

BHS ASSIST E-NEWS

National Inhalants & Poisons Awareness Week (NIPAW) March 16 - 23, 2008

One on five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. Parents don't know that inhalants, cheap, legal and accessible products, are as popular among middle school students as marijuana. Even fewer know the deadly effects the poisons in these products have on the brain and body when they are inhaled or "huffed." It's like playing Russian Roulette. The user can die the 1st, 10th or 100th time a product is misused as an inhalant.

They're all over your house. They're in your child's school. In fact, you probably picked some up the last time you went to the grocery store. Educate yourself. Find out about inhalants before your children do.

Results from Texas, where extensive NIPAW state-wide campaigns have been conducted, have been remarkable. Between 1992 and 1994, there was a reduction of more than 30 percent in elementary school inhalant use and a reduction of more than 20 percent at the high school level (based on state agency surveys of more than 176,000 students). This translates into over 100,000 students who may have used inhalants but did not.

Who is at risk? Inhalants are an equal opportunity method of substance abuse. Statistics show that young, white males have the highest usage rates. Hispanic and American Indian populations also show high rates of usage.

There is a common link between inhalant use and problems in school -- failing grades, chronic absences and general apathy. Other signs include the following:

- paint or stains on body or clothing
- spots or sores around the mouth
- red or runny eyes or nose
- chemical breath odor
- drunk, dazed or dizzy appearance
- nausea, loss of appetite
- anxiety, excitability, irritability



National Inhalant Prevention Coalition

breathe easy at home

Take care of your indoor plants
and they'll take care of you.



Incorporating plants into your home environment can add natural beauty and a splash of color during the winter. But, did you know they can actually improve air quality throughout the home? Research has shown that certain types of plants can remove toxins and pollutants commonly found in homes today.

Healthy Plants, Clean Air

Research has determined certain household plants act as natural 'indoor air scrubbers' that can substantially improve the air quality inside your home.



Going far beyond simply producing fresh oxygen, certain indoor plants can also filter toxins like benzene and formaldehyde that often exist in our indoor environment because they are used in the manufacturing of numerous materials found in most households.

If you have an average 200-square-foot living room with 8-9 foot ceilings, 2-3 medium-sized plants will make a great contribution to improving the air quality. For other areas of the home, try to use at least 1 plant per 100 square feet.

Plants that Keep Air Clean

Plants are highly efficient at absorbing chemicals in the air through microscopic openings in their leaves. Once these plants absorb the bad stuff, they either break down the chemical or send it to their root system where it is released into the soil and broken down.

Many plants can help purify the air, but researchers have found that these common household plants are air-filtering all-stars:

Helpful Plants

Flowering	Green Leafy Plants	
Peace Lily	Corn Plant	Warnock
Gerbera Daisy	Golden Pothos	Janet Craig
Pot Mum	English Ivy	Chinese Evergreen
	Bamboo or Reed Palm	Marginata



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Recognition

Reinforced behavior is repeated behavior and recognition is a powerful reinforcer for most individuals. To help you develop the habit of using recognition to motivate, try:

- **Focus on strengths more than weaknesses.**

Use the 80/20 rule and spend 80% of your time reinforcing what is going right and 20% of your time trying to fix what is going wrong.

- **Make a list of all the people in your life: family, friends, co-workers and even bosses.**

Review your list and identify the last time you gave recognition—and for what—to each person on your list. If you cannot remember the last time you praised most of the people on your list, you are probably not doing it enough! Commit to finding *sincere* reasons to recognize each individual on your list.

- **Develop an “attitude of gratitude” by creating a written list of behaviors and performance deserving of recognition.**

Keep an eye out for people who do things on your list and *recognize* them.

Tips For Giving Recognition Include:

- **Be specific.**

The more specific the recognition, the greater the impact. When you are specific, the person knows exactly what behaviors to replicate.

- **Make it timely.**

Recognition loses impact with the passing of time. Give recognition as soon as possible after the positive behavior or performance.

- **If you give group recognition, follow it up with individual recognition for specific contributions.**

With any group there will always be those that work harder and contribute more than others. When you recognize everyone equally, you run the risk of turning off your superior performers.



Everyone has an invisible sign hanging from their neck saying, “Make me feel important.”

Mary Kay Ash

Recognition Opportunities for All Ages

- Exceeding expectations
- Helping others
- Displaying enthusiasm
- Successful completion of chores or work assignments
- Sharing
- Promptness
- Remaining calm in a difficult situation
- Positive attitude



Nutrition: Fact vs. Fiction

It has never been easy to sort through the facts and fallacies about food; and marketing ploys, clever phrases, wishful thinking, pseudo-science, media hype and celebrity testimonials don't help. Here are some common and enduring food myths:

- MYTH:** Fresh fruits and vegetables are healthier than frozen or canned.

FACT: Research shows frozen and canned foods are as nutritious as fresh. In fact, since lycopene is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutrition choices.
- MYTH:** Body weight is a reliable indicator of a healthful diet.

FACT: No two people have the same body composition. The measure of a person's diet and your overall health is a combination of factors, including weight.
- MYTH:** Eating carbohydrates causes weight gain.

FACT: Calories cause weight gain. Excess carbohydrates are no more fattening than calories from any source. Despite the claims of low-carb diet books, a high-carbohydrate diet does not promote fat storage by enhancing insulin resistance.
- MYTH:** Eating just before bedtime is fattening.

FACT: What you eat, not when, makes the difference; calories have the same effect on the body no matter when they are consumed. Evidence does suggest that eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking.
- MYTH:** Eating sugar causes diabetes.

FACT: Diabetes is caused by a lack of insulin in the body. Since foods that are high in sugar are often high in calories, overeating those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.
- MYTH:** Occasionally following a fad diet is a safe way to quickly lose weight.

FACT: Many fad diets are developed by people with no science or health background so some fad diets can even be considered harmful to people with certain health problems. When trying to lose weight, consult a registered dietitian.

NUTRITION: IT'S A MATTER OF FACT

National Nutrition Month[®] is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.



NATIONAL NUTRITION MONTH[®]
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AMERICAN DIETETIC ASSOCIATION
www.eatright.org