

MSSHC Update

A Newsletter published by the Maryland State School Health Council

2016-17 Survey on Local Wellness Policy Implementation

The Maryland Wellness Policies and Practices Project (MWPPP) is a statewide initiative that includes the University of Maryland School of Medicine, the Maryland Department of Health, and the Maryland State Department of Education.

Every two years, the MWPPP team disseminates a survey to assess wellness policy implementation in schools throughout Maryland.

The MWPPP team analyzes the survey data and develops a tailored report on wellness policy implementation for every school system in Maryland.

The MWPPP team also conducts evaluations based on the survey, develops recommendations, and provides technical assistance to school systems.



The MWPPP team has been traveling throughout the state to review the results of the 2016-17 survey with school systems.

To learn more about the project, review state-level data, or see the survey, please visit: www.marylandschoolwellness.org

Save the Date!

Maryland State School Health Council Regional Meetings

- **May 14, 2018, 11:30am-1pm**
Calvert County (intended for Central Maryland)
- **May 15, 2018, 11:30am-1pm**
Frederick County (intended for Western District)
- **May 18, 2018, 11:30am-1pm**
Caroline County (intended for Eastern Shore)

E-Cigarettes & Vaping

E-cigarettes entered the market as an alternative to conventional cigarettes and are increasingly popular among youth and young adults.

According to the Surgeon General, e-cigarettes are the most commonly used tobacco product among youth.

In 2015, **more than 3 million youth in middle and high school, including 1 in 6 high school students used**

e-cigarettes in the past month.

E-cigarettes are available in a variety of flavors. There is evidence to suggest that the availability of flavors is the leading reason that youth try e-cigarettes.

Although e-cigarettes have been marketed as an alternative to conventional cigarettes, they are not harmless. Nicotine exposure during adolescence can

cause addiction and **can harm the developing adolescent brain.**

For more information about e-cigarettes use among youth, please visit:

- **MD Quit's Website:**
<https://mdquit.org/tobacco-information/e-cigarettes>
- **The Surgeon General's "Know the Risks: E-Cigarettes and Young People" Website**
e-cigarettes.surgeongeneral.gov

18th Annual SHIP (School Health Interdisciplinary Program)

Conference

- **Health and Education: Social Determinants of a Thriving Student**
- **July 31st - August 2nd**
Registration and Program Information to be available in Mid-May
- Early bird registration is \$125 through July 1st

A Healthy Recipe for Your Family to Try!

Ratatouille (serves 6)

- 3 Tbsp olive oil
- ½ cup chopped onion
- 1-2 gloves of garlic, finely chopped
- 1 cup diced green pepper
- 2 cups chopped eggplant (peeled or unpeeled)
- 2 zucchini (cut into ½ inch slices)
- 14 oz can of diced tomatoes
- ½ tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste

Heat oil in a large skillet or Dutch oven over medium heat. Add onion and garlic and cook until tender, stirring occasionally. Add eggplant and green pepper and cook for 5 minutes. Stir in zucchini, tomatoes, and spices. Cover and let simmer for 15-20 minutes, stirring occasionally, until veggies are tender. Remove lid and simmer 5 more minutes to thicken.

This dish can be served warm or cold, with grated parmesan cheese on top if desired.