

Fall 2019

Healthy Carroll Families



In this Issue:

- **Family Meals**
- **Hit the Trails**
- **Unplugged**
- **Fall Recipe**



Welcome to
Healthy Carroll Families
for Fall 2019.

Healthy Carroll Families is
our media campaign with
information designed to
help you take the next step
in your family-based
approach to healthy living.

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 website,

HealthyCarroll.org.

Please call or email
The Partnership with any
questions, feedback, or
suggestions you may have
about Healthy Carroll
Families. We look forward
to hearing from you.

ThePartnership
@healthycarroll.org
410-871-7442



535 Old Westminster Pike, Suite 102
Westminster, MD 21157

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

www.HealthyCarroll.org

FAMILY MEALS

For even the littlest family members, sharing a dinner at the table with family does several things. First, all phones should be put away, including the adults at the table. Dinner time (or another planned family meal) helps promote language skills as you talk with your kids about their day, improves dexterity through the use of utensils, and helps them develop social skills like proper manners and taking turns.

One study, published in the journal Pediatrics, found that kids who regularly enjoyed family meals were less likely to experience symptoms of depression and less likely to use drugs. The true benefits don't come from the meal itself, it comes from the environment you create. Not everyone has to be present. It can be one parent, grandma and grandpa, or even an aunt or uncle. The meal doesn't have to be an extravagant event, it can be something as simple as enjoying a snack together or talking over hot chocolate, tea, or coffee. Remember to make it something that is predictable and enjoyable for everyone!

If your kids aren't used to talking to you about what's going on in their lives when they are 8 or 10, it's harder to get them talking when they are 12 or 14.



Sources: <https://www.casafamilyday.org/> & <https://www.stresshealth.org/family-meals-falling-by-the-wayside-time-for-the-family-dinner-project/>

HIT THE TRAILS

As Carroll County residents, we don't always take advantage of the beautiful parks and trails that surround us. No matter where you live, you are probably only a short drive away from a park or trail to enjoy a family hike or bike ride. These are also great ways to spend family time, especially before the winter hits!

According to the Centers for Disease Control and Prevention, engaging in physical activity such as hiking and biking lowers the risk of the following:

- Cardiovascular disease
- Type 2 diabetes
- Stroke
- Depression

In addition to the health benefits of hiking and biking, such as improving cardiovascular and muscle endurance, you may find other benefits like:

- Learning about nature
- Allowing your family to spend uninterrupted time together
- Boosting mood
- Increasing energy levels



For a list of Carroll County's parks and trails please visit the Carroll County Recreation and Parks website at carrollcountymd.gov. For more information please contact Recreation and Parks at 410-386-2103 or ccrec@carrollcountymd.gov.

Sources: <https://www.cdc.gov/healthyplaces/healthtopics/parks.htm> & www.cdc.gov/vitalsigns/walking/index.html

**TICKETS
ON SALE
NOW**
bit.ly/BRAVETICKETS
carrollcountyartscouncil.org

this is my
BRAVE
THE SHOW
Carroll County

October 24, 2019, 7PM
Carroll County Arts Council,
91 W Main St, Westminster, MD 21157

THE PARTNERSHIP
for a Healthier Carroll County

CARROLL HOSPITAL
A LifeBridge Health Center
CARE BRAVELY

Carroll County
Health Department
PUBLIC HEALTH

For more information
go to:
HealthyCarroll.org



UNPLUGGED

In today's world the majority of our communication is technology based. We have access to an enormous amount of information right at our fingertips. While technology, social media, texting, and all the rest are useful, we need to set aside time to "unplug" from the rest of the world. The most important, exciting, and beautiful moments in life are happening all around you. If you don't take time to "unplug" from your phones, computers, televisions, video games, and tablets, you might just miss those special moments!

According to Mayo Clinic, too much or poor quality screen time has been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

They also suggest ways to limit your child's screen time:

- Create tech-free zones or times, such as during mealtime or one night a week
- Discourage use of media entertainment during homework
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime
- Consider using apps that control the length of time a child can use a device
- Require your children to charge their devices outside of their bedrooms at night
- Limit your own screen time
- Eliminate background TV

Source: www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952



CINNAMON CROCKPOT APPLESAUCE

Ingredients:

- 10 large Macintosh apples
- 1/3 cup water
- 1.5 teaspoons cinnamon
- 1 to 2 tablespoons maple or honey

Instructions:

1. Begin by coring, peeling, and slicing your apples.
2. Place apples into a large slow cooker and top with about 1/3 cup of water, 1.5 teaspoons of cinnamon, and 1-2 tablespoons of maple or honey.
3. Let cook on high for about 4 hours. Once the apples are extremely mushy, you know your apples are done! Use a fork to mash the apples to your preferred consistency.

Source: Lee Hersh <https://fitfoodiefinds.com/crock-pot-cinnamon-applesauce/>



**Share
the Love**

**Not
the Flu**

The flu is a contagious illness caused by flu viruses that infect the nose, throat and lungs.
EVERYONE is at risk for getting the flu!

Protect yourself, your loved ones and your community by getting the flu vaccine each year.

- EVERYONE 6 months and older needs to be vaccinated—to protect themselves as well as their loved ones, coworkers and those around them! You cannot get the flu from the flu vaccine.
- The flu can cause serious health problems especially in children younger than age 2, adults 65 and older, and adults and children who already have health conditions.
- The flu vaccine is changed each year to cover current strains, so it's important to get the vaccine EVERY year.
- Getting the flu vaccine can reduce flu illness and missed work and school due to flu. The vaccine has also been shown to reduce the risk of flu hospitalization and flu-related deaths in children.
- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.
- To prevent flu germs from spreading, wash your hands often with soap and water. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Make your plan to protect yourself and others! Talk to your health care provider for more information and guidance.



CARE BRAVELY

**Carroll County
Health Department**



Public Health
Prevent. Promote. Protect.



For resources and more information, visit the Carroll County Health Department website at cchd.maryland.gov/flu and Carroll Hospital's website at CarrollHospitalCenter.org/seasonal-flu