



Healthy Halloween Treats

Childhood obesity is increasing at an alarming rate, doubling over the past 30 years. Eating in moderation and becoming more physically active could reduce obesity rates in children.

When trick-or-treaters ring your doorbell, what will you give them? Try nutritious, tasty foods and non-food options, including items that get children up and moving to use the extra calories they consume. Think outside the box when choosing treats for trick-or-treaters or party-goers. The calories in all those bite-size Halloween treats add up quickly. Four bite-size chocolate bars contain approximately 320 calories, 25 jelly beans have 140 calories, and 20 pieces of candy corn add up to 100 calories.



There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your own children and the neighborhood kids by passing out healthy treats like these instead of giving them candy.

Healthy Food Treats

- Cereal/granola bars
- Snack packets of dried fruit, trail mix, baked pretzels, nuts* & seeds
- Packages of low-fat crackers with cheese or peanut* butter filling
- Animal crackers, gold fish crackers, graham crackers
- Cracker jacks
- 100 calorie packs of various products
- Beef or turkey jerky
- Single-serve boxes of ready-to-eat cereal
- Fig cookies
- Sugar-free gum or hard candy
- Gummy candies made with real juice
- Mini boxes of raisins
- Individual juice drinks (100% juice)
- Snack pack pudding
- Jello with fruit
- Applesauce
- Single-serve packets of low-fat microwave popcorn
- Sugar-free hot chocolate or apple cider packets

Non-Food Treats**

- Small toys and pocket-sized games
- Glow sticks
- Costume jewelry (plastic rings, necklaces and bracelets)
- Funny Halloween glasses or fake teeth
- Miniature magnifying glasses
- Tiny decks of cards
- Small stuffed animals
- Pencils, pencil toppers and fancy erasers
- Markers
- Stickers, including reflective safety stickers
- Rub-on or stick-on temporary tattoos
- Bookmarks
- Crayons
- Coloring tablets
- Paint brushes
- Bottles of bubbles
- Whistles
- Toothbrushes
- Bouncy balls

*Be careful of peanut allergies. **Some treats fit all ages, but small items should be limited to kids over age 3.

Fresh fruits (e.g. apples, bananas and oranges) are very nutritious treats, but they are no longer safe options. Remember that individually wrapped items are best. If you choose candy for treats, look for those that are lower in fat and sugar. Choose bite-size candy bars based on the least amount of fat and calories per serving.

Source(s): http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4112.html

Health Assessments – What Are My Health Risks?

If you are enrolled in a state-sponsored medical plan through the Public Employees Benefits Board (PEBB), you can get immediate feedback on your health by completing a simple questionnaire called a health assessment in just about 20 minutes. In many cases, your medical plan or health care provider offers programs designed to help you deal with whatever health challenges the health assessment may have revealed.



How Do I Take My Health Assessment?

To take your health assessment, refer to your specific health plan below; or, if you do not have Group Health or Uniform coverage, see the section titled "None/Other":

Group Health

To use Group Health's Health Profile, members must be age 18 or older and be registered for enhanced services on [MyGroupHealth](#). To fill out the profile, members log on to [MyGroupHealth](#) and click on *Health Profile: Fill Out Questionnaire*. You will need your subscriber ID number if you are registering for the first time. If you aren't able to upgrade your account immediately, you will receive your code by U.S. mail in 2-5 days and then be able to log on and take your health assessment.

Uniform Medical Plan

To get started, have your member ID card handy and follow these steps:

1. Go to www.myRegence.com and select *Register Now*.
2. Complete the registration form. Be sure to check the Terms of Use box at the end.
3. Select Register and Login.
4. Click *General Health Assessment* under *My Health* to take the assessment.

Be sure to print your results! Bring them to your primary health care provider to discuss your health risks. Reviewing your results can also help you learn more about accessing your medical plan benefits, or finding activities to help you reduce your health risk in your workplace.

None/Other

If you are a Washington State employee not enrolled in one of the PEBB health plans listed above, your own health plan may offer a health assessment or you can take one at [Your Disease Risk](#), offered by Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine, that can assist you in assessing your risk for diabetes, several cancers, heart disease, osteoporosis and stroke. There is no registration and no information collected or stored.

What If I Have Other Health Issues?

If you have other health and/or wellness issues, you can use the "Ask Me 3" questions to better understand your health anytime you see your doctor or other health care provider.

"Ask Me 3" Questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Remember, don't be nervous about asking questions! Your medical team wants you to understand your health and any directions you need to follow to take care of yourself.

Source(s): <http://www.wellness.wa.gov/risks.shtml>