

ThePulse

American Alliance for Health, Physical Education, Recreation and Dance



American Heart Association
Partnership Program

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websites: www.aahperd.org
www.americanheart.org



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www.aahperd.org/thepulse

Jumping into the New Year!

With the approach of the New Year we are all given opportunities for new beginnings; the chance to do things better than we did them the year before. This year as you make your New Year's resolutions and commitments, make a commitment to your health and the health of your students by continuing to support the Jump Rope for Heart and Hoops for Heart programs.

♥ As a teacher you can support the programs with your time and energy by conducting an event and educating your students about heart disease and stroke. Use the educational materials provided by the AHA and AAHPERD to teach your students the importance of saying no to tobacco and living a heart healthy lifestyle.

♥ As a State AHPERD Executive Director, President, or State Coordinator you can support the Joint Projects with advertisements in your state journals, sessions and demo teams at your state convention, and by working with your local AHA staff to assist in opening locked out school districts. Offer to talk to teachers and principals who are hesitant about conducting a JRFH or HFH event.

♥ As an AHA staff person you can support the programs not only with the excellent work you do in the field but by partnering with and utilizing volunteers from your state AHPERD's. Ask your State Coordinator or other state AHPERD member to work with you on recruiting difficult schools.

For nearly 25 years AAHPERD and the AHA have worked together. In this season of giving I propose that we each give just a little bit more in the fight against heart disease and stroke. In the New Year, let's resolve to work closer together, communicate more, and go the extra mile to support this tremendous partnership and the two programs that have made a difference in so many lives. Together we can achieve more! By each putting forth a little extra effort we are one step closer to eradicating our nation's number one and three killers.

Thank you for your commitment to the Jump and Hoops programs this year and always. I look forward to another exciting, fun filled year ahead! Happy Holidays!

—S. Schoenberg



At the Heart of the Matter

The AHA Research Corner

American Heart Association Scientific Statement:

Heart Disease is a Pediatric Problem:

New Guidelines Point to Lifestyle “Training” in Childhood



Dallas, July 2—Helping children visualize a “healthy plate,” be physically active and remain smoke-free are key parts of establishing life-long heart health, the American Heart Association says in its new comprehensive guidelines on cardiovascular health in children. The guidelines were published in today’s *Circulation: Journal of the American Heart Association*.

“People know that heart disease is the No. 1 killer of Americans, but they don’t fully realize that it’s a silent process that begins in childhood,” says lead author Christine L. Williams, M.D., M.P.H., immediate past chair of the American Heart Association’s Committee on Atherosclerosis, Hypertension, and Obesity in the Young.

Initiating healthful lifestyle “training” in childhood can reduce the risk of coronary heart disease in both the individual child and the population at large, write the authors.

The “Super-Sizing” of America’s Children

Rates of obesity have doubled among U.S. young people during the past two decades, with the highest rates among African-American and Latino youth.

Obese children experience the same risk factors associated with heart disease in adults such as high blood pressure, high cholesterol levels and type 2 diabetes (once so uncommon in children it was known as “adult-onset” diabetes). They also develop the beginnings of atherosclerotic lesions, called fatty streaks. These deposits have been found in the body’s central artery, called the aorta, as early as age 3, and in the coronary arteries, which supply blood to the heart, after aged 10.

“We must act now or these overweight young people could be at risk of developing heart disease at an earlier age than their parents’ generation has,” says Williams, director of the Children’s Cardiovascular Health Center at Columbia University’s Babies and Children’s Hospital in New York City.

Essentially all children, adolescents and families can benefit from counseling to prevent excess weight gain. This counseling should include strategies on how the entire family can eat a healthy diet and be more physically active, the statement says.

“Physicians must ask parents to look at their patterns and how they can change their whole family’s diet and increase physically active play,” says Williams. “You can’t get the kids to change if the parents won’t.”

A good place to start is helping children visualize a “healthy plate.” That’s a plate half-filled with salad and vegetables, one-fourth with starch such as potatoes or rice and one-fourth with protein such as meat, poultry, fish or soy. This emphasis on portion control and including several food groups can get the whole family involved in balancing calories, says Williams.

