

Summer 2022

Healthy Carroll Families



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BENEFITS OF BEING OUTSIDE

Welcome to Healthy Carroll Families for Summer 2022. 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.

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With summer approaching and cabin fever at an all-time high, we can now look forward to the many wellness benefits associated with getting outdoors.

1. Physical Wellness

Being outside in green spaces supports an active and healthy lifestyle, which has been shown to increase life expectancy, improve sleep quality and reduce cancer risk.

2. Mental Wellness

There are many mental wellness benefits associated with being outside in green spaces, such as a lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

3. Wellness in the Community

Access to nature can benefit entire communities such as reducing environmental stressors commonly found in cities: air pollution, noise, and heat.

Whether it is a park in your neighborhood or exploring the vast landscapes of national forests and grasslands, there are benefits to be had when we step outside.

New to exercising? Do what feels comfortable to you! Try walking around your neighborhood or at a local park. Invite a friend! Walking with friends can help boost our mood in addition to helping us be physically active!

Source: <https://www.fs.usda.gov/features/wellness-benefits-great-outdoors> / <https://www.carrollcountymd.gov/government/directory/recreation-parks/places-to-go/>

JOIN A WALKING GROUP!

The Partnership hosts Walk Carroll groups throughout Carroll County.

Each group is open to all ages and abilities, free of charge!



Visit HealthyCarroll.org/WalkCarroll for more information.





STAY COOL

SIGNS OF HEAT STRESS



On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion, and heat stroke are possible on hot days. Signs of heat-related illness include:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness, headache nausea, or vomiting
- Confusion, fainting, or unconsciousness
- High body temperature (over 103 degrees) with dry skin (no sweating)
- Rapid pulse

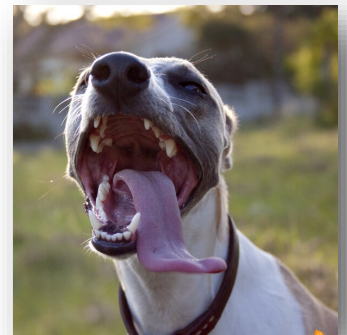
If you feel sick and suspect it may be heat-related, sip a sports drink. Get medical help if you still don't feel better. If you experience very high body temperature, rapid pulse, or dizziness it can be an emergency. Get medical help immediately.

Did you know that animals can also suffer from extreme heat? Look out for these signs in your furry friends! If you see any of the following symptoms, see a veterinarian immediately.

- Heavy Breathing
- Drooling
- Rapid Heart rate and breathing
- Pale or blue-looking gums

Heatstroke can happen to any dog, and there are a few ways to help them.

- Walking or carrying the dog to a well-ventilated, cool area.
- Spraying or sponging the dog with cool (not cold) or tepid water, especially on the underside. Do not immerse the animal in cold water.
- Using a fan to blow cool air on him.



By following these tips, you can reduce your risk of heat injury. Have a safe and enjoyable summer!

Source: <https://www.landmarkhealth.org/resource/tips-to-stay-safe-in-summer-months/> / <https://www.akc.org/expert-advice/health/heatstroke-in-dogs/>

SCHOOL'S OUT FOR SUMMER



School's out! Looking for affordable ways to keep your little ones occupied this summer? Parents.com rounded up free (and almost free) activities that can be done inside and outside of the house. Backyard camping, DIY birdfeeders, and chalk bombs, this list has activities for the whole family!

Click here: <https://www.parents.com/fun/activities/outdoor/24-cheap-summer-activities-for-kids/>

SUN SAFETY



- Choose a sunscreen with "broad spectrum" protection.
- Make sure your sunscreen has a sun protection factor (SPF) of 30 or higher. sunscreen should be reapplied **every two hours**, especially after swimming or sweating.
- Water resistant" does not mean "waterproof."
- Cover up. When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99 percent of UV light.
- Seek shade. Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.

Source: <https://www.cancer.org/latest-news/choose-the-right-sunscreen.html>

TAKE ADVANTAGE OF SUMMER PRODUCE

Shopping at a farmer's market is the easiest way to eat locally grown, fresh produce. It's easy to know where the food comes from—the grower is right there, and you can ask them. But with a wide variety of options and some lesser-known fruit and vegetable varieties, the farmer's market can feel overwhelming.



Look for summer fruits and vegetables at farmers' markets and in produce departments for the best flavor (and greatest value) when they're in season. Specific crops and harvest dates will depend on your region's climate. Maryland-grown produce is available all year round, available at farmers' markets, roadside stands, and certain supermarkets.

Source: <https://www.thespruceeats.com/summer-fruits-and-vegetables-2217706> / <https://msa.maryland.gov/msa/mdmanual/01glance/html/agripro.html> / <https://www.chesapeakeliving.com/maryland-fruits-veggies-whats-hot-whats-not/>



EASY CUCUMBER SALAD

This light and refreshing salad will be a hit all summer long! Add cherry tomatoes, diced chicken, and/or chickpeas for a more filling meal.

Ingredients

- 5 cucumbers
- 1 red onion
- 1 cup apple cider vinegar
(or white vinegar, red wine vinegar, rice vinegar)
- 1/2 cup sugar (or more to taste)
- 1/2 cup water
- 1 teaspoon salt

Instructions

Peel and slice cucumbers into thin slices. Add other ingredients to combine. Store in an airtight container for up to 3 days in the fridge. Serve cold.

Source: <https://www.landmarkhealth.org/resource/tips-to-stay-safe-in-summer-months/>





Booking It Community Resource Fair

Friday, August 5th

9:00 to 11:00 a.m.

TownMall of Westminster



Health Education



Story Stroll



Exercises



Backpack Education/Posture



Community Agencies / Resources



Give-a-ways and MUCH more!!



FREE



The Partnership
for a Healthier Carroll County

TOWNMALL
OF WESTMINSTER

Free books for kids.