

Health Watch

Paying attention to parents of ADHD kids

By Matt McMillen
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The parents of a child with attention-deficit hyperactivity disorder (ADHD) should be tested for the condition themselves soon after the child's diagnosis, the authors of a new study conclude.

The study, which was conducted by University of Maryland researchers and published in the December issue of the Journal of the American Academy of Child & Adolescent Psychiatry, found that parents of children who have ADHD are more than 20 times more likely to have ADHD than parents whose children do not.

And if their children also have other serious behavioral problems, the study says, the parents' risk for other psychological disorders, such as depression, anxiety and substance abuse, is as much as five times the norm.

Why the need to quickly identify parents of recently diagnosed children?

"It's critical to have parents performing at their best," says Andrea Chronis, director of the ADHD program at the University of Maryland and the study's lead author, "so that the child can perform as well as possible. ... [But] if a child has ADHD and the parents do, too, you can imagine the difficulties."

ADHD, which affects an estimated 3 to 7 percent of school-age children, often continues into adulthood. The inability to organize and to pay attention, two hallmark symptoms of the disorder, can cause parents to miss their child's doctor's appointments, forget to give the child medication and fail to stick with a treatment plan.

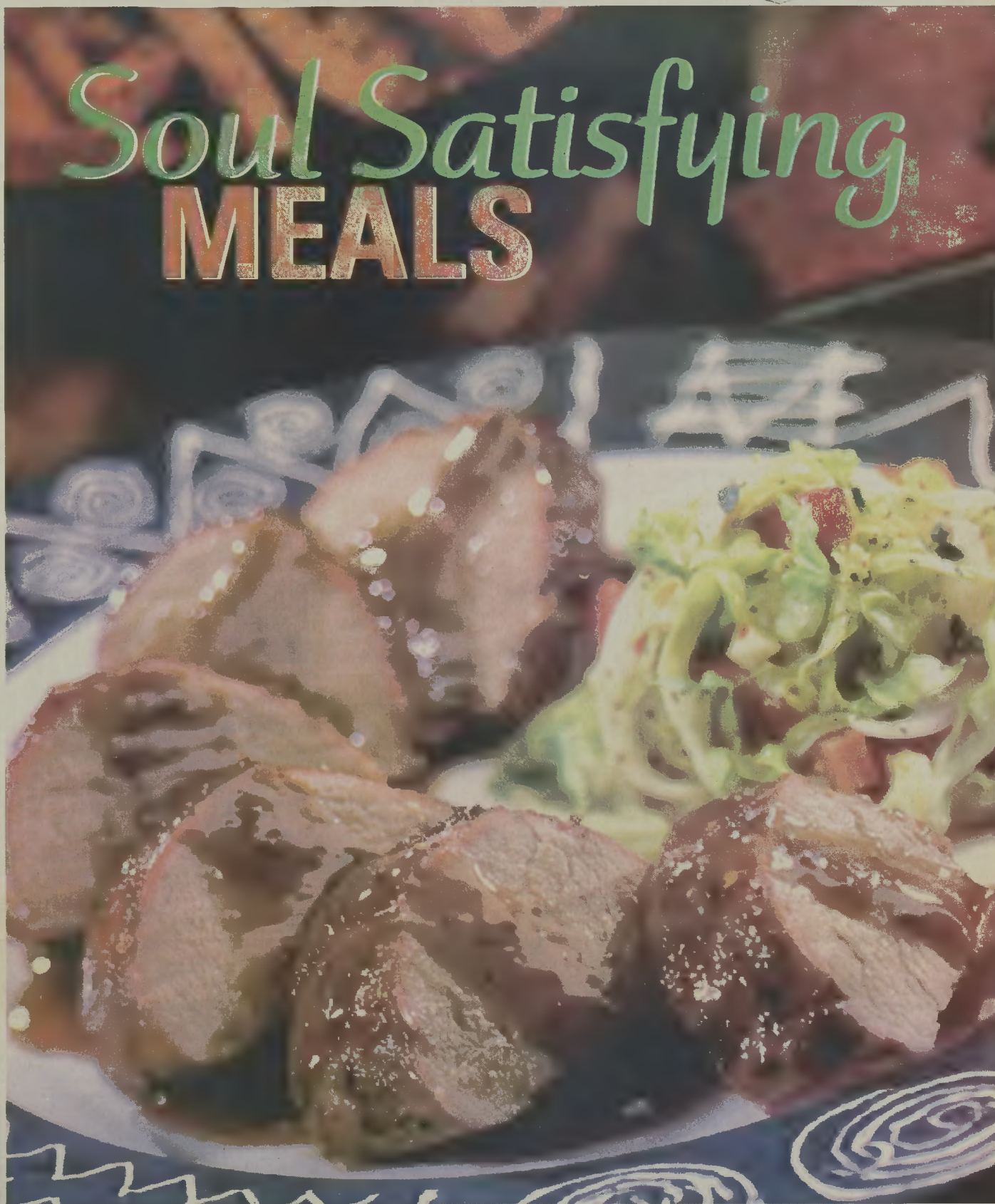
Parents with disorders such as depression and anxiety, says Chronis, tend to be withdrawn and irritable; they laugh and smile less, and engage less with their children. Such problems, she writes, "likely contribute to reciprocal patterns of negativity between parents and children."

The study involved 98 children ages 3 to 7 who had been diagnosed with ADHD and 116 non-ADHD children of similar age. The mother of each child was interviewed to determine whether she and/or the child's father had a history of ADHD, depression, anxiety, substance abuse or antisocial personality disorder. Fathers were not interviewed.

