

STRENGTHENING OKLAHOMA FAMILIES



**GARFIELD COUNTY
EXTENSION**

OSU Extension Offers Tips to Help Reduce the risk of Cancer

No disease is 100% preventable, and cancer is no exception. Nearly 2 million people in the United States are diagnosed with cancer each year. Research shows that four out of 10 types of cancer are attributed to preventable causes, including smoking, excess body weight, physical inactivity, alcohol intake and excessive exposure to the sun.

"There has been a 32% decline in overall cancer mortality in the U.S. between 1991 and 2019 that is attributed to the reduction of smoking and advances in early detection of some cancers," said [Diana Romano, Oklahoma State University Extension](#) associate specialist with the [Community Nutrition Education Program](#).

"Unfortunately, some of the major cancer risk factors continue to be high."

Nutrition and physical activity

Eating healthy and being physically active are two ways to lessen the risk of certain types of cancer.

"Many people in Oklahoma don't consume enough vegetables, which are high in fiber and micronutrients, and low in calories," Romano said. "We need to eat a variety of vegetables – the more colors we add to our plates, the better."

Experiment with salads and other vegetable recipes. Add sauteed peppers and onions to grilled chicken for an extra kick of flavor. Add carrots, cauliflower and shredded carrots to salads made with a variety of greens. When grilling chicken, make extra that can be used to enhance a healthy main-dish salad the next day. Also, consider meatless meals that include eggs, beans, legumes or tofu.



Romano also suggests limiting sugar and alcohol consumption, as well as processed meats such as hotdogs and some lunchmeats.

"Kids can be picky eaters but letting them pick out a new fruit or vegetable each week can help them expand their palate," she said. "Also, incorporate whole wheat pasta when making spaghetti or pasta salad."

With warmer weather on the horizon, make it a point to get more physically active. Children can play in the yard or at the park after school. Families can ride bikes together or go on a nature walk. Pre-school-age children should get at least three hours of physical activity per day to enhance growth and development. Older children need 60 minutes per day, along with muscle and bone-strengthening exercise three days per week. Adults benefit from at least 150 minutes of physical activity per week.

Eliminate tobacco use

The most preventable cause of cancer is the use of all tobacco products. Research shows that smoking is associated with the development of 17 different types of cancer. Although cigarette smoking has been on a steady decline, it still exposes people to many harmful .

Garfield County OSU Extension

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chemicals that can lead to cancer development.

Skin cancer

With the weather warming up, many people will be spending more time outdoors. It's essential to protect the skin from dangerous ultraviolet rays to reduce the risk of skin cancer. Romano said the rays are strongest between 10 a.m. and 4 p.m. and outdoor time should be limited during that time.

"If you must be outside, wear light-colored clothing that covers your arms and legs, and wear a wide-brimmed hat. Apply an SPF 15 or higher sunscreen regularly to all exposed skin," she said.

Skin cancer, which is the most common type of cancer, is primarily found on areas of exposed skin, including the scalp, face, lips, ears, neck, chest, arms, hands and legs.



Garfield OSU Extension
will be closed Monday,
May 26, 2025
to honor our veterans

Med Instead of Meds

Med instead Meds will be starting Friday May 2, 12 noon at the Garfield County OSU Extension office for 5 sessions through May 31. Each class will focus on eating a healthy Mediterranean style eating pattern (a.k.a. eating the Med Way) as well as a food demonstration/lunch at each session. Recipes and steps to incorporate this style of eating will be shared. The class size is limited, cost for the 5 sessions is \$40 and includes a lunch at each meeting. Enroll by calling 580-237-1228 by April 16.



Stay Strong, Stay Healthy

Classes will be offered at the Garfield Extension Office, 316 East Oxford, Enid each Monday and Wednesday starting May 5 through July 2, 2025, from 12:30-1:30 each day. There will not be a class on May 26 and June 18. This eight-week program can help you get started on the road to better health in time for summer. The Stay Strong, Stay Healthy program is built on simple strength-building exercises that will improve balance, health and state of mind. There is room for a few more participants, so call now to reserve your spot. To register, please call the Extension office at 580-237-1228 or stop by the office. There is no charge for the class.





SCAN TO
REGISTER
TODAY!

