



April 2023

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

EXTENSION

OSU Extension’s role in public health impacts all Oklahomans



Most Oklahomans strive to live a healthy lifestyle but may not realize the role public health plays in achieving that goal. What is public health? Megan Monteith, family and consumer sciences area specialist in health disparities for OSU Extension, said public health is to help prevent disease and promote good health for all populations.

“If you stop and think about it, public health plays a role in every aspect of your life,” Monteith said. “You get up in the morning and make a pot of coffee with clean water. You brush your teeth with that same clean water. A healthy breakfast is made with foods that are inspected after leaving manufacturing facilities that were also inspected. Knowing this gives the public confidence that the foods they’re about to put into their bodies are safe for consumption.”

Who doesn’t love to go out to eat on occasion? At the restaurant, patrons may notice the food service license signed by the state health inspector. This helps ensure the public knows the food is sanitary and has been cooked and handled properly. Public health is so many things in addition to food safety. It’s the staff at your daycare center who have been trained about the importance of hand washing and other techniques to avoid spreading disease. It’s the flyer on the bulletin board at work about the new exercise program available to employees to help reduce the risk of many diseases by staying physically active.

What else is public health? It’s the air you breathe, the vehicles you drive that pass safety inspections before being sold or the car seat safely secured in the back seat. It’s the small, clean pond in the local park that houses a family of ducks. It’s the sanitation department that regularly picks up garbage and properly disposes of it in a licensed landfill, which in turn keeps the neighborhood clean. It’s the quality care you receive in the hospital. In addition, it’s the public health officials who are on top of health issues that affect the public.

“OSU Extension offers many opportunities to the public that support the mission of public health,” she said. “We offer diabetes prevention programs, along with programs that focus on healthy eating, exercise and mental health. Our goals is to provide more educational opportunities to our clientele that supports public health.”

Programming available through OSU Extension is geared toward all ages, from young children through senior citizens and is offered free or at a low cost. Programs such as LEAD—Diabetes, Walk with Ease, Stay Strong Stay Healthy, Farm to You, Growing Strong Bodies and Minds, and many more promote good health for Oklahomans. County Extension educators provide research-based information that is valuable to everyone in the state, and this information and these programs all tie into the basis of public health.

“The pandemic taught us a lot about the importance of public health and the prevention of spreading disease, and there were some good outcomes from it,” she said. “For example, due to necessity, our Oklahoma Home and Community Education members upped their technology game to continue to be able to meet because no in-person activities were taking place. They’re all appreciative of in-person meetings now, but they now have more advanced computer skills.”

So, when you think about public health, it’s much bigger than what people realize. Public health is for everybody, every day, everywhere.

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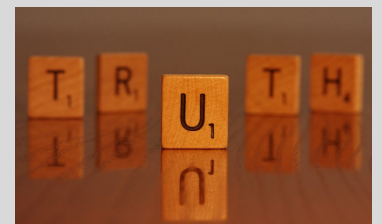
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TRUST starts and ends with Truth.

Nutrition Facts labels

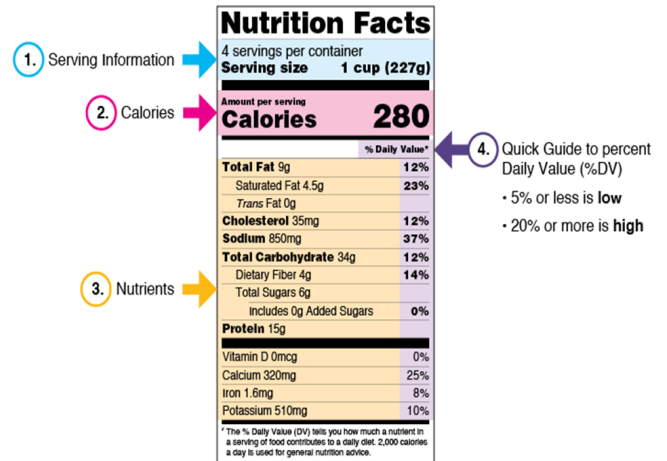
The Nutrition Facts label, found on packaged foods, has been significantly updated to make it easier to understand. Adjustments in serving sizes, calories, percent daily values and nutrients on labels are now required by the FDA because of updated scientific information, new nutrition research and feedback from the public. These changes to the labels are intended to help consumers more effectively and easily use the nutritional information, said Dr. Janice Hermann, Oklahoma State University Extension nutrition specialist.

The changes to the food label include the following:

- The serving size is in a large, bold font and serving sizes have been updated to better reflect what people actually eat.
- Calories are now shown in a larger, bolder font to better display this information.
- Added sugars are included under total sugars to help consumers understand how much sugar has been added to the product. Some foods naturally contain sugar, like fruits and dairy. The new label helps you see how much sugar is naturally present and how much is added. Consuming too much added sugar can make it hard to meet nutrient needs while staying within calorie recommendations.
- Potassium and Vitamin D are now required on the label because people need to consume more of these nutrients. Vitamins A and C are no longer required on the label, since deficiencies of these vitamins are rare today. Calcium and iron are still required on the label.

