

STRENGTHENING OKLAHOMA FAMILIES



Celebrate National Nutrition Month®

GARFIELD COUNTY EXTENSION

While the need to focus on making informed food choices is something that should go on year-round, the Academy of Nutrition and Dietetics pays special attention to healthy eating each year in March, which has been designated National Nutrition Month®.

This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity, while also highlighting the expertise of registered dietitian nutritionists.

"Of course, we want everyone to focus on making informed nutritional decisions every day and designating a month out of each year to really focus on healthy habits is a great way to help people meet their nutritional goals," said Diana Romano, Oklahoma State University Extension assistant specialist. "Keep in mind it's not just about food – developing sound physical activity habits also play a role in good health."

Enjoying different flavors of the world not only is a chance to learn more about your own food culture, but those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. As an added bonus, you may even discover new ingredients and flavors you've never experienced before.

with a world of flavors



"It's always fun to try new recipes and foods from other cultures," Romano said. "Trying new flavors and foods from around the world can also help you increase the variety of foods you eat. It's easy to get in a rut when it comes to mealtime. During National Nutrition Month®, try at least one new recipe each week. One of them could become the next family favorite."

Experiment with new recipes for various meals during the day. Find new, exotic fruits that could be part of a breakfast smoothie or served alongside whole-grain pancakes. Try a new type of bread, such as pita, for those lunchtime sandwiches, and instead of lettuce, try using bean sprouts. Pair that sandwich with gazpacho, a type of cold soup made with tomatoes, peppers and onions.

When it comes to snack time, Romano suggests choosing healthier snacks from various food groups. Some good choices may include fruit chutney eaten with bread or cheese, raw veggies with hummus or

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tzatziki or perhaps whole-grain tortilla chips with guacamole or salsa made with veggies or fruit.

“Healthy eating options span the globe. To make things even more fun, have the family do some research on the part of the world where the recipes come from and discuss these new places around the dinner table,” she said.

OSU Extension offers additional [nutritional information online](#).

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.



District Meeting Silent Auction

We have the opportunity to start working on the upcoming District meeting to be hosted by Garfield, Woods, Alfalfa and Grant counties in 2023. To raise “seed” funds for the meeting it was decided that each local OHCE group will provide a basket/item for a silent auction to be held at the meeting in Woodward March 26. If your group is not planning to attend, please deliver your donation to the Extension office by March 23 and we will get it to Woodward. Any item that you might be interested in purchasing would be a great for the silent auction.



Eat Healthy Be Active

A free series of programs will be held starting April 18-May 23 for 6 weeks. Classes will be each Monday starting at 2 p.m. (note this time change) and held at the Enid/Garfield County Library for approximately 1 hour. Please call (580)-616-7183 or Email: mholmes@enid.org to enroll. A healthy snack will be provided as well as educational handouts at each session. These classes are part of a grant received by the Library to promote healthy living in Oklahoma.



Walk with Ease

Walk with Ease class will begin April 19 and meet each Tuesday and Thursday at 2:00 p.m. at the Cleveland Trail Head of the Enid Walking Trail. (south of Hobby Lobby). This class will run from April 19 through May 27.

Walk with Ease is a class designed for people with arthritis, but is appropriate for all. The class promotes education about arthritis self-management and walking safely and comfortably. One advantage of this walking program is the accountability to the group as you start a new habit. The program encourages members to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis. Although Walk with Ease is designed for people with arthritis it is a practical and useful resource for all. The program is designed for adults, male and female, fit or not and excellent for anyone who wants to increase physical activity to gain the benefits of exercise. There is no fee for this class. The Enid/Garfield County library will be providing a workbook for each participant that will serve as a discussion topic. The Library has

received a grant for promotion of Healthy Living for the local residents. If you can be on your feet for 10 minutes without increased pain you should be able to participate successfully. To enroll in the program contact the Enid/Garfield County Library (580-234-6313) by April 8 to register. The first class will be held April 19 starting at 2 p.m. Classes will be approximately 1 hour in length. We will meet at the Oakwood Mall Food Court in case of bad weather.

This project is brought to you by the Oklahoma Department of Libraries with a federal grant from the Institute of Museum and Library Services through the Library Services and Technology Act and Garfield County OSU Extension Service.

Walking Trail
1231 S. Cleveland
Enid, OK 73703



State Board Positions Open

Leslye Owen, state OHCE nominating committee chair, has forwarded an update about the need for OHCE members to apply for state committees and board positions. Please consider this or encourage another member that you know would be a good fit. Application forms can be found on the OHCE State Web Site or I have copies available or can email you one. Thanks for considering this leadership opportunity.

Offices/committee members needed:

- **Secretary-** We have to fill this one since it is an elected position.
- **Arrangement-** 2 members
- **Budget-** 2 members
- **By-laws-** 1 chair 1 member
- **Nominating-** 1 member
- **Cultural-** 1 chair 2 members
- **Family issues-** 1 member
- **Leadership-** 2 members



WANT TO JOIN
OUR BOARD?



12 Benefits of Walking

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. A University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. In addition to being an easy aerobic exercise, walking is good for you in many other ways.

The Benefits of Walking

1. Improve Circulation

Walking wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Post-menopausal women who walk just one to two miles a day can lower their blood pressure by nearly 11 points in 24 weeks. Women who walk 30 minutes a day can reduce their risk of stroke by 20%, and by 40% when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

2. Shore Up Your Bones

Walking can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York. In fact, one study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40%.

3. Enjoy a Longer Life

Research finds that people who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45% less likely for those who have underlying health conditions.

4. Lighten Your Mood

Walking releases natural pain-killing endorphins to the body – one of the emotional benefits of exercise. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were.

5. Lose Weight

A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

6. Strengthen Muscles