Physical Activity Means Turning Off the Tube

Parents are encouraged to set time limits for sedentary activities such as video games and television, and use planned physical activities instead of food to reward children’s accomplishments.

When addressing physical activity with children, parents and physicians are advised to emphasize play and activities rather than “exercise.” Healthcare providers are encouraged to assess physical activity levels as early as preschool.

Participation in school physical education is one way parents can work activity into the child’s regular schedule, and summer camp is a good way for children to stay active during the often idle break between school years, says Williams.

“In addition, emphasizing sports or activities that can be enjoyed throughout life can equip children with habits that will help keep them healthier in adulthood. Ultimately, a major national campaign is needed to promote heart healthy behaviors,” she says.

Cigarette Smoking: The Best Place to Start Is Not To

Cigarette smoking has been called the chief single avoidable cause of death in America. “Many children are, in effect, already smoking on a regular basis by breathing the residual smoke from cigarettes lit and inhaled by their parents,” the statement continues. Exposure to second-hand smoke increases the risk of asthma, respiratory illness and ear infections in children.

If all smoking were eliminated in the United States, it’s estimated that there would be 22 percent fewer infants born with low birth weights, 33 percent less heart disease, 41 percent fewer childhood deaths between one month and five years of age, 50 percent less bladder cancer and 90 percent less lung cancer, according to the statement.

Ironically, cigarette smoking also has a link to obesity. Some adolescent girls start smoking, thinking it will help them slim down, Williams explains.

The guidelines suggest that anti-smoking messages should be age specific. Intervention for infants could include helping the parents quit smoking. For young children, encourage them to stay out of smoky environments, and to avoid trying “even a puff.”

More than one in five adolescents smoke daily by the time they are high school seniors. They overlook the long-term health consequences because they consider the danger remote compared to the immediate benefits of fitting into a group or appearing more mature.

Because of adolescents concern with their appearance, messages should emphasize immediate consequences like bad breath, smelling like smoke and nicotine-stained fingers, Williams says. “Learning to say no to peer pressure is critical,” she adds. ♥

Co-authors are Laura Hayman, Ph.D., R.N.; Stephen Daniels, M.D., Ph.D.; Thomas Robinson, M.D., M.P.H.; Julia Steinberger, M.D., Stephen Paridon, M.D., and Terry Bazzarre, Ph.D.

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Stories from the Heart

Colten's Twisted Heart of Gold



Imagine, for a moment, the unthinkable. While your body was forming, your heart somehow twisted around and tilted at an awkward angle. The blood vessels twisted with it. When you were born, your heart was facing backwards.

Doctors say you have a rare condition called inverted dextra cardia. They fear your heart's vessels are too damaged to allow a heart transplant. They say you may live to be 4.

That's not unthinkable to Colten. It's how his life began. Colten has been diagnosed with numerous other heart-related conditions, each of which would be a serious problem by itself.

Doctors think Colten's time is limited, and have advised Phillip and Jennifer, Colten's father and stepmother, to keep him at home so he can just enjoy each day. Colten won't have any of that. Now 13, he insists on living like any child and is determined to go to school every day. He tried attending public school, but walking up and down the stairs was too hard on his heart. He's a 7th grader now, taking elevators to his classes at Woodlawn Christian School in Hopewell, VA.

Despite his problems, Colten is a giver. For Christmas, Easter and sometimes "just because," he and Jennifer collect coloring books and crayons and take them to a nearby children's hospital. They call it their "Color Me Happy" program. He also collects stuffed animals and takes them to nursing homes so the residents will always have something to hold on to—"hope."

Colten is also an avid advocate for the American Heart Association, which has been part of his life since he was 18 months old. That's when a doctor told Phillip the bad news about Colten's heart.

"I don't think I can handle all of this on my own," Phillip said.

"You don't have to," the doctor replied. "We'll put you in touch with the American Heart Association and they will help you and your son."

Colten says that over the past six years he has found it "very important to help and to give back." He's done that by participating actively in Jump Rope For Heart, the American Heart Walk and other educational and fund-raising events.