Additional health, nutrition and wellness information is available through OSU Extension.

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>



SIT LESS. MOVE MORE.

One in four adults sits for over eight hours per day. This sedentary lifestyle can increase the risk of cardiovascular disease and the more sedentary a person is, the less likely they are to maintain a healthy weight. We know that just 30 minutes of physical activity a day, most days of the week, decreases the risks of diabetes, heart disease and stroke. Activity during the day helps us sleep better at night. It eases stress, aids in digestion, and improves mental health. The list of benefits is nearly endless. Yet, we still don't move enough. Luckily, there are opportunities all day, every day, to move more.

As with any habit change, slow and steady is the best approach. Small changes are easier to implement and maintain, thus taking small steps toward a larger goal usually results in greater success in the long run. Light-intensity physical activity can be a beneficial first step in replacing sedentary behavior.

Even short episodes of physical activity have proven immediate and long-term health benefits. Adults need at least 150 minutes of moderate-intensity physical activity per week. This sounds like a lot, but divided among seven days, it's only 21 minutes per day. Even when adults with chronic conditions or disabilities are not able to meet this recommended amount, they should engage in regular physical activity according to their abilities. Any amount of activity is beneficial.

If you still find it difficult to incorporate exercise into your schedule, there are two phrases to keep in mind that might help: **“get fit 10 minutes at a time”** and **“make more active choices throughout your day”**.

To make it more convenient to get 10 minutes of activity, always have a comfortable pair of shoes nearby. This way you are ready to walk around the building where you work, a nearby trail, or in your neighborhood whenever the opportunity arises. Grab a co-worker and go for a walking stress break or get the kids outside after dinner for a few laps around the house. Consider all the things you do during the day and look for opportunities to move more such as choosing stairs instead of elevators, parking farther away from buildings, or park and walk instead of using the drive-thru.

What other tasks or leisure activities are part of your day? Screen time, phone calls, driving or riding in a vehicle? Think of these as moving moments rather than sitting moments. Keep a small pair of hand weights, a stress ball, or resistance bands to use while sitting. A gym filled with weights isn't the only way to build strength. These small inexpensive tools used throughout the day can make a big difference in muscle strength and joint flexibility. For tasks that are normally done sitting down, try standing or stretching or even standing on one foot to improve balance.

Most people would benefit from sitting less and moving more. Unfortunately, for many people, it takes a medical emergency or health scare for habits to change. Start today, start now. Remember, small amounts of additional activity each day lead to big impacts on overall health.

Read more at: <https://rutherford.ces.ncsu.edu/2022/05/move-more-sit-less/>





Don't just surf the web for information,
Get Research Based, Unbiased FACTS.

EXTENSION.ORG/SEARCH/

One stop for trusted information from the web.

This service allows you to search the resources provided by your Cooperative Extension Service using a Google Custom Search Engine that includes many of the Cooperative Extension websites provided by your Land-Grant institutions.

OHCE-NWD Meeting & Fund Raiser



**VOLUNTEERS ARE AN ANCHOR OF
EXTENSION PROGRAMMING. THANK YOU.
PLEASE KNOW THAT IT IS TRULY APPRECIATED.**

REALITY CHECK

(Lifelike Financial Scenarios for High School students)



Joyce Bensch (on left), member of Logan OHCE Club, receives a certificate from Beaver Co. OHCE President, Barbara Marshal, recognizing 40 years of membership in OHCE: Oklahoma Home & Community Education



Repurposing Heirloom Fabrics /Treasures
Beaver County OHCE April Lesson
*Handouts Available.



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OHCE NEWS

Upcoming EVENTS

- ◇ APRIL 26—**Semi-Homemade Cooking @**
Fair Ground’s Kitchen —NOON
Bring a sack lunch and a friend
- ◇ May 7-13 OHCE WEEK
- ◇ May 9 Butterflies and Hummingbirds @10am
in the Extension Office—Loren Sizelove
- ◇ June 5 Diet and Inflammation @10am
- ◇ July Easy Meals for 2
- ◇ August 22-27 Beaver County Fair & Cowchip

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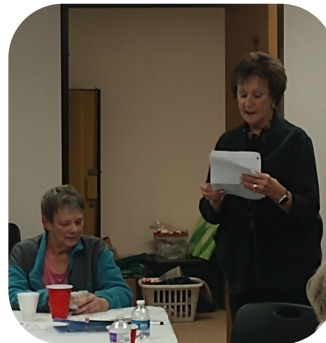
Beaver County OHCE Spring Council Highlights

Years of Recognition:

- 5 Years: Jan Bennett
- 10 Years: Leilani Carlisle
- 15 Years: Denise Manning
- 40 Years: Joyce Bensch

New Members:

- Kayleen Miller
- Jane Coleman



La Donna Oswald Meier, our special guest presenter, showed us her tremendous talent.