

Fit Kids of SWOK

"Creating an Active and Healthy Community!"



It's National Immunization Awareness Month! Is Your Family Up to Date on Vaccines?

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like measles, whooping cough and cancers caused by HPV with vaccines. During NIAM, you are encouraged to talk to your doctor, nurse, or other healthcare professional to ensure that you, your child, and your entire family are up to date on recommended vaccines.

Please visit the CDC's [Interactive Vaccine Guide](#), which provides information on the vaccines recommended during pregnancy and throughout your child's life.

As your children head back to school this month, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. Use the CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

During NIAM, Comanche County Health Department will be sharing information and resources on social media to highlight the importance of vaccines. Help us spread the word! Follow the conversation Facebook

@ComancheCountyHealthDepartment
#HealthyOklahoma #Vaccinate
#PublicHealth, and use #ivax2protect to share why you choose to vaccinate.

Click to watch How Vaccines Work!



Is Too Much Screen Time Harming Children's Vision?

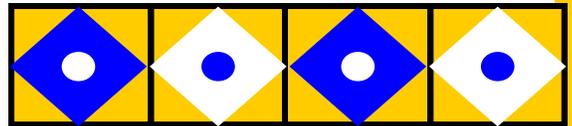
As children spend more time tethered to screens, there is increasing concern about potential harm to their visual development. Ophthalmologists are seeing a marked increase in children with dry eye and eye strain from too much screen time. But does [digital eyestrain](#) cause lasting damage? Should your child use reading glasses or [computer glasses](#)? As you send your kids back to school this month for more time with screens and books, the [American Academy of Ophthalmology](#) is arming parents with the facts, so they can make informed choices about their children's eye health.

It's a fact that there is a world-wide epidemic of [myopia](#), also known as nearsightedness. Since 1971, the incidence of nearsightedness in the US nearly doubled, to 42 percent. In Asia, up to 90 percent of teenagers and adults are nearsighted. Clearly, something is going on. But scientists can't agree on exactly what.

A new [study](#) appearing in [Ophthalmology](#) offers further evidence that at least part of the worldwide increase in

nearsightedness has to do with near work activities; not just screens but also traditional books. And, that spending time outdoors—especially in early childhood—can slow the progression of nearsightedness. It remains unclear whether the rise in nearsightedness is due to focusing on phones all the time, or to light interacting with our circadian rhythms to influence eye growth, or none of the above.

But this doesn't mean they need a prescription or computer glasses or that they have developed an [eye condition](#) of middle-age that requires reading glasses, as some suggest. It also doesn't mean that [blue light](#) coming from computer screens is damaging their eyes. It means they need to take more frequent breaks. This is because we don't blink as often while using computers and other digital devices. Extended reading, writing or other intensive near work can also cause eye strain. Ophthalmologists recommend taking a 20 second break from near work every 20 minutes.



Here are 10 tips to help protect your child's eyes from computer eyestrain:

- Set a kitchen timer or a smart device timer to remind them.
- Alternate reading an e-book with a real book and encourage kids to look up and out the window every two chapters.
- After completing a level in a video game, look out the window for 20 seconds.
- Pre-mark books with a paperclip every few chapters to remind your child to look up. On an e-book, use the "bookmark" function for the same effect.
- Avoid using a computer outside or in brightly lit areas, as the glare on the screen can create strain.
- Adjust the brightness and contrast of your computer screen so that it feels comfortable to you.
- Use good posture when using a computer and when reading.
- Encourage your child to hold digital media farther away, 18 to 24 inches is ideal.
- Create a distraction that causes your child to look up every now and then.
- Remind them to blink when watching a screen.

Next Monthly Meeting

August 23rd, 12pm-1pm
CCMH, Oakwood Conference Rooms 1&2

<https://www.aaopt.org/Assets/2a795e93-40f471b-818e-a1e3be7f3098/636880159089830000/childrens-eye-health-2019-letter-docx?inline=1>

Fit Kids of SWOK

Chairman: Dr. Ben Cooper,
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Facilitator: Lori Lovett,
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Facilitator: Debra Johnson,
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*You can connect with FitKids
on the web!*



August 2019 Events

- Aug 3 BASS Tournament—LETRA
- Aug 7-10 81st Lawton Ranger Rodeo
- Aug 10 Summer Flea Market and Mayor's Picnic—ETP
- Aug 22-25 Apache Balloon Festival—Apache Casino
- Aug 24 2019 Walk to End Alzheimer's—ETP

August is **National Breastfeeding Month**.

Visit CDC.gov to find out [Why It Matters](#).

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

Secondhand smoke

is a mixture of two forms of smoke that come from burning tobacco: side-stream smoke (the smoke from the lighted end of a cigarette) and mainstream smoke (the smoke inhaled and exhaled by a smoker). Side-stream smoke is more toxic than mainstream smoke, as it has much higher concentrations of cancer-causing substances. There is no safe level of exposure to secondhand smoke.

The dangers of secondhand smoke are immense. It is classified as a Class A carcinogen, as it has been proven to cause cancer in people. Secondhand smoke contains more than 7,000 chemicals — 250 are known to be harmful, and at least 70 cause cancer. In fact, secondhand smoke kills nearly 50,000 nonsmokers each year.

While over half of U.S. states have comprehensive smoke-free policies protecting people from secondhand smoke, Oklahoma has none.

Secondhand smoke can affect children in harmful ways, as their bodies and lungs have not yet fully developed. Exposure to secondhand smoke leaves them at greater risk for serious health issues, such as ear infections, lung infections, asthma attacks, bronchitis and more.

FUTURE SMOKERS?

The level of secondhand smoke a child is exposed to is directly proportional to the likelihood of the child becoming a smoker as an adolescent or an adult.

Furthermore, youth smokers are more likely to develop severe levels of nicotine addiction compared to adults. That leads to continued tobacco use as they grow older, leading to long-term [health effects of tobacco addiction](#).

As a concerned Oklahoman, you can help protect our kids. [Talk to the kids](#) in your life about tobacco early and often. [Show your support](#) for stronger tobacco policies in Oklahoma. Until we strengthen Oklahoma's tobacco policies, our health issues and mortality rate will continue to climb. Learn more at StopsWithMe.com. Call 1-800-QUIT NOW (1-800-784-8669) or visit OKhelpline.com to explore the free services available through the Oklahoma Tobacco Helpline.

<https://stopswithme.com/dangers-of-tobacco-products/secondhand-smoke/>