He covered the distance in last year's Tri-Cities Heart Walk in Petersburg, VA. However, he was recently diagnosed with cerebral palsy that has affected his legs and kept him from walking this year. So he asked to speak to the participants before the event began, and said:

"I know there is no cure for me, and that's OK. I am OK with that. I will just do what God wants me to do while I am still here. I want to thank the American Heart Association for all that everybody there does, because without them I would not be here."

"We've been through some tough times, and my Mom always asks me if I really have to walk the whole route at the Heart Walk, and I say 'Yes! Someone's got to do it!' I want to make sure that other people get the help that I have had if they have heart problems."

Those aren't just the words of a survivor. They're insights of a boy wise beyond his years who knows that each heartbeat is a victory and each day is a precious gift. ♥

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Survivor Stories

Katie's Story

By: Mary Scibelli, Katie's Mother
Submitted by: Amy King, AHA
Youth Market VP, Heritage Affiliate



Every mother worries about her children, and I am not an exception. In more than thirteen years of motherhood I have discovered that the things I worry about aren't nearly as important as those things that hit me broad side. On the morning of February 8, 2002 I remember worrying that my daughter Katie wasn't practicing math facts enough and my twin sons' handwriting was messy. Before supper that night the morning's worries seemed silly and insignificant.

The Northeast School that Katie attends lets each child decide if they want to participate in Jump Rope for Heart. My daughter Katie decided to participate out of love and concern for her Grandmother who has diabetes and a heart condition. She wanted to do what she could to help her Grandma stay healthy. This year's JRFH event was different and gave 'Jump Rope for Heart' a whole new meaning for our family.

Katie participated in the JRFH event during gym class, but on this day she just didn't feel well. Her chest hurt and she couldn't breathe well, but it was the end of the school day and she knew she would be home soon so she didn't tell any of her teachers. She didn't feel any better on the bus ride home and found it difficult to walk from the bus stop to the house. She felt so poorly that she left her backpack outside in the yard because it was too heavy for her to carry up the stairs into the house.

At the time, I was picking up my sons from school and Katie called me in the car frightened and upset—I told her to lie down until I got home. When I arrived home I listened to her heart; it was beating rapidly and she was very pale. Her pulse was so quick that I was unable to get an accurate count of the beats. I immediately called our

pediatrician and the nurse said to bring her in. As soon as they listened to her heart they realized the situation was serious and the doctor decided to transport her by ambulance to Children's Hospital in Hartford, CT.

The doctors asked me chilling questions like, 'Is there a history of sudden adolescent death in your family?' Everyone had a question for me but no one was able to answer my one question—'Is my daughter going to be ok?'

During the ride from Manchester to Hartford, the EMT's coached her on trying to get her heart rate back to a normal rhythm. With their help she was able to bring her heart rate of 270 beats per minute down to 150 beats per minute. The EMT's said they were surprised that she was able to remain conscious; I said I was surprised I was able to stay conscious. Katie relished the ride in the ambulance, and she enjoyed telling everyone that 'My mom is more freaked than I am.' She was right! I prayed and we read Harold and the Purple Crayon a dozen times to help me maintain my composure.

At Children's Hospital they did several tests and found no major problem with her heart—a cause for much celebration! The staff at Children's Hospital concluded that Katie had a non-life threatening episode of SVT (Supraventricular Tachycardia). Her heart rate remained elevated after the episode, but it was not significant enough to require hospitalization.

Katie was referred to a cardiologist for more tests and she was given a heart card to carry with her to record any irregular heartbeats. While this might not happen again, Katie knows how to handle the situation if it does. We've learned that there are other kids that have similar problems and we know that many have far greater concerns. One day made it clear, in a very personal way, that a healthy heart is not just a concern for the elderly. We count ourselves blessed to have silly things to worry about once again. ♥

"I think that Jump Rope for Heart is a wonderful way to get a cardiovascular workout, have fun, and raise money for research. I encourage every one to try it. Not only are you helping yourself, but you are helping others. I learned that having a heart condition can happen to anyone, at any age. If it happens to you, know what to do—first thing is tell a grownup! There is no need to panic because there are good doctors and new machines. Thanks to the American Heart Association for sponsoring Jump Rope for Heart. Kids can make a difference doing something they love."

