

# News 4 A Healthy Shelby County

## Mental Health Crisis in America

With recent school shooting we are all wondering what is going on with our world. As most of us can see, America is facing a mental health crisis. This crisis isn't only affecting adults, but children as well. Symptoms can often start even in early childhood. Some disorders can also develop during teen years. The diagnosis of a mental illness is often made during school years, but some children with mental illness may not even be recognized or diagnosed.

These disorders may include but are not limited to:

- Anxiety
- Depression
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Tourette Syndrome
- Obsessive-Compulsive Disorder (OCD)
- Post-traumatic Stress Disorder (PTSD)

### Treatment

There are many treatment options available in regards to childhood mental illness. Early diagnosis and treatment can make a significant difference in the lives of the children suffering from mental illness.

### How You Can Help

We've all heard the phrase, "It takes a village to raise a child." This is true of children with mental health especially. We can all be vigilant in getting these kids help.

*Parents:* This is the first line in the battle against mental illness. Parents see their children most often. If parents see a problem, speaking to their healthcare professional is the first step to getting them help.

*Youth:* Taking care of yourself is very important. Being mentally healthy is just as necessary as being physically healthy. If you notice that you are sad, depressed, angry, or worried, talk to a trusted friend or adult. They can help guide you to someone who can help.

*Healthcare Professionals:* Early diagnosis of mental disorders is of great importance. There are resources available to help diagnose and treat children's mental disorders.

*Teachers/School Administration:* If you are concerned with the mental health of a child in your school, report your concerns to the child's family. Working together with family and healthcare professionals is important for the child to get the help they need.

Working together to get help for children who are suffering could save their life as well as the lives of the children around them.

### Special points of interest:

- > Go to [www.mentalhealth.gov](http://www.mentalhealth.gov) for many great resources for childhood and adult mental health.

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## The Effects of Screentime

Did you know that children ages 8 to 18 spend a whopping average of 7+ hours on social media; this is not including the use of computers for school work or recreational television shows. Other statistics reveal that kids as young as two regularly play iPad games and have playroom toys that involve touch screens. Several studies connect delayed cognitive development in kids with extended exposure to electronic media. Too much screen time too soon is impeding the development and the child's ability to focus, concentrate, pay attention, sense other people's attitudes and communicate with them, and to build a large vocabulary!

Parents don't realize that jumping to the screen to give their kids an "educational edge" may be doing more harm than good. As parents we need to dole out future screen time in an age-appropriate manner.

The brain develops quickly between birth to age three and is very sensitive to the environment around us. The development that happens during this phase becomes the permanent foundation upon which brain function is built. If we want the child's brain to develop normally during this critical period, the child needs specific stimuli from the outside environment; and these stimuli are not found on today's tablets. When the child spends too much time in front of a screen and not enough getting required stimuli from the real world their development becomes stunted. Sadly, the damage that is done can have life long effects that last forever.

The way tablets or smart phones work are not like reading a book with your child; it is not letting your child take time to process a person's voice reading them a story or visualizing complete pictures and exerting a mental effort to follow a story line. This allows the device to think for them and as a result their own cognitive muscles remain weak.

As the child gets older, screen time will play a role in their learning, behavior, concentration, sleep, interaction, and physical activity. Several studies have suggested that risk for being overweight is established by early screen use and can persist into later life. TV viewing in the early years can become routine, placing children who are heavy viewers at a high risk for being sedentary or overweight.

The amount of time spent viewing screens before bedtime is associated with an increase in sleep problems. The presence of any electronic device in a bedroom is associated with fewer minutes of sleep per night, due in part to melatonin suppression.

Be a good role model for children when it comes to screen



time for yourself. Children 5 and younger require active play and quality family time to develop essential life skills, such as language, self-regulation and creative thinking. Regardless of age, children should not have to compete with screens for parental attention.

When parents model healthy screen habits, they:

- Minimize their own screen use when young children are present, especially for mealtimes, play and other prime opportunities for social learning.
- Prioritize interactions with children through conversations, play and healthy, active routine.
- Choose when to use media together, and turn off screens when they are not in use.