According to the study, 0.9 percent of the mothers in the control group met the criteria for having had ADHD as children. Among mothers of ADHD kids, 16.7 percent had had ADHD symptoms themselves. (The study did not assess whether they continued to meet the diagnostic criteria as adults or whether they had been diagnosed or treated for ADHD as children.)

Markedly high levels of other psychological disorders were noted among the parents whose children had ADHD, especially those whose children also had

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Oven roasted sweet potato fries with sweet & spicy rub, sautéed Southern cabbage slaw and Caribbean Jerk. There's also tenderloin with pineapple glaze.

Slimmer SOUL FOOD TIPS

Lighten Cooking Techniques — Instead of breading and frying, try grilling, roasting or broiling. High heat methods like these utilize a browning reaction that helps add flavor to the foods' surface.

Watch Portion Sizes — Use visual cues to create a correctly proportioned meal. One meat serving should be approximately the size of a deck of cards. Side dishes should be the size of a small fist.

Measure Your Ingredients — Measure each ingredient instead of "eyeballing it" to give you a sense of what a tablespoon or teaspoon actually looks like.

Make Healthy Substitutions — Instead of butter, use olive oil, which is high in monounsaturated fats and may actually be beneficial for your heart. Substitute reduced-fat mayonnaise for regular mayonnaise in salads and slaw. To save calories and fat in classics like macaroni and cheese, switch to reduced-fat dairy products.

Use Culinary Creativity — For a zippy appetizer, drizzle jicama with fresh lime juice, then sprinkle lightly with a blend of seasoned salt and cayenne pepper. Get in that extra fruit serving with grilled pineapple rings brushed with a bit of your favorite marinade. For a zesty "dirty rice," add a splash of Caribbean Jerk Marinade With Papaya Juice to the water you cook the rice in.

FAMILY FEATURES

Some call it down-home cookin'. Others say, Southern-style. No matter how you say it, soul food is "soul-satisfying." Versatile and rich in culinary heritage, soul food dishes can be found in the finest restaurants, at family celebrations and on the kitchen tables of home cooks across the country.

Delicious any time of year, today's soul food is no longer defined by "high in fat, high in calories."

Soul food earned its colorful reputation by the use of fatty meats and high-fat cooking techniques. By replacing traditional meats with leaner protein choices, soul food can still be authentic, yet lower in fat. Cuts like Swift Natural Fresh Pork Tenderloin and Pork Loin Chops are great alternatives. They meet the American Heart Association's guidelines for heart-healthy levels of fat, saturated fat and cholesterol, and carry the "heart-check" certification.

Try experimenting with dry rubs, marinades and glazes to flavor savory favorites. Caribbean Jerk Tenderloin With Pineapple

Glaze, an easy yet elegant twist on "Mama's Sunday Roast," is marinated in a combination of Lawry's Caribbean Jerk Marinade With Papaya Juice and fresh pineapple juice to kick up the flavor with less fat and sodium.

Flavor layering — using complementary ingredients together at different stages of a recipe — is another way to impart mouthwatering taste. Louisiana Red Pepper Chops With Orange Grilling Sauce features a Southern-inspired marinade combined with a mouthwatering glaze brushed on during the last few minutes of grilling.

With simple changes and creative flavor secrets, soul food can be lusciously lightened up!

Many traditional soul food side dishes are nutritional powerhouses. Sweet potatoes, or yams, are full of vitamin A, beta carotene and are a good source of calcium. Instead of drenching them with butter and sugar, try Oven Roasted Sweet Potato Fries with a spicy homemade dry rub.

Roasting at high heat brings out the potatoes' natural sweetness.

Okra Succotash is a perfect go-along to any main dish. What's more, okra is naturally low in calories and contains vitamins A and C. Sautéed Southern Cabbage Slaw gets its flavor from caramelized onions, carrots and sweet red bell pepper combined with perfectly blended seasonings.

So whether it's comfort food or home cookin' you're craving, these recipes and tips are sure to lighten your soul.

Caribbean jerk tenderloin with pineapple glaze

Prep. time: 5 minutes
Marinate time: 3 hours
Cook time: 30 to 35 minutes

1/2 cup Lawry's Caribbean Jerk Marinade with Papaya Juice, divided
2 cups fresh pineapple juice, divided
1 to 1-1/2 pounds Swift Natural Fresh Pork Tenderloin

In large resealable plastic bag, combine 1/4 cup Caribbean Jerk Marinade, 1 cup pineapple juice and pork tenderloin; seal bag. Marinate in refrigerator 3 hours or overnight. Remove tenderloin from bag; discard used marinade mixture.

Place in shallow baking dish. Roast in preheated 400°F oven until internal temperature reaches 160°F, about 30 to 35 minutes. Meanwhile, in small saucepan, combine remaining 1/4 cup marinade and 1 cup juice. Bring to a boil, reduce heat to medium and simmer 25 to 30 minutes, stirring occasionally, to reduce and thicken glaze. Spoon glaze over tenderloin before serving.

Makes 4 to 5 servings.

Oven Roasted Sweet Potato Fries

Prep. Time: 10 minutes
Cook Time: 30 to 35 minutes

1-1/2 pounds sweet potatoes*, peeled and sliced into 1/2-inch-thick fries

1-1/2 tablespoons olive oil
1 tablespoon Sweet & Spicy Rub, divided (recipe follows)

In large resealable plastic bag, combine sweet potatoes, oil and 1 1/2 teaspoons rub; seal bag and shake to coat. Spread potatoes evenly over baking sheet. Roast in preheated 425°F oven 30 to 35 minutes, stirring halfway through cooking time. Remove from oven and toss with remaining 1 1/2 teaspoons rub.

Makes 4 servings.

*Sweet potatoes, the dark orange skin variety, are sweeter and easier to slice and are often labeled "yams" in the market place.