GARFIELD COUNTY
WALK THIS MAY

\$15

Community Walk each Tuesday starting May 6th at 12:30 pm
at the large pavilion in Crosslin Park

Join the Walking Challenge!

May 1st—31st

- ▶ CREATE ACCOUNTABILITY TEAMS OF UP TO 5
- ▶ EASILY LOG MILES W/PACER FOR TEAMS APP
- ▶ GRAND PRIZES, WEEKLY PRIZES & RAFFLE PRIZE
- ▶ FACEBOOK GROUP MOTIVATION & INTERACTION



REGISTER BY APRIL 13
TO RECEIVE
FREE EVENT T-SHIRT!

Chicken Waldorf Salad

Makes: 4 Servings Preparation Time: 15 minutes

This recipe is a perfect way to use leftover chicken. With just 15 minutes of prep time, this recipe will be ready in a snap. No leftovers? Use the quick tip below for poaching boneless, skinless chicken breasts. You can also use store-bought rotisserie chicken. If you do, keep in mind that it's already salty and omit the salt in the dressing.

Ingredients

- 1/3 cup low-fat mayonnaise
- 1/3 cup nonfat or low-fat plain yogurt
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 3 cups cooked chicken breast, chopped
- 1 medium red apple, diced
- 1 cup red or green grapes, halved
- 1 cup celery, sliced
- 1/2 cup chopped walnuts, divided (toasted if desired)

Directions

- Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl.
- Add chicken, apple, grapes, celery, and half of the walnuts. Stir to coat well.
- Serve topped with the remaining walnuts.

Notes

- Quick Tip: If you want cooked chicken in a hurry, the easiest way to cook it is to poach it (one pound of raw boneless, skinless chicken breasts yields about 2 1/2 cups chopped or shredded cooked chicken). Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low, and simmer gently until the chicken is cooked through and no longer pink in the middle (approximately 10 to 15 minutes).

Nutrients	Amount
Total Calories	356
Total Fat	16 g
Saturated Fat	2 g
Cholesterol	78 mg
Sodium	408 mg
Carbohydrates	23 g
Dietary Fiber	3 g
Total Sugars	15 g
Added Sugars	1 g
Protein	31 g
Vitamin D	0 mcg
Calcium	109 mg
Iron	2 g
Potassium	537 mg



Source: USDA MyPlate



**IMPORTANT
MESSAGE!!!**

Due to postage costs and a limited postage budget, we will combine the April and May FCS Newsletter. Be sure and save this newsletter for reference.

Education Workshops for April/May

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

OHCE Spring Association Meeting Tuesday, April 15 6:30 pm

Hostesses for the Spring meeting is the Pioneer Wheathearts group. A fun evening with the theme of Hop into Spring. Sheri Bumgarten will be our guest speaker with plans for an exciting county fair this fall.

OHCE Board Meeting April 7, 9:30 am

We will be planning activities for OHCE week at our meeting April 7 and completing information for our Spring meeting April 15.



OHCE Week May 4—10

Cookies for Vance Air Force Base

Cookies for Vance are due to the Extension Office by the 2nd Monday of that month. 10-12 dozen cookies packaged in small bags of 2-3 cookies each can be left in the conference room freezer for pick up by our Vance AFB Liaison. **True Honest Workers** are providing cookies for **April** and **Casa La Mia** for **May**.



Leader Lessons for April & May OHCE Meetings

March 26, 2 pm the District lessons will be presented. Please let the office know which lessons (How Walkable is



Your Community or Working with Food Pantries) your group will need copies printed. Joy will review each lesson.

April 30 (DATE CHANGE FROM OHCE BOOK) will be the May

meeting lesson on the Benefits of Honey. Lindy from Kingfisher will be presenting this lesson. June is a free month, so plan a fun family or group activity with your group.



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Joy Rhodes
Extension Educator, FCS/4-H Youth Dev.

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Garfield County Cooperative Extension Service
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Dates to Remember

March 26 — Leader Lesson
April 7 — OHCE Board Meeting
April 15 — OHCE Spring Assoc. Meeting
April 30 — Leader Lesson
May 2—Med Instead of Meds Class
May 4-10 — OHCE Week
May 5 — Stay Strong, Stay Healthy
May 6 — Walk This May



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