



Nursing Newsletter

Teaching the Community



The nursing class is not simply focused on learning, but they also embrace the role of educator. LPN students identified educational needs within the community, developed objectives, and created presentations to inform the community about health-related topics.

In the past, caregivers journeyed on horseback to the homes of their neighbors to provide medical services. These caregivers were crucial to reducing the mortality rates in their communities. After the civil war, hospitals were built. This began the implementation of organized healthcare. Today, nurses' practice in a variety of settings and community health is again re-emerging as an integral part of providing care to everyone.

Feel free to stop by the Nursing Lab during the open house and learn from our students.

Jessie Sleet Scales was America's first African American public health nurse. Trained in Chicago, Scales moved to New York. She was originally hired to deal with tuberculosis in the city's African American community, which had few healthcare options and a deep-seated resistance to formal medical care. Her work quickly expanded to include everything from childbirth and chicken pox to heart disease and cancer.



The Causes and Risk Factors of Childhood Obesity

Childhood obesity is a medical condition in which an excessive amount of fat accumulates in a child or teenager's body, causing their weight to be well above the normal range for children of their height and age. According to the CDC, one in five school-aged children and adolescents are affected by childhood obesity.

The United States has the ninth highest obesity rate in the world due to most Americans' unhealthy eating habits. Most childhood obesity cases are the result of eating too much and not exercising enough. Those most at risk of developing childhood obesity are those who:

- Are not physically active
- Eat foods high in salt, sugar, fat, or cholesterol
- Live in areas where healthy living is not encouraged
- Have a family history of obesity
- Come from low-income families with lack of access to healthy foods
- Eat when they are stressed or emotional

Possible Complications

There are usually no symptoms of childhood obesity other than above-normal weight, but there are many health conditions that can stem from obesity. Inversely, there are health conditions that can actually cause obesity in children. Among those that are caused by obesity are high cholesterol, diabetes, high blood pressure, heart failure, asthma, anxiety, and depression.

Some medical conditions that may cause obesity in children are hypothyroidism, insomnia, and depression. If you are obese, it is recommended that you have regular visits to your doctor to actively discuss and promote your health.

Preventing Childhood Obesity

The easiest way to prevent childhood obesity is to encourage your children to maintain healthy diets and exercise frequently. Though it is difficult to combat genetic predispositions to obesity, promoting positive and safe environments among your children can help drastically. With positive influences and sturdy support systems in their schools and communities, children are more likely to be physically active and eat nutritiously.

What's on your Plate?



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

Quick Tips for Healthy Weight Loss

1. Eat a high-protein breakfast
2. Avoid sugary drinks and fruit juice.
3. Drink water a half hour before meals.
4. Eat soluble fiber.
5. Drink coffee or tea.
6. Eat mostly whole, unprocessed foods.
7. Eat your food slowly.
8. Weigh yourself every day.
9. Get a good night's sleep, every night.

Fact - U.S. adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, eat more fast food, and get less physical activity.

Celebrate September !

National Childhood Obesity Awareness Month

September 10

World Suicide Prevention Day

September 18

National HIV/AIDS and Aging Awareness Day

September 23-27

Malnutrition Awareness Week

September 28

Family Health and Fitness Day

September 29

World Heart Day

Nursing Students making Office Visits



Dr. Johnson is always willing to offer support, encouragement, and real-world stories to help the nursing students follow their dreams.



Free Community Events

Sept. 4 – Blood Drive, 8:00am – 2:00pm, Blanche Ely High School Auditorium

Sept. 10 – Blanche Ely High School Open House

Sept. 14 – Gut Health and Vegan Myth Busters, 12:00pm, 5651 Coral Ridge Drive, Coral Springs, 33076

Sept. 18 – Community Forum for National Suicide Prevention Awareness Month, 6-8:00pm, 520 NW 3rd St, Pompano Beach, 33060

Sept. 21 - Prostate Cancer Awareness: Free Men's Health Fair, 9:00am-1:00pm, 404 Northwest 7th Terrace Family Life Center, Fort Lauderdale, 33311