Katie Scibelli

JUMP ACROSS THE NATION



Teacher Marc McGee gives a hands-on demonstration.

Herbert Mills Elementary School Learns Hands-On About the Heart

Submitted by: AHA's Ohio Valley Affiliate

Marc McGee, physical education instructor at Herbert Mills Elementary School in Reynoldsburg, Ohio, dissects pig hearts with his students as an introduction to Jump Rope for Heart. He explains the parts of the heart and their

function. In addition he explains the similarity of pig's hearts and human hearts and how the pig's heart valves can be transplanted into humans.

Preparation for your event is a great time for the PE or classroom teacher to review heart health. Remember, heart disease is the number one cause of death in the U.S. ♥

North Attleboro Middle School Hailed for “Heart”— Number One Hoops for Heart School in the Country

By: Donna Tringali, AHA Youth Market Director

For over 500 students at North Attleboro Middle School in North Attleboro, Massachusetts, playing basketball this past April 2002 was good for many more hearts than just their own.

Sixth, seventh and eighth graders took part in North's annual Hoops for Heart event to benefit the American Heart Association. Students competed in a Knock-Out Competition, Hot-Shot Blitz and Three-on-Three Tournament. The event, held after-school, generated a party atmosphere. A disc jockey volunteered his time and was on hand to play dance music. The local Outback Steakhouse donated a complete barbecue. Students also took turns soaking their favorite teachers in the dunk tank.

North's three-on-three tournament was held in memory of Dick Rehbein. Dick was the Quarterback Coach for the New England Patriots. Dick succumbed to heart disease unexpectedly at the beginning of the 2001-2002 football season. Dick's wife Pam, a teacher at North, and his daughter Sara Beth, a seventh grader there, were proud to present the winners of the three-on-three tournament with the “Dick Rehbein Memorial” plaque.

This year's Hoops for Heart event was the fourth-annual event for North. Coordinator's Jason Feid, John Dempsey, Lillian Gregory and Rick Patch set their Hoops goal at \$20,000... a \$3,000 increase from the nearly \$17,000 they raised last year. To their amazement the students at

North raised an incredible \$30,722!!! This accomplishment places North Attleboro Middle School as the **Number One Hoops for Heart School in the Country**. Jason credits the success of the event to the wonderful support the Physical Education department receives from the school's administration and from the students and their families.

To top off an incredible year, in June, Jason and John were invited to the nation's capital by the American Heart Association to attend the President's health and fitness fair held on the south lawn of the White House. Feid and Dempsey were overwhelmed by the honor to represent the AHA and their school. Their dedication to fighting heart disease and stroke is commendable. ♥

To'hajiilee Warriors Have Agreed To Be a Hoops for Heart Demo Team for the 2002-2003 School Year

By: Patti Ross, AHA Youth Market Manager

The To'hajiilee High School Warriors men's basketball team has adopted the AHA's Hoops for Heart program in an effort to spread the word on the importance of being physically fit and living tobacco-free. Their target audiences are the elementary and mid-school students of New Mexico.

This unique school is located on the Navajo Indian Reservation located 23 miles west of Albuquerque. The Warriors are skillfully managed by part time coach Frank Larrabee. In their second year of competition, the 77-member team enjoyed a winning season last year and vied for the state championship in their division.

Late into the 2000-2001 school year, Patti Ross, Northern New Mexico Youth Market Manager, was looking for a way to create enthusiasm in the middle schools she was recruiting to do the HFH event. She contacted Frank Larrabee, the Warriors coach, for ideas. Larrabee eagerly committed the Warriors to help. Larrabee was intent on attracting young men who were committed to changing their lives by living tobacco-free, being physically fit and serving their remote Navajo community.

Coach Larrabee felt that the Hoops For Heart program would fit well into the plan for the To'hajiilee High School Warriors men's basketball team. Early on, Coach Larrabee stressed that team members must be willing to strive to become future community leaders, and be willing to "answer the call" when they saw an opportunity to serve. Minimum grade point averages are a requirement for team membership. In addition, the athletes receive credit in English and speech classes for speaking to other students on why being physically fit and tobacco-free is important. A great collaboration between the Warriors basketball team and AHA Youth Market staff was cemented with the objective of increasing enthusiasm in youth market schools which would ultimately generate more participation and raise more dollars for the fight against heart disease and stroke.

