



September 2014

Welcome to the Fall 2014 edition of **Healthy Carroll Families**, our electronic media campaign with information designed to help you take the next step in your family-based approach to healthy weight.

The survey sent with our Spring edition indicates that our readers enjoy Healthy Carroll Families handouts very much and share it with others! Our plan is to continue distributing this publication.

Our handouts for this edition are:

- **“Raising Healthy Eaters”**, with ideas to help children develop good healthy-eating habits.
- **“Fall into a New Walking Program”** provides information about our community-wide walking challenge, *Walk Carroll*.
- **“Fall Recipes”**, with a pair of healthy pumpkin treats to enjoy!
- **“Seasonal Flu: What You Need to Know”** - a timely update on recommendations for staying well in the upcoming colder months.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our web site, HealthyCarroll.org

Chronic Disease Prevention and Intervention Leadership Team

Connecting people. Inspiring action. Strengthening community.



535 Old Westminster Pike, Suite 102
Westminster, MD 21157

Telephone: (410) 871-7645
Fax: (410) 871-6325

www.HealthyCarroll.org

Fall into a New Walking Program



The beginning of a new season and new school year is the perfect time to begin a new routine. Following an active lifestyle reduces the risk of chronic diseases such as obesity, diabetes, and heart disease. A 2012 community needs assessment for Carroll County determined that only 33.6 percent of residents engage in the recommended amount of moderate physical activity (approximately 150 minutes per week for adults 18-64). Physical activity can also help to improve mood and reduce anxiety and depression. Make physical activity part of your everyday stress-relieving routine, starting this fall! One of the easiest ways to increase physical activity in your routine is to start walking more.

Start out easy by adding just fifteen to twenty minutes of walking each day, and build your distance and pace up to where you are comfortable. Make sure to wear comfortable shoes and clothing, drink plenty of water, stay protected when walking in the sun, and try to bring a phone if walking alone.

For support and encouragement in getting more active, come out and participate in one or all of the many free *Walk Carroll* events happening this fall. *Walk Carroll* is a free walking and exercise program for anyone that lives, works, or plays in Carroll County. Come out and walk with a group to meet other walkers, learn about local parks and walking trails, enter raffles for prizes, learn health information, and have fun. No registration is necessary and all ages and activity levels are welcome. We encourage you to register online with the *Walk Maryland* web site to make goals, log your miles, and track your activity.

Join us at a *Walk Carroll* event this fall. Upcoming dates are listed in the introduction to this handout. Also, check HealthyCarroll.org and [Facebook.com/WALKCARROLL](https://www.facebook.com/WALKCARROLL) for *Walk Carroll* updates and events as they are planned. Start walking this fall with *Walk Carroll*!



*Connecting people. Inspiring action.
Strengthening community.*

L.E.A.N. Carroll
A family approach to healthy weight



Raising Healthy Eaters

Help your children develop healthy eating habits to last a lifetime.

Offer meals and snacks at specific times. Children need routines and structure. Have a schedule for meals and snacks, and stick to it so kids know what to expect. Try to have family meals together as often as possible, and avoid eating in front of the television.

Parents decide which foods to buy and what is offered for meals and snacks. Consider your family's preferences, but make sure there is a wide variety of wholesome food and possibly "extras" for an occasional treat. Research shows that restricting foods makes them appealing, and children are likely to eat more of them when given the chance. Try to remain neutral about all foods.

Avoid pressure at meal and snack time. Forcing children to eat certain foods, to eat more or less, or insisting on a "clean plate" is pressure, and almost always fails. Kids need to learn to listen to internal cues about hunger and fullness. Let them choose what and how much to eat of meals and snacks that you provide. Remember that appetites can vary from day to day. You may need to serve a new food many times for a child to accept it, but they are more likely to enjoy it when eating it is their own choice. What a child eats over the course of a few days is more important than an individual meal.

Food is just food. When food is used to reward or bribe eating may be associated with emotions such as happiness or stress. Offer hugs, praise and attention instead of food.

Children eat because food tastes good, not because it is good for them. A little margarine or dip may increase the chances of a vegetable being accepted. Tastes change over time, and gradually your children may grow to like foods they rejected in the past.

Be a good role model. Children learn from watching you. Let your child see you enjoying a variety of foods.



For more information about raising healthy eaters see:

www.choosemyplate.gov

Kids Eat Right: www.eatright.org/kids



L.E.A.N. Carroll
A family approach to healthy weight

Connecting people. Inspiring action. Strengthening community.

Fall Recipes

Curried Pumpkin Soup

Ingredients

- ½ pound fresh mushrooms, sliced
- ½ cup chopped onion
- 2 Tablespoons margarine
- 2 Tablespoons all-purpose flour
- 1 teaspoon curry powder
- 3 cups vegetable broth
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (12 ounces) non-fat evaporated milk
- 1 Tablespoon honey**
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ground nutmeg

** Honey is not recommended for children under 1 year old.

Directions

1. Sauté mushrooms and onion in margarine until tender. Stir in the flour and curry powder until blended. Gradually add the broth.
2. Bring to a boil, cook and stir for 2 minutes or until thickened.
3. Add remaining ingredients and heat through.

Serving size ¾ cup. Makes 8 servings.

Nutrition Facts/Serving: Calories 110; Protein 5 grams; Fat 3.5 grams; Saturated fat .5 gram; Carbohydrate 17 grams; Fiber 3 grams

Source: Oregon State University Extension
www.foodhero.org

Pumpkin Pudding

Ingredients

- 1 can (15 ounces) solid-pack pumpkin
- ½ teaspoon cinnamon or ½ teaspoon pumpkin pie spice
- 1 ½ cups nonfat milk
- 1 package (1 ounce) instant sugar-free vanilla pudding

Directions

1. Mix pumpkin, spice, and milk together.
2. Add instant pudding mix and stir slowly for about one minute until it thickens.
3. Refrigerate until serving time.

Serving Size ½ cup. Makes 8 servings

Nutrition Facts/Serving: Calories 45; Protein 3 grams; Fat 0 grams; Fiber 2 grams; Sugars 4 grams

Source: Iowa State University Extension
<http://www.extension.iastate.edu/foodsavings/>



L.E.A.N. Carroll

A family approach to healthy weight


The Partnership
for a Healthier Carroll County

Connecting people. Inspiring action. Strengthening community.



Seasonal Flu: What You Need to Know

It is September, and as summer fades into fall, another season also begins – the flu season. Flu is a contagious illness caused by influenza viruses that infect the nose, throat, and lungs. In Maryland, flu season can begin as early as October and last until May.

Experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. The droplets can land in the mouths or noses of people nearby. Less often, a person might get the flu by touching a surface or object with flu virus on it and then touching their own mouth, eyes or nose.

Flu can cause mild to severe illness, but sometimes it can lead to death. Some people, like older adults, young children, and people with certain health conditions, are at higher risk for serious complications from the flu. The best way to prevent flu is by getting the flu vaccine each year in the fall. Everyday steps to stop germs from spreading are important, too.

TO PREVENT FLU

Get the vaccine.

Everyone 6 months of age and older should get a flu vaccine. Flu vaccines are available as an injection through a needle, or as a nasal spray. Different vaccine formulations are available. Since guidelines may vary, consult your doctor to decide which one is best for you.

Take steps every day to stop germs from spreading.

- Wash hands often with soap and water or clean with alcohol-based hand sanitizer.
- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inner crook of your elbow.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Avoid crowds. Flu spreads easily in crowded areas.
- Avoid close contact with people who are sick.
- If you are sick with flu-like illness, limit contact with others.

You can receive your influenza vaccination at many pharmacies throughout the county or from your primary care provider. If unable to leave home due to a medical condition, contact a home health agency such as Carroll Home Care (410-871-8000) to arrange for a home visit.

