

STAYWELL

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BRIAN COLES – HEALTH ANALYST

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Athletic Trainer Corner

Helicopter Training

A goal of the Utah High School Activities Association is to help youth athletes "learn life lessons." Here are a few examples:

Years ago a young player was removed from a starting position by the coach, and a brief explanation was given. The player was told the team needed to make changes because things were not working out and they needed this particular player to take a different role to help the team out.

In another situation a coach approached a senior captain who was not working hard and not giving his/her best effort during the games. The coach encouraged the athlete to work harder and step up or possibly lose the starting position. No yelling took place. The coach just stated the obvious and wanted more from the individual, especially since this player was a team leader.

The first player was disappointed and discussed it with his/her parents. The parents encouraged the player to approach the coach and get more information and find out what this athlete needed to improve on. The player, without parents, approached the coach and asked what he/she needed to do to get the starting position back. The coach answered the questions, explained the situation and the needs of the team. This player was taught by parents how to approach a difficult situation and how to deal with personal adversity. As a result the player worked harder and had a major impact on the team. This athlete also improved in leadership, motivation and character. Valuable life lessons were learned that helped this individual mature and learn to overcome adversity.

The second player went home upset and complained to his/her parents. The player was offended, disappointed and was planning on quitting the team. The head coach had a drop in visit from the dad that night, no player came with him. The coach received an earful, and the coaching staff was severely criticized. The dad believed the coaching was the problem not the player. As a result nothing changed and the player did not improve and no effort was given, the same lazy habits continued.

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Comorbidity

Morbidity is a health condition in any form, a state of being symptomatic for a disease or condition. For example it can be a pre-condition, or an advanced health condition such as diabetes, high blood pressure, and congestive heart failure.

Comorbidity is when you have multiple health conditions at the same time. For instance, having just one morbidity such as obesity can cause multiple comorbidities such as high blood pressure and diabetes, but they can also come about separately.

So why the concern? Comorbidities can combine and create more than one health problem. Having comorbidities places individuals at a higher risk for complications if an illness or disease does develop. For example, someone with a lung disease who develops pneumonia, can increase the likelihood of serious complications or death.

Controlling morbidities can lower the risk of serious complications. One important component is getting screened and providing early intervention. As with anything, the sooner intervention begins the better the outcome. Screening plays an important role in this. Come and get screened at the Health and Safety Fair. Prevent, maintain, or reverse the risk factors before it becomes a serious issue.

Sources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2713155>

<https://www.healthline.com/health/comorbidity>

<https://www.verywellhealth.com/comorbidity-5081615>

<https://www.sciencedirect.com/topics/neuroscience/comoridity>



Athletic Trainer Corner

Helicopter Training Cont.,

Which of these parents helped their child develop emotional coping skills and develop confidence? Which of these players do you think learned a valuable life lesson and learned to overcome adversity and improved their character and become a more independent and an emotionally stronger person?

Helicopter parenting can be summarized as, over involved and over protective parents. Research demonstrates that "helicopter parenting" leads to the following issues with youth as they grow into adulthood.

1. Certain parts of the brain do not develop properly
2. Develop an inappropriate sense of entitlement
3. Low self-esteem and confidence
4. Have immature coping skills
5. Have diminished ability to manage emotions and behavior
6. Develop mental health problems

People grow during adversity. When there is no adversity, growth is hindered. Often, well intentioned parents inhibit growth in their children by intervening rather than encouraging the child to take criticism as a growing experience. Blame is placed on someone else and the child does not grow or develop the life skills needed. This demonstrates why so many of the youth today struggle dealing with basic life experiences.

Sources:

<https://www.apa.org/news/press/releases/2018/06/helicopter-parenting>

<https://www.newportacademy.com/resources/restoring-families/the-effects-of-helicopter-parenting/>

<https://www.internationalschoolparent.com/articles/helicopter-parenting-the-consequences/>

Health Fair Schedule and Screenings

Cholesterol, Metabolic Function, PSA, Glucose, and Blood Pressure Tests

Wednesday, September 6 7 - 10 a.m.
Wednesday, September 13 7 - 10 a.m.
Wednesday, September 20 7 - 10 a.m.
Wednesday, September 27 7 - 10 a.m.

ALL TESTS WILL BE DONE BY APPOINTMENT*
CONTACT BRIAN COLES TO SCHEDULE AN APPOINTMENT,
EXT.6511

WALK-INS WILL BE ACCOMMODATED AS SCHEDULE PERMITS

Location: Classroom 102

COST

Active Employees/Spouses/Retirees - All Tests Free Contractors - Cost \$20-\$50+/-

TESTS AVAILABLE

Blood Sugar Hx: A1-C

BP: Blood Pressure

PSA: Prostate-Specific Antigen

Lipid Panel: Blood Cholesterol

Metabolic Function: Liver/Kidney/Electrolytes

HRA: Health Risk Assessment

No food should be ingested for at least 12 hours prior to the screening.

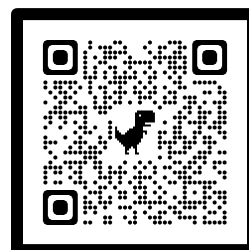
ONLY water is allowed and is important. STAY HYDRATED!



Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside Brian's office.

- **Health Fair** (scan QR code for details)
- **New Health Fair Participation Initiative**
- **Leafyfest – Consume more healthy, leafy vegetables**
- **Pre-hunt and reach your fitness peak**
- **Kind Words and Be Positive**



Ongoing/repeatable each quarter:

Shoulder Protection Initiative – Radon Test – Diabetes Prevention and BP/Cholesterol Improvement Initiative – 4 Qtr. Prove IT Fitness Challenge-Weight Loss Challenge and Maintenance Program – 100 winks improve sleep initiative