

## SPECIAL TOPIC: PLAY WELL!

# HEALTHY NEIGHBORS

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Healthy NewsWorks Community Edition

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## Doctor describes how he cares for Eagles and Flyers

Dr. Gary Dorshimer is no ordinary doctor. He is a team doctor for the Philadelphia Flyers and the Philadelphia Eagles. He recently visited St. Frances Cabrini Catholic School for a press conference with the *Healthy Voice* newspaper staff.

Dr. Dorshimer has been a doctor for both teams for quite some time: 33 years for the Eagles and 19 years for the Flyers. He said he likes helping the players stay as healthy as possible. That's why he has been a doctor for the teams for so long.

He said he treats the players, the coaches, and their families for colds, asthma, and other medical problems. He also helps athletes who have suffered concussions or other injuries.

In the interview, Dr. Dorshimer shared some advice he gives players. For instance, he said, he tells them that they need to stay hydrated by drinking plenty of water and eating foods that contain a lot of water such as soup. Players' diets will vary depending on their bodies and their sport, Dr. Dorshimer said.

*(Please see Dr. Dorshimer on Page 4)*

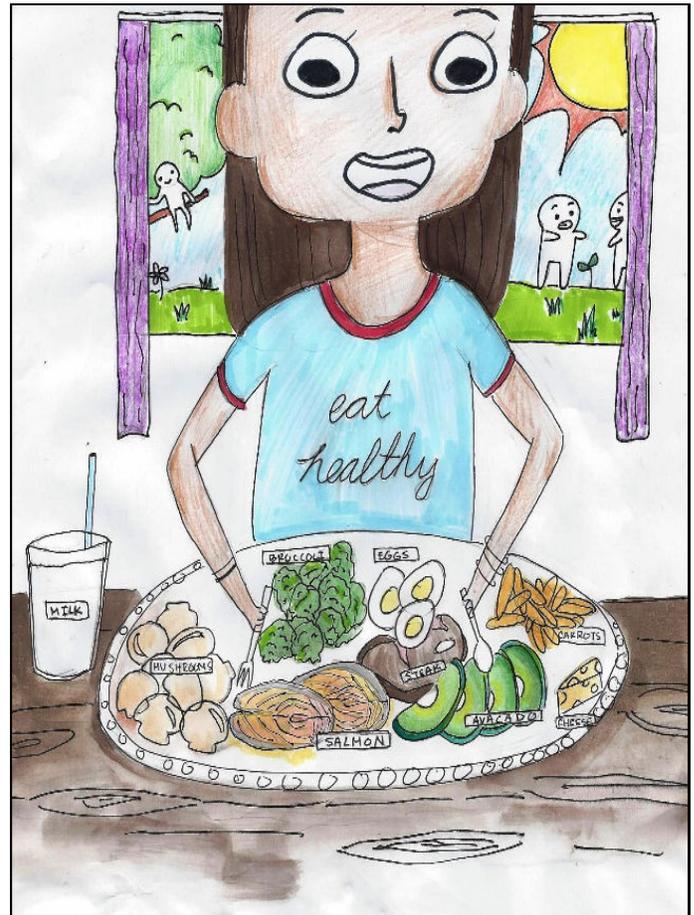


Illustration by Sabrina Lin, East Norriton Middle School

The illustrations above and on Page 3 are among entries in the Play Well! Poster Contest. You can see more pictures at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

## Play Well! Preparing for a healthy life

The Healthy NewsWorks student media program is proud to publish this special community edition focused on building a healthy lifestyle.

*Healthy Neighbors* has been written and illustrated by students in elementary and middle schools in Norristown and Philadelphia. The authors belong to their schools' health newspapers where they learn to research, report, and write accurate stories about health-related topics for their peers, teachers, and family members.

*Healthy Neighbors* is made possible through generous support from Quest Diagnostics, Einstein Healthcare Network, The Healthcare Improvement Foundation, and the Pennsylvania Health Literacy Coalition, among other supporters.

The articles in this special edition first appeared in school health newspapers that participate in the Healthy NewsWorks program. Copies are being distributed throughout the community to encourage wider discussion of this important health topic.

# Health leaders share their wisdom

Editor's note: Healthy NewsWorks student reporters each year interview a dozen health leaders in the Philadelphia area for the book series, "Leading Healthy Change In Our Communities." They describe their role in helping communities become healthier and safer places. Below is some advice that appears in the 2017 book. The book will be available online in late June 2017 at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

## Buckle up for safety

*Cathy Markey, R.N., M.S.N., is the trauma prevention and outreach coordinator at Einstein Medical Center Philadelphia.*

Ms. Markey said children should avoid unnecessary roughness in sports and wear their seat belts in cars. When biking, she said, "make sure your clothing is bright and visible. If you're riding at night, have reflective tape or something that makes you stand out. Try to have your lights on at night. ... Make sure you're riding with traffic—not against it."

