

# Free

*An informative, provocative, and essential newsletter...*

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# The Health Reformer



Health  
&  
Temperance  
Team

Phone  
(773)  
416-4146

Fax  
(773)  
271-1573

E-mail:  
healthreformer  
@hotmail.com

## ***Schools' anti-drug message fails to last***

"The world's most popular drug education program has no long-term effect on substance use, according to a study published ... by the American Psychological Association.

The study found that Project D.A.R.E. (Drug Abuse Resistance Education), a police-led series of classroom lessons designed to teach students how to say no to drugs and alcohol, produced some initial improvements in attitudes toward drug use. But changed did not last, University of Kentucky researchers found.

They tracked more than 1,000 sixth-graders who participated in D.A.R.E., revisiting them 10 years later, and found:

23% smoked half a pack of cigarettes a day in the month before the follow-up.

30% used alcohol at least once a week in the past year.

46% used marijuana at least once in the past year.

24% used other drugs, such as cocaine, at least once in the past year.

Lead author Donald Lynam says the program, which is in 75% of U.S. school districts, may have been found ineffective because classes tend to focus on peer pressure and self-esteem. Lynam says D.A.R.E. may ignore other risks and other reasons children use drugs."

*By Stephaan Harris, USA Today*

D.A.R.E. desperately needs the cooperation of many adults who are setting a bad example to our young generation. Everywhere you go, you will see many adults (parents, teachers, and ministers included) using drugs, especially alcohol and tobacco. Can such example help programs like D.A.R.E. with their mission?

## ***Nuts for Lower Cholesterol?***

"If you're nuts about nuts but worry that they're too high in fat to fit into a heart-healthy diet, here's some good news: Two new studies add to the evidence that eating moderate amounts of walnuts and pecans lowers LDL (bad) cholesterol. Previous research showed that women who ate about five ounces of nuts per week lowered their risk of heart disease...

The key to nut's cholesterol-lowering effect appears to be the type of fat they contain. Nuts are

high in mono- and polyunsaturated fats, which have been shown to benefit the heart. They are also good sources of dietary fiber, vitamin E, copper, and magnesium, which may also contribute to heart health.

But beware: Nuts are high in calories, so eat them in moderation. The best way to incorporate nuts into your diet is to substitute them for other fats, rather than simply adding them to what you already eat."

*All Health, Heart Watch (May 2000)*

## ***Big Tobacco Still Targets Teens***

"President Clinton again called for Congress to give the U.S. Food and Drug Administration authority over tobacco after new studies showed that the cigarette makers have increased advertising in magazines with strong teen readerships.

... The studies show that tobacco companies have elevated marketing efforts since 1998 in magazines such as Rolling Stone, Glamour, Sports Illustrated and Motor Trend. Although these publications are not specifically for teens, more than 15 percent of their readership comes from individuals ages 12 to 17.

According to one study examining 19 magazines, the Massachusetts Department of Public Health found that tobacco companies spent \$119.9 million on advertising during the first nine months of 1999. Much of the advertising focused on cigarette brands popular among young people and in magazines with large teen readerships. The study says that's \$30 million more than was spent on advertising during a similar period before the 1998 settlement.

A study by the American Legacy Foundation, a non-profit organization funded by the tobacco settlement, found Marlboro ads reached 89 percent of teens through advertisements."

*By Katrina Woznicki, onhealth (May 19, 2000)*

Guess who is also targeting teens in the already mentioned magazines: The alcohol industry. Yes, the tobacco industry and the alcohol industry are both guilty of targeting teens. "The work of making drunkards (and smokers) of the youth goes steadily forward. Upon the creating of the liquor (and tobacco) appetite in the youth the very life of the (liquor & tobacco) traffic depends. The youth are led on, step by step, until the liquor (or tobacco) habit is established and the thirst (or craving) is created that at any cost demands satisfaction."

### ***The wine industry receives a stern warning***

“Surgeon General Dr. David Satcher cautioned the wine industry against making possibly misleading claims on their wines’ labels. Although there are numerous studies indicating health benefits from moderate wine consumption, Dr. Satcher says there still remains overwhelming evidence that alcohol can be very damaging and he doesn’t want the public to get the wrong message.”

*By Katrina Woznicki, onhealth (April 27, 2000)*

### ***Religious Teens Have Healthier Habits***

“John M. Wallace Jr. and Tyrone A. Forman of the University of Michigan questioned 5,000 high school seniors about their religious participation and health habits. About one-third of those surveyed said they attended religious services once a week and considered religion an important part of their lives.