Last year the Warriors visited several Jump Rope For Heart and Hoops For Heart schools to promote key AHA youth messages and programs. The Warriors consistently exhibited great athletic skill, tremendous poise, showmanship and a true understanding of the purpose of the visits. The response from the schools visited was overwhelmingly positive. The middle school crowd can be a little "tough", but without exception the Warriors had the students on their feet cheering. The team began each assembly by doing basketball drills of increasing difficulty, then interactive competitions/challenges with students and staff. Signed Hoops For Heart t-shirts and other Hoops for Heart prizes were given to young people who participated with the Warriors. Warrior team members ended the programs by speaking to the students on the importance of being heart healthy and how they could participate in the fight against heart disease and stroke. The impact of kids speaking to other kids about the importance of keeping their bodies healthy had an amazing effect. Students in the audience appeared to really listen and appreciate the Warriors message.

The elementary school children were especially thrilled with the To'hajiilee performances and in awe of the high school athletes. The Warriors took particular care to talk to the kids after the performance and shake their hands. The PE teacher at one elementary school reported back to the AHA Youth Market Manager that the day following the event, a group of second graders (girls and boys) set up dribbling drills and began practicing together—a true sign of how influential the group was to these students.

This year's Youth Market plan includes working with the To'hajiilee Warriors to bring the AHA's message to schools in the Albuquerque area. Together we hope to generate more involvement in the Central and Northern New Mexico Youth Market programs by showcasing the passion of these great student athletes. ♥

Sanborn Elementary JUMPS Past Their Goal

By: Aarron Olvera, Youth Market Manager

Sanborn Elementary School in Chandler, Arizona has done Jump Rope For Heart for the past 7 years. The school typically raises about \$13,000 for the American Heart Association and this is in no small measure due to the hard work of their dynamic P.E. teacher Sue Vant Hof. Sue has been coordinating a JRFH event for 10 years - 7 years at Sanborn and 3 years at another school.

At the pre-event planning meeting Sue decided on \$13,500 as a goal and said that she would push to hit the \$14,000 mark for the first time. With Sue's hard work and determination Sanborn Elementary surpassed their goal and raised nearly \$20,000!

Thanks for your hard work Sue. Great Job Sanborn Elementary! ♥

American Heart Association
Fighting Heart Disease and Stroke

Your link to
FREE
Teacher
Resources!

[www.americanheart.org/
heartpower](http://www.americanheart.org/heartpower)

HeartPower! Online

The AHA Field Operations and Development Department is proud to announce that HeartPower!—one of the AHA's most popular educational resources—is now online!

HeartPower! is targeted to classroom teachers of grades PreK - 8, and all materials are now downloadable, printable and free at www.americanheart.org/heartpower.

HeartPower! is a great resource for teachers, parents, grandparents, etc.

Materials are categorized by curriculum, lifestyle message, format and grade level. Materials include:

- Lesson ideas
- Activity sheets
- Coloring sheets
- Games
- Songs
- Stories
- Poems and more
- Spanish materials are available for Pre-K through Grade 1
- One-color line art, formatted as pdfs, for quick downloading

Please take a moment to visit this new site at www.americanheart.org/heartpower

Networking Into the Future.....Down Under

By: Kris Fritz, Wisconsin AHPERD Past-President

Current Wisconsin AHPERD President and 20-year JUMP Task Force member, Chris Zvara and Past WAHPERD President, Kris Fritz recently traveled to Australia to reconnect with international athletic exchange friends of Kris. While renewing old friendships, sightseeing, and experiencing the land “down under”, we took time out to pursue Chris’s Presidential theme of “Networking into the Future” during a visit to the Australian Heart Foundation in Melbourne.



Fritz, Fischer & Zvara down under.