How to minimize screen time:

- Screen time for children younger than 2 years is not recommended.
- For children 2 to 5 years, limit routine or regular screen time to less than 1 hour per day.
- Ensure that sedentary screen time is not a routine part of child care for children younger than 5 years.
- Maintain daily "screen free" times, especially for family meals and book-sharing.
- Avoid screens for at least 1 hour before bedtime, given the potential for melatonin-suppressing effects.



Reduce the risk associated with screen time:

- Be present and engaged when screens are used and, whenever possible, co-view with children.
- Be aware of content and prioritize educational, age-appropriate and interactive programming.
- Use parenting strategies that teach self-regulation and limit-setting.

Be mindful:

- Conduct a self-assessment of current screen habits and develop a family media plan. [www.healthychildren.org/English/media/pages/default.aspx](http://www.healthychildren.org/English/media/pages/default.aspx)

Adults should model healthy screen use:

- Choose healthy alternatives, such as reading, outdoor play and creative, hands-on activities.
- Turn off their devices at home during family time.
- Turn off screens when not in use and avoid background TV.



## Mumps

A recent outbreak of mumps in Texas at the National Cheerleading Championship has many wondering about signs, symptoms, and consequences of this illness. Reportedly over 20,000 people were exposed to mumps while attending the cheerleading competition. Here are a list of symptoms of mumps as well as what you can do to protect yourself and your family from mumps.

### Symptoms

Mumps is best known for swollen jaw and puffy cheeks that results from swollen salivary glands. Symptoms include:

- Fever
- Headache
- Tiredness
- Muscle aches
- Loss of appetite
- Tender, swollen salivary glands under the ears on one or both sides

These symptoms usually appear 16-18 days after infection. Most people with mumps have complete recovery within a few weeks.

### How is Mumps Spread?

Mumps can be spread easily through saliva and mucus from the mouth, nose, or throat. There are many ways the infected person can spread mumps, including coughing, sneezing, talking, sharing cups or utensils with others, and touching objects or surfaces with unwashed hands.

### Protecting Your Child

- The MMR vaccine protects against measles, mumps, and rubella and is the best way to prevent these diseases. Get your child vaccinated at the proper times.
- MMR is recommended for children when they are 1 year of age with a booster before they enter kindergarten. Check your child's immunization record and be sure they have been properly vaccinated.
- Let your doctor know if you think you or someone in your family may have mumps.

Occasionally mumps can cause complications, especially in adults. These complications may include:

- Brain inflammation
- Inflammation of covering of brain and spinal cord
- Inflammation of ovaries and/or breast tissue
- Deafness
- Inflammation of testicles in males who have reached puberty

The Shelby County Health Department has the MMR available. If your child needs this vaccination, please call us for more information at 573-633-2353



This is an example of a child with mumps.

*Mumps is best known for a swollen jaw and puffy cheeks that results from swollen salivary glands.*



Getting an MMR vaccination is the best protection against mumps.

www.shelbycountyhealth.com

## April Blood Pressure Clinic

18 Shelbina Nutrition Site 11am-12pm

We have your best interest at heart.

For more info go to:

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

[www.mentalhealth.gov](http://www.mentalhealth.gov)

[www.mayoclinic.org](http://www.mayoclinic.org)

[www.healthychildren.org](http://www.healthychildren.org)

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## Recipe of the Month

### Peanut Butter Chocolate Chip Banana Bread

#### *Ingredients:*

- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 cup sugar
- 1/4 cup packed brown sugar
- 1/4 cup vegetable oil
- 1/4 cup creamy peanut butter
- 1 large egg
- 2 bananas, mashed
- 1 tsp vanilla extract
- 1/2 cup chocolate chips

#### *Directions:*

Preheat oven to 325°F. Spray loaf pan with non-stick cooking spray and set aside. In a large bowl, whisk flour, baking powder, baking soda, salt, cinnamon, and sugars together until combined. Create a well in the center and pour in remaining ingredients, excluding chocolate chips. Mix until just combined then stir in chocolate chips. Bake 40-45 minutes or until toothpick comes out clean when inserted. Cool 5 minutes in pan and remove to cooling rack.

