



Tidbit Times

February 2012

Numbers: Adding Up to a Better, Healthier Community

Fun with numbers is the theme for this edition of the Tidbit Times. This month we're highlighting two community programs with numbers in their titles while having some fun with the five food groups. It all adds up to positive ways to affect your life and the community.

40 Developmental Assets

Some young people with all the advantages have problems as they grow up and others who grow up in harder situations succeed wonderfully. Why? Search Institute, a nonprofit organization out of Minneapolis, set out to learn what helps some young people thrive in spite of difficulties. Through this effort they created a framework of the "40 Developmental Assets®" which are the positive building blocks of healthy development that help youth grow up to be caring, responsible, and successful.

Here are the assets:

Support:

1. Family Support
2. Positive Family Communication
3. Other Adult Relationships
4. Caring Neighborhood
5. Caring School Climate
6. Parent Involvement in

Schooling

Empowerment:

7. Community Values Children
8. Children as Resources
9. Service to Others
10. Safety

Boundaries & Expectations:

11. Family Boundaries
12. School Boundaries
13. Neighborhood Boundaries

14. Adult Role Models
15. Positive Peer Influence
16. High Expectations

Constructive use of time:

17. Creative Activities
18. Child Programs
19. Religious Community
20. Time at Home

Commitment to learning:

21. Achievement Motivation
22. Learning Engagement
23. Homework
24. Bonding to School
25. Reading for Pleasure

Positive values:

26. Caring
27. Equality and Social Justice

28. Integrity
29. Honesty
30. Responsibility

31. Self-regulation/ Restraint/ Healthy Lifestyle

Social

competencies:

32. Planning

and Decision Making

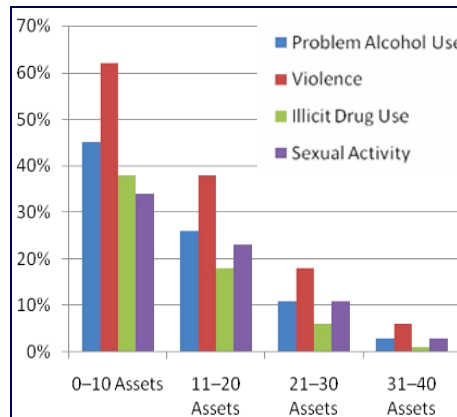
33. Interpersonal Competence
34. Cultural Competence
35. Resistance Skills
36. Peaceful Conflict Resolution

Positive identity:

37. Personal Power
38. Self-Esteem
39. Sense of Purpose
40. Positive View of Personal Future

Why it Matters

Over time, studies of more than 2.2 million young people showed the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors (see graph below) and the more likely they are to succeed in the classroom and thrive as positive community members. In fact, a students' asset levels are twice as important in predicting achievement than factors like gender, family make up, or socioeconomic status.



Information and graphic found online at Search Institute

Everyone can influence a child. Did you wave at the neighbor kids or hold a door open for a youth walking in the store behind you? You built assets! We can better our community and it's future by being mindful of how we interact with our youth. Don't pass up the opportunity to make a young person feel important. More information on each asset can be found

online at [Search Institute](#) or through [Healthy Communities/Healthy Youth Initiative](#) Coordinators: Erik Wagner: (920) 892-6706 or erikfrc@excel.net Mike Burns: (920) 451-8001 ext. 118 or vsports@sheboygancountyymca.org

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The Five Food Groups in Haiku

A haiku is a Japanese style 3 line poem usually containing 17 syllables: 5 syllables in the first and third line with 7 in the middle. Can you match which group best fits each haiku?

1. Building up muscles with iron, zinc, and B6 in meats, eggs, and beans.

2. Great for teeth and bones, some fans wear chunks on their heads. Others like it grilled.

3. Whole, juiced, sweet, sour— get your vitamin C while pulp drips down your chin.

4. The little red hen grew, milled and baked. Miss out on warm wheat bread? Not I!

5. Full of nutrients- in gardens leafy and green- some grow underground.

“My Plate” shows the five food groups, the building blocks for a healthy diet, using a place setting for a meal.

To learn more about the food groups and the servings sizes for different ages across the lifespan, go to the USDA’s site, www.choosemyplate.gov.



ANSWERS:

1. **Protein**—Eat lean protein choices. Mix in fish, beans & nuts.
2. **Dairy**—Choose fat free/low fat (1%) milk or try soy.
3. **Fruits**— Eat a variety. Make 1/2 your plate fruits & veggies.
4. **Grains**—Half your grains should be whole grain.
5. **Vegetables**—Get a variety of colors. Make 1/2 your plate fruits & veggies.

Looking for a resource? Call 2-1-1

If you need help finding a volunteer mentor, obtaining after school tutoring or are trying to locate quality child care, 2-1-1 is an easy-to-remember phone number which can connect you quickly to a trained resource specialist who has access to a database of community services. United Way’s 2-1-1 service is free and confidential, available 24 hours a day, seven days a week.

Brought to you by the United Way’s from several area communities, 2-1-1 is an information service designed to assist all segments of the population. United Way Fox Cities 2-1-1 manages a community database that consists of health and human service providers, non-profits, educational programs, clubs and community groups, and local, city and county services that serve the residents of a ten

county area, which includes Calumet, Fond du Lac, Green Lake, Manitowoc, Marquette, Outagamie, Sheboygan, Waushara, Waupaca and Winnebago Counties.

They also serve as a hub for community information in times of disaster and host the flu clinic finder website at www.wisconsinfluclinic.info.

Call 2-1-1 (or 800-924-5514) or visit www.211now.org to access the resource database.