That same group of high school seniors also were less likely to get into fights, use tobacco or drugs, carry a weapon or drink and drive, the survey shows. These students also were more likely to wear seat belts, eat nutritional foods, get enough sleep and exercise.

Survey findings suggest “that religion does not only simply constrain behavior, but it also encourages or promotes adolescents’ involvement in behavior that can protect or enhance their health,” researchers write in the Oct. 27 issue of *Health Education and Behavior*, a journal of the Society for Public Health Education.

Researchers also say the results were the same regardless of race, gender, family structure, parent’s education and geographic region.”

*By Katrina Woznicki, onhealth (Oct. 30, 1998)*

### ***Kids’ Diets Worsen with Age***

“It can be challenging to get kids to eat an apple instead of a candy bar, but a new study shows that as children age, it gets even harder.

Researchers at the University of Minnesota School of Public Health tracked the diets of 291 area students in the third, fifth and eighth grades. Students were asked to list the foods and drinks they consumed in the previous 24 hours.

As kids got older, researchers found, they were less likely to eat fruits and vegetables and drink milk, and more likely to skip breakfast and drink soda. Ninety-nine percent of the third graders said they ate breakfast compared to 85 percent of the eighth graders. Fewer than two-thirds of third graders reported eating at least a quarter cup of fruit and fewer than 60 percent ate at least a quarter cup of vegetables during the previous day. Only 37 percent of eighth graders reported eating fruits and only 42 percent reported eating vegetables.

Milk consumption also dropped significantly and soft drink consumption tripled, researchers report in the March/April issue of *American Journal of Health Promotion*. ...

“These findings suggest that we need to pay more attention to nutrition education in the elementary and middle school years and to providing environments that support young people’s choice of healthful foods,” says lead study author Leslie A. Lytle. Other studies have shown children are increasingly opting for junk food choices instead of healthier foods. Government statistics also indicate obesity, a public health threat for American adults, is also becoming a problem for children.”

*By Katrina Woznicki, onhealth (May 2, 2000)*

Parents: We must never underestimate the importance of nutrition education in our own homes. “Many parents, to avoid the task of patiently educating their children to habits of self-denial, indulge them in eating and drinking whatever they please. The desire to satisfy the taste and to gratify inclination does not lessen with the increase of years; and these indulged youth, as they grow up, are governed by impulse, slaves to appetite... In the glutton, the tobacco devotee, ... and the inebriate, we see the evil results of erroneous education.”

*Child Guidance, p. 406*

### ***Many Children Killed in Alcohol-related Vehicle Crashes Were Riding With the Drunken Driver***

“A new study indicates many children killed in alcohol-related vehicle crashes were riding with the drunken driver.

Researchers at the Centers for Disease Control and Prevention studied data on child-passenger deaths in vehicle accidents from 1985 to 1996. All victims in the study were 14 or younger.

During that period, researchers found that 5,555 deaths, or 28 percent, involved a drinking driver. Of those alcohol-related accidents, 64 percent occurred while the child was riding with the drinking driver, and 67 percent of these drivers were considered old enough to be the parent or caregiver of the child, researchers report in the May 3 issue of *Journal of the American Medical Association*.

This contradicts the popular mass media image, researchers say, that depicts children killed in a vehicle that was struck by a drinking driver in another vehicle.

From 1988 to 1996, researchers also found that about 149,000 child passengers were injured in crashes involving a drinking driver. Of this group, 58,000, or 38.9 percent, were riding with the drinking driver.”

*By Katrina Woznicki, onhealth (May 3, 2000)*

The following recent newspaper article is a vivid example of how these tragedies happen:

“Ewa Lesna pleaded with her husband to hand over the keys, figuring he had too much to drink to drive her and the couple’s toddler son home after spending Easter with friends in Mt. Prospect

Lesna lost the argument, Mt. Prospect police said Monday, but her hunch proved right. Minutes after the couple began arguing outside the home of friends in the 1400 block of Boro Lane, her husband, Gregory Skolimowski, lost control of their 1998 Jeep Cherokee and plowed into a light pole on the north end of town.

Skolimowski was pronounced dead at 1 a.m. at Lutheran General Hospital in Park Ridge of trauma to the spine and other injuries. Four hours earlier, the couple’s 21-month-old son, Karol, who had been sitting on Skolimowski’s lap, died from multiple injuries, including skull fractures.”

*Chicago Tribune, Internet Edition (April 25, 2000)*

Why do we continue to negate the wickedness of the liquor traffic? The liquor traffic is a terrible evil. “It is through the greed of gain and the lust of appetite that the grains and fruits given for our substance are converted into poisons that bring misery and ruin.”

*The Ministry of Healing, p. 337*

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