Wearing a helmet while bicycling is important, she said. In a serious bike accident, a helmet can greatly reduce the severity of a head injury. You might scrape your knees or break a bone, but they can heal. Brains are more fragile, she said.

—Eisenhower Healthy Panther

## Avoid tobacco products

*Cheryl Bettigole, M.D., M.P.H., is the division director for chronic disease prevention for the Philadelphia Department of Public Health.*

Dr. Bettigole said children should not smoke or use tobacco products. They also should adopt healthy habits, including:

- Exercise regularly. Find something you like to do that will get you moving.
- Eat nutritiously. Healthy food is usually fresh. Limit your intake of the kinds of food that can be kept on the shelf for three months or more. Fill half your plate with fruits and vegetables to eat.
- Get enough sleep. Reduce stress. Play sports, listen to music, or find other activities that keep your stress levels down.

—St. Veronica Healthy Hero

## Answers to word scramble (on Page 4)

1. calcium
2. bones
3. milk
4. yogurt
5. cheese
6. skeletal system
7. joint
8. white beans
9. vitamin D
10. kale



Illustration by Andrea Ritter, East Norriton Middle School

## Appreciate what you are doing

*Senbagam Virudachalam, M.D., M.S.H.P., is a faculty member at PolicyLab and the Division of General Pediatrics at Children's Hospital of Philadelphia.*

What can kids do to lead a healthy life?

"Try to enjoy whatever it is you're spending your time doing," Dr. Virudachalam said. "When you're in school, enjoy learning. When you're eating lunch, enjoy eating. When you're with your families, enjoy that time."

"Think about one healthy food that you can add to your diet that you could have fun eating," she said. "Ask your friends to do the same thing."

—Cole Manor Healthy Comet

## Think ahead to avoid problems

*Bettyann Creighton is executive director of the Office of Health, Safety, and Physical Education at the School District of Philadelphia.*

When asked what advice she has for children, Mrs. Creighton said: "Make good choices."

She recognizes that it can be hard to think and act when you're forced to choose suddenly, especially when you face peer pressure. So practice what you might do if faced with a difficult situation. For instance, what would you do if your friends wanted you to skip school or smoke a cigarette?

"If you come up with something before and practice it, it will be much easier" to avoid risky situations, she said. "You have to really think ahead."

—AMY Northwest Healthy Bulldog

# Pumpkin yogurt dip receives high marks

Reporters for the *Healthy Saint* newspaper at St. Martin de Porres Catholic School gave high marks to a nutritious snack called pumpkin yogurt dip.

Of 20 reporters who tried it, 17 said they would recommend it to St. Martin de Porres students and staff members.

"The dip is very mesmerizing and made my taste buds tingle," Zaire said.

"It felt light and airy in my mouth," Nia said.

## Nutrition Mission

"This is yet the healthiest thing I ever ate!" Shareese said. "I thought I was going to taste something nasty but after all it was really good."

The reporters learned about the pumpkin yogurt dip when Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, recently visited the newspaper staff. She first asked the reporters to name a healthy snack. They easily listed a lot of foods such as bananas, yogurt, apples, carrots, cheese, and crackers. However, when asked what they would buy for a classroom party, they listed snacks that were not healthy, such as soda, chips, cookies, and cake.

"How can we get you to think of healthy snacks when we say the word 'snack'?" asked Ms. Deahl-Greenlaw. Everyone agreed, healthy needs to taste good.

"The more food groups that are in your snack, the more nutrition you will get," she said. The pumpkin snack contains three of the five food groups. She explained why each food was nutritious:

1. Yogurt is in the dairy food group. It is high in calcium needed for strong bones and teeth.
2. Pumpkin is in the vegetable food group. It is loaded with fiber and vitamin A. Vitamin A is especially good for your eyes. Fiber is important for a healthy digestive system.
3. Apples are in the fruit food group. Apples are a great source of fiber and some vitamin C.

The reporters liked the dip so much that Ms. Deahl-Greenlaw cut more apple slices so they could enjoy every last bit. —*Healthy Saint*

### Pumpkin yogurt dip (Portions: 4)

**Ingredients:** 1 cup low-fat vanilla yogurt; 2 tablespoons 100% orange juice; ¼ cup canned pumpkin; ½ teaspoon cinnamon; ½ apple

**Directions:** 1. Mix together yogurt, juice, pumpkin, and cinnamon. 2. Cut apple into slices. 3. Dip apple slices into yogurt pumpkin dip.

