plaque can build up on your teeth and cause cavities.
- Plaque can also cause gingivitis, which is when your gums (the pink tissue in your mouth) can become red, swollen, and hurt.
- Bad breath

What should you do to keep your mouth and teeth healthy and strong?

Brush your teeth

- Brush your teeth at least 2 times a day for 2-3 minutes after breakfast and before bedtime.
- Brush your teeth after lunch if you can, and after eating or drinking sugary foods or drinks.
- Use toothpaste with fluoride
 - It is important that you use the right toothpaste for your age. Your dentist will tell you and your parent(s)/guardian(s) the kind of toothpaste you should use every day and how much toothpaste you should use each time you brush your teeth.
 - Do not swallow toothpaste; spit it in the sink after brushing.
- Brush all of your teeth on all sides.
- Use a soft bristle toothbrush; your dentist will tell you what kind is best.
- Use a new toothbrush every 3 months or sooner if you have been sick and then throw away your old toothbrush.

What is fluoride?

- Fluoride is in many toothpastes and some mouth rinses.
- Fluoride helps to keep the hard outer layer of the tooth, called tooth enamel, strong and helps prevent cavities.

Personal Hygiene



- Your dentist will tell you and your parent(s)/guardian(s) if you should use a mouth rinse. If your dentist says you should use mouth rinse, he/she will tell you and your parent(s)/guardian(s) the type of mouth rinse to use and give directions how to use it safely.

Floss your teeth

- Flossing cleans between your teeth.
- Your teeth should be flossed once a day.
- If you need help flossing your teeth ask your parent(s)/guardian(s) to help you.
- Your dentist will recommend the best and easiest product to use to floss your teeth, and will give instructions on how to use it.

See your dentist

- You should visit your dentist for a cleaning and check-up two times a year and follow your dentist's instructions to keep your mouth and teeth healthy.
- It is very important that you always follow the oral hygiene instructions your dentist, dental hygienist, and parent(s)/guardian(s) give you so you can keep your mouth and teeth healthy, and be safe when performing oral hygiene.

Limit or avoid sugary snacks or drinks like candy and soda

- Sugar on your teeth can cause cavities.
- If you eat or drink something sugary, brush your teeth as soon as you can afterwards.
- Drink water instead of soda or sugary drinks.
- Eat fruit for a sweet snack instead of candy.
- Chew sugar-free gum.

Prevention of Tobacco & Alcohol Use



Prevention of Tobacco and Alcohol Use

What is tobacco?

- Includes cigarettes and smokeless tobacco like chew or snuff
- Cigarettes contain more than 7000 chemicals and chemical compounds and many are toxic!
- Nicotine in tobacco is very addictive.

What is Nicotine Addiction?

- When nicotine enters the body, a person may have more energy or feel good, but these feelings do not last long.
- Once the effects of nicotine wear off, a person may be moody or grumpy, or not feel well. This is called nicotine withdrawal.
- When a person craves or feels like they need more nicotine to get rid of the effects of withdrawal, this is addiction.
- Over time, the body can build up a tolerance to nicotine and then it takes more nicotine to prevent withdrawal. This means a person will need to put more nicotine into their body by smoking more cigarettes, using more smokeless tobacco, or more electronic cigarettes to avoid the symptoms of withdrawal.
- Nicotine increases blood pressure and pulse and can lead to heart and stomach problems.
- It is easier for kids and teens to become addicted to nicotine in any form!
- The best way to NEVER become addicted to nicotine is to NEVER START using it!

What you should know about using tobacco?

- The younger a person is when they start using tobacco, the more addicted they will be to the nicotine in it.
- It is not cool to smoke, chew or use snuff!
- Tobacco reduces lung capacity, which decreases exercise/ sports endurance.
- It yellows teeth and smells unpleasant.
- Smoking will not help you lose weight!
- Studies show that if you choose not to smoke when you are young, you will be much less likely to ever start smoking.
- Smokers who quit can decrease the damage to their body caused by smoking.
- Young people can have health problems if they use tobacco including damage to the heart and lungs and an increased risk of getting cancer.

What are Electronic Cigarettes or E-Cigarettes?

- Electronic cigarettes contain nicotine, like tobacco cigarettes, which is highly addictive.

Prevention of Tobacco & Alcohol Use



- In addition to nicotine, e-cigarettes also contain other chemicals.
- They look like tobacco cigarettes or can be in other shapes.
- They're smokeless and don't burn tobacco.
- They are battery operated.
- They convert a liquid into a vapor that is inhaled by the person
- The liquid that turns into vapor can be flavored to taste like candy or fruit.
- Stores cannot sell e-cigarettes to anyone under the age of 18 in Arkansas.

Recent study results as part of the National Youth Tobacco Survey 2011-2013* (cdc.gov):

- "In the study group, the number of youth who used electronic cigarettes at least once tripled from 2011 to 2013".
- "In the study group, the youth who said they had used electronic cigarettes at least once, but had never smoked, were two times as likely to intend to smoke traditional cigarettes" than students who had never smoked or used an electronic cigarettes".

If you smoke or use electronic cigarettes, ask your parent/guardian, coach, teacher or school nurse to help you find the resources you need to stop.

What is Alcohol?

- It is found in beer, wine and other liquors like vodka, rum, or whiskey

Alcohol facts:

- It is illegal to consume alcohol if you are under the age of 21.
- People who start drinking alcohol before they are 15 years old are more likely to abuse (drink too much) alcohol when they are older or become dependent on (addicted to) alcohol.
- Most underage drinking usually involves "Binge Drinking" which raises the blood alcohol concentration to 0.08 percent or greater, and usually takes place when a person drinks several alcoholic drinks within a couple of hours.

Risks of drinking alcohol

Immediate risks:

- Legal troubles if you're under age 21
- Injuries from car accidents, falls, drowning, or burns
- Violent behavior
- Risky behavior
- Alcohol poisoning which is a medical emergency and can result in death

Long term health risks:

- Heart damage
- Cancer
- Liver disease

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