



FYI Connections

A monthly newsletter for Tuscarawas County families.

September 2008

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

American Cancer Society
 American Diabetes Association
 American Red Cross
 Claymont Schools
 Dover City Schools
 Dr. Timothy McKnight
 HARCATUS Head Start
 Indian Valley Schools
 Kiwanis
 Dr. Michelle Levitt
 Nationwide Insurance
 New Philadelphia City Schools
 Newcomerstown Schools
 Norma Johnson Center
 Ohio State University Extension/4-H
 Super Fitness/Thin & Healthy's
 Total Solutions
 Strasburg Schools
 Tuscarawas-Carroll-Harrison
 Educational Service Center
 Tuscarawas County Board of MRDD
 Tuscarawas County Dairy Farmers
 Tuscarawas County Health Department
 Tuscarawas County Parks Department
 Twin City Hospital
 Union Hospital
 WIC
 YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

For more information about Fit Youth Initiative contact:

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Back to School Health & Safety Update

Submitted by Tracey Ward, RN, Union Hospital

Vaccines help your immune system crack the code of certain illnesses. A vaccine is usually made of the same cells that could make you sick, but they are weak or inactive. Sometimes a vaccine is made of cells that are very close, but not exactly the same, to the cells that would make you sick.

When a vaccine enters the body, the immune system responds the same way it would to any germ. The vaccine is easier to fight than the illness you're being vaccinated against, and it won't make you sick while your immune system fights it. Once the immune system figures out how to fight and defeat the antigens, it remembers what works against them. Should such an enemy enter your body again, your body will move to attack it before it has a chance to implement its plans to make you sick. Sometimes, your immune system needs a refresher course, which is why you get booster doses of some vaccines. Some antigens are especially tricky, and change over time, like flu viruses. That's why people need to get flu shots every year to make sure they're ready to take on the latest version.

The Centers for Disease Control and the American Academy of Pediatrics recommend that pre-teens get several vaccines at their 11 or 12 year old check-up.

- Tetanus-diphtheria-acellular pertussis vaccine (Tdap)
- Meningococcal conjugate (MCV4)
- Human papillomavirus (HPV) vaccine, for girls
- Influenza



These vaccines prevent serious, sometimes life-threatening diseases. Immunity from some childhood vaccines can decrease over time, so people need to get another dose of the vaccine during their pre-teen years.

Please check with your physician to be sure your boosters are up-to-date!

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

Volley for the Cure—Area varsity volleyball teams are taking the lead and sending a message to promote breast cancer awareness. The Ohio High School Athletic Association is challenging all 800 schools in the state of Ohio to host and promote one home game where the focus and the funds raised go to the Susan Komen Foundation for breast cancer awareness and research. Each team is developing their own plan on how to best raise money. Area teams with game dates scheduled thus far include:

- ◆ Garaway hosts Hiland—September 11
- ◆ Strasburg hosts Garaway—September 16
- ◆ Indian Valley hosts Claymont—September 27
- ◆ Newcomerstown hosts Ridgewood—September 30
- ◆ Dover hosts Claymont - October 2
- ◆ New Philadelphia hosts Coshocton—October 2



Check with your school for more details.

Fitness Trail at the Fair—Saturday, September 20 from 1-3 p.m. at the Tuscarawas County Fair.

Children ages 5-12 visit stations on a walk through the fairgrounds for simple fitness activities. All participants receive giveaways and sign up for a door prize drawing. Check in at the Fit Youth Initiative table in the Commercial Building.

Tuscarawas County Fair—September 15-21—Be sure to visit the Commercial and Fine Arts Buildings to explore the many 4-H club booths and learn more about what 4-H is all about. 4-H projects exhibited at the fair also include animals in the barns. Don't miss the Clover Café if you are looking for a family friendly place to eat. The café offers a variety of healthy food choices at a reasonable price.

