

# Coordinated Student Health Services Newsletter

“Children need to learn to be healthy and be healthy to learn”

## National Health Observances for September:

- National Sickle Cell Month
- National Childhood Obesity Awareness Month



### Sickle Cell Disease

Sickle Cell Disease is a group of inherited red blood cell disorders that is present from birth. Healthy red blood cells are round and move easily through small blood vessels. In Sickle Cell Disease, the red blood cells become hard and sticky and look like a C-shaped tool called a sickle. People with Sickle Cell Disease can enjoy healthy and active lives. It is important to learn to stay as healthy as possible.

#### Tips for living well with Sickle Cell Disease:

- Find good medical care (knowledgeable hematologist)
- Prevent infections (treat any illness promptly)
- Practice Healthy Habits (stay hydrated, eat healthy, get rest, don't get too hot or cold)
- Get support (join a community based support group)

#### Recommendations to maintain a healthy weight:

##### **Encourage healthy eating habits:**

- Provide plenty of vegetables, fruits and whole-grain products
- Include low-fat or non-fat milk or dairy products
- Choose lean meats, poultry, fish, lentils and beans for protein
- Serve reasonably sized portions
- Encourage your family to drink more water
- Limit sugar-sweetened beverages
- Limit consumption of sugar and saturated fat

**Encourage your child to get 60 minute or more of physical activity each day.**

**Regular check-ups with your healthcare provider are recommended.**

### For additional information:

#### Sickle Cell Disease:

[scdaa@sicklecelldisease.org](mailto:scdaa@sicklecelldisease.org)

[www.cdc.gov/ncbddd/sicklecell/](http://www.cdc.gov/ncbddd/sicklecell/)

#### Healthy Weight:

[www.cdc.gov/healthyweight/assessing/](http://www.cdc.gov/healthyweight/assessing/)

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ChildhoodObesity/Childhood-Obesity\\_UCM\\_459376\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ChildhoodObesity/Childhood-Obesity_UCM_459376_SubHomePage.jsp)



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