Source: [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)

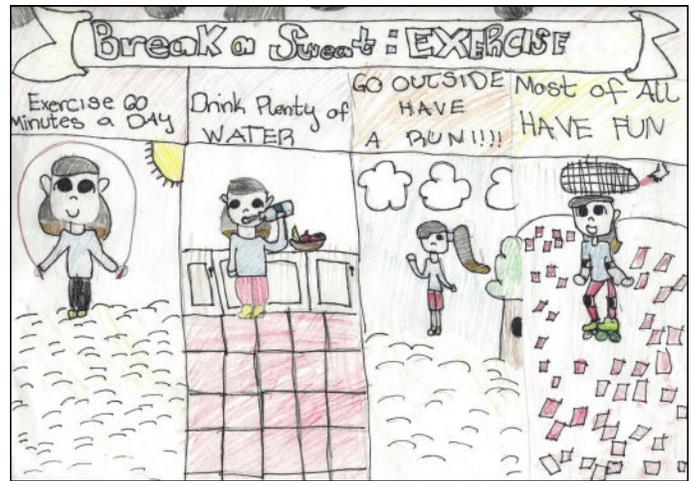


Illustration by Arnie Etienne, Highland Park Elementary School

# After working out, drink milk to refuel

Many people reach for a sports drink after they exercise. But they don't really need it, says Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist. She suggested drinking chocolate milk instead.

Milk provides more healthy nutrients than sports drinks, Ms. Deahl-Greenlaw said. She led the *Whitehall Healthy Reporter* staff in a food label investigation so they could understand why milk is more nutritious than a sports drink. The reporters compared the food labels for sports drinks, low-fat chocolate milk, and chocolate soy milk.

The reporters discovered that both types of milk contained protein, calcium, and vitamin D. The sports drink didn't have these nutrients. Protein, calcium, and vitamin D "are especially key nutrients for children developing strong bones and muscles," Ms. Deahl-Greenlaw said.

After they evaluated the food labels, the reporters tasted low-fat chocolate milk and chocolate soy milk.

The newspaper staff members liked both types of milk. Jonathan said he preferred the low-fat chocolate milk because it is "sweeter." He recommended both drinks because they are healthier than sports drinks.

Milk is "a good way to help young athletes meet their fluid needs," Esmeralda said.

Ms. Deahl-Greenlaw reminded the reporters that water is the best beverage to drink during exercise. It replaces water that is lost when you sweat and keeps your body working properly, she said.

After the taste test, all the reporters said they now will think twice before reaching for a sports drink!

—*Whitehall Healthy Reporter*

# Check your bone smarts! —La Salle Academy Healthy News

(Unscramble these words! Answers on Page 2)

1. uilaccm	Mineral in your bones that you need to help you grow.
2. ebns0	They keep you upright and protect your organs.
3. lmki	A good drink for strengthening your bones.
4. utryog	Bone-strengthening dairy food.
5. seheec	Dairy food rich in calcium.
6. ltakeesl messyt (2 words)	It's what your collection of bones is called.
7. njtio	The place where two bones meet.
8. htewi nseab (2 words)	Surprising source of calcium.
9. d timvain	It helps your bones absorb calcium.
10. aekl	Vegetable that is rich in calcium.

## Dr. Dorshimer helps athletes stay healthy

*(Continued from Page 1)*

He also reminds the players to get enough sleep every night. He said many players don't follow that advice because they stay up late watching TV or spending time on their smartphones and tablets.

Children from 6 to 12 years old should sleep between 9 and 12 hours a night, according to the American Academy of Pediatrics.

When a player is injured, he will spend a lot of time with an athletic trainer. If the player is frustrated or upset, the trainer will encourage him and try to get his spirits up.

Dr. Dorshimer said he became interested in medicine after he cut his knee as a child. He was fasci-

nated to watch how the doctor treated him and stitched him up. In high school, he got to know a doctor at his church who invited him to observe some medical procedures.

He studied sciences at Muhlenberg College and went to medical school at the University of Pennsylvania. He later worked with a group of doctors who got him involved in treating professional athletes.

Besides helping players be their best, Dr. Dorshimer said, he enjoys traveling with the teams. He said he goes to every Eagles game. Over the years, he has been a doctor at four Olympics, four Pro Bowl games, and one Super Bowl.

—*St. Frances Cabrini Healthy Voice*

Healthy NewsWorks is grateful to all its individual, corporate, foundation, and community supporters. We'd like to recognize Quest Diagnostics, our Community Wellness Partner; and Einstein Healthcare Network, our Community Healthcare Champion.



We also extend our thanks to:



A Healthy NewsWorks® project • [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)

The Healthy NewsWorks student media program addresses significant gaps in children's literacy and health understanding. In 2016-17, more than 400 students ages 8 to 14 served as health reporters in 15 schools in the Philadelphia area. Healthy NewsWorks is a member of New Beginnings Nonprofit Incubator at Resources for Human Development.

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