Upon arrival at the Heart Foundation Mary Lou Fischer, Manager of School Exercise Programs, welcomed us. During our networking session, we exchanged professional cards, T-shirts, and Jump Kits. JRFH is a very popular school program in Australia as is the relationship with the Aussie version of AAHPERD. Ms. Fischer was attending a Jump co-planning session that very afternoon to establish program implementation goals for the upcoming year. As a part of our discussion, we also chatted a bit about the Hoops program but found out that the Australian Heart Foundation has chosen to concentrate solely on JRFH.

During our visit to Australia, we observed and commented on the health awareness articles run by the Sun Herald of Melbourne. These articles pertained to obesity and were targeted to parents with suggestions on proposed physical activities to participate in with their children during the school holidays.

As we talked about the need for kids to lead more physically active lifestyles, it became apparent that even though we were more than 9,000 miles from home, some things such as childhood obesity and inactivity in young people are far too familiar.

Therefore, whether it is the American Heart Association or the Australian Heart Foundation, we can be thankful that resources and programs exist to assist physical educators in the promotion of physical activity and the pursuit of leading healthy active lifestyles. Our visit with Mary Lou was interesting and educational and we thank her for her time in helping us to connect and network across the ocean and into the future. ♥

Disney Trip Winners

2001-2002 School Year

Jump Rope Winners

Cochise Elementary, Scottsdale, AZ
 Tradewinds Elementary, Broward County
 Stanton Community School, Stanton, NE
 St. Patrick School, Honolulu, HA
 Barkhamsted Elementary School, Pleasant Valley, CT
 Rachel Carson Elementary School, Gaithersburg, MD
 Link Elementary School, Elk Grove Village, IL
 Whitin School, Uxbridge, MA
 Charles F. Johnson Elementary, Endicott, NY
 Cunningham School, Beloit, WI
 Bowman Elementary, Anchorage, AK
 Northwood Elementary School, Dayton, OH
 Ebenezer Elementary School, Lebanon, PA
 Alabama Christian Academy, Montgomery, AL
 St. Helen School, Pearland, TX
 Washington Union School, Salinas, CA

Hoops Winners

San Miguel Elementary, San Miguel, NM
 Organce Grove Middle School, Pinellas County
 St. Mary's Colgan, Pittsburg, KS
 Roy W Brown Middle School, Bergenfield, NJ
 Galax Elementary School, Galax, VA
 Bement Middle School Bement, IL
 Steere Farm Elementary School, Burrillville, RI
 Kernan Elementary, Utica, NY
 Sparta Meadowview Intermediate, Sparta, WI
 Emily Dickinson Elementary, Redmond, WA
 Beverly Hills Middle School, Huntington WV
 Dallastown Area Sr. High School, Dallastown, PA
 Midway Middle School, Midway, GA
 Arden Road Elementary, Amarillo, TX
 Payson Middle School, Payton, UT

For student safety, only school names have been printed. Winning students were contacted on an individual basis.
 One JRFH and one HFH winner per AHA Affiliate were selected by random drawing.
 Cost of Disney trips underwritten by Sunflower Marketing.

JRFH/HFH Event Registration Form

Target Date for Event _____ Last Day of School _____

Estimated Number of Participants _____ Student Enrollment _____

Estimated Number of Grade Levels Participating _____

Number of Envelopes Needed in Spanish _____

School Name _____

Street Address (no Post Office Box, please) _____

City _____ State _____ ZIP _____

County/Ward _____ School District _____

School Phone _____

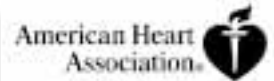
School Fax _____

Principal's Name _____

Please read and sign:
 I agree that if I am unable to conduct the event, I will be responsible for returning to the American Heart Association all materials and listing items I receive upon registration.

Coordinator's Signature _____

Date _____



Coordinator's Information

Coordinator's Name _____

School Voice Mail Number _____

E-mail Address _____

Home Phone _____

Years Conducting Jump Rope For Heart _____

Best Time to Call _____

Planning Period _____

State AAHPERD member? Yes No

National AAHPERD member? Yes No

Coordinator's T-shirt Size 1st M L XL XXL
 2nd M L XL XXL

Please fax completed form to (214) 706-5251.