



September 2015

Welcome to the Fall 2015 edition of **Healthy Carroll Families**, our electronic media campaign designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- **Family Meals Matter** which explains the benefits of eating together and offers some tips to help you plan family meals,
- **Move More** discusses the importance of regular physical activity,
- **Create a Skillet Meal** gives ideas for family dinners,
- **Seasonal Flu: Questions and Answers** includes the latest information from the Centers for Disease Control on how to avoid the flu this season.

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

Have a safe and healthy season, and look for our Winter edition of *Healthy Carroll Families*.

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Move More

Children are more likely to be active if they feel supported by friends and family, and are surrounded by others who are active. Sixty minutes a day of moderate to vigorous activity is recommended for children, but it doesn't have to be all at once.

The recommendations for adults is 2½ hours of activity a week.

Being active can help you:

- Feel better about yourself
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Increase your chances of living longer



Here are some ideas to move towards a more active lifestyle:

- Visit HealthyCarroll.org to learn about **Walk Carroll** and take a family walk or join a walking club.
- Give children toys that encourage physical activity like balls, Frisbees, and jump ropes.
- Plan a fun family activity that requires little or no equipment. Think about riding bikes together, jogging, jumping rope, playing tag, dancing, and scavenger hunts
- Plan parties with activity, such as bowling or roller skating.
- Create “competition night” and include your children’s friends in backyard ball games or volleyball. You can also have a competition with different exercises. Find out who can do the most push-ups or jumping-jacks in two minutes, etc.
- Encourage children to join a sports team or try a new physical activity. Find out what is offered through community recreation councils.
- Limit TV time and keep the TV out of a child’s bedroom.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- The goal is to keep your family active and have fun at the same time.

Adapted from www.letsmove.gov

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

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Family Meals Matter



It can be a real challenge for families to eat together regularly, especially considering work schedules and children's activities. October is ***Eat Better, Eat Together*** month, to remind us that family meals are a tradition that can add to everyone's health and well-being. Even if you can only manage to eat together once a week, it is a start.

Why family meals?

- They provide a chance for socializing, exchanging ideas, and forming stronger family relationships.
- Children are more likely to eat fruits, vegetables and whole grains.
- Children learn about reasonable serving sizes and can try new foods.
- They offer a chance to improve cooking skills. Research has shown that cooking with kids and assigning jobs at mealtime promotes independence and a sense of responsibility in the kitchen.
- Meals prepared at home save money.
- Teens who eat regular family meals are less likely to drink alcohol, smoke, or use other drugs/ substances.

Tips to get everyone to the table:

- Plan weekly menus to avoid the stress of figuring out what to prepare at the end of the day, when everyone is tired and hungry. Get input from the family about their favorites.
- Have a "No Excuses" night when everyone has dinner together, (breakfast and lunch are possibilities too), no matter what. Mark it on the calendar.
- Emphasize the importance of being together, not creating an elaborate meal. Eating take-out food together counts as a family meal.
- Use quick and easy cooking methods like skillet dinners and stir-fry, or use your microwave, grill, or crockpot.
- Collect quick and healthy recipes. Use plenty of fruits, vegetables, whole grains, and lean protein.
- Double up on your recipes and plan for leftovers.

At the table:

- Turn off the television and cell phones and talk.
- Keep the conversation positive, light and fun, resist criticism and discipline.
- Give everyone a chance to talk, learn more about each other and plan family activities.

Eating together can nourish the body and mind, and be fun too!

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Create a Skillet Meal

Protein	Starch	Vegetables	Liquid**	Sauce	Flavors
1 pound	Uncooked	2 or more cups total	1½-2 cups	Optional	One or more
Chicken Turkey Ground beef Ham Canned: Tuna Salmon Cooked dried beans: Pinto Kidney Black Navy Soy crumbles Firm tofu	Rice: ¾ cup Pasta: 1cup Elbows Shells Orzo Rotini Egg noodles Cubed Potatoes: 2 cups	Fresh, frozen, or canned Use 1-3 different vegetables Broccoli Cabbage Carrots Corn Green, lima beans Mixed vegetables Mushrooms Peas Spinach Zucchini	Water Broth Tomato juice ** add more as needed to allow starch to cook and prevent dish from becoming too dry	Reduced- fat cream soups: 10-ounce can Diced tomatoes, un-drained 15-ounce can Spaghetti or pizza sauce 1-2 cups Other prepared cooking sauces	½ cup chopped onion, celery, green or red bell pepper 1-2 cloves minced garlic ½ cup salsa 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, rosemary, etc.) Salt and pepper to taste

Directions:

Select a food from each category. Brown meat, if using. Chop into uniform sized pieces if preferred. Add remaining ingredients to pan, cover and cook in a skillet over medium heat. Stir frequently until meat is thoroughly cooked, and vegetables and starches are tender, 15-45 minutes.

Serves 4

Example: 2 cups black beans, ¾ cup brown rice, 2 cups corn, 2 cups water, 1 can diced tomatoes, ½ cup chopped onion and green pepper, 2 teaspoons chili powder



Source: Adapted from Utah State University Extension, Food Sense <https://extension.usu.edu/foodsense/>

Seasonal Flu Questions & Answers



Question: What is predictably unpredictable?

Answer: Seasonal flu!

What is flu? Flu is a contagious illness caused by viruses. It is believed to spread through the air on droplets made when people with flu cough, sneeze, or talk. A person might also get the flu by touching an object with flu virus on it and then touching their own mouth, eyes or nose. Symptoms of flu include fever, sore throat, cough, headache, runny or stuffy nose, and muscle aches.

What is unpredictable about flu? Experts do not know exactly when the flu season will start in any year, how severe it will be, or how long it will last – but “flu season” can begin as early as October and last until May.

How can people keep from getting the flu? Get vaccinated. It takes about two weeks for the flu vaccine to provide full protection. Get vaccinated early in the fall to be protected once flu begins to circulate in the community.

Who should get the flu vaccine?

The CDC recommends that everyone 6 months of age and older get the flu vaccine. Consult your doctor to find out which type (injection or mist) is best for you, or if you have a condition that makes vaccination unsuitable.



How can I stop flu 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,
- Avoid crowds,
- 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 or from your primary care provider. If unable to leave home due to a medical condition, contact a home health care agency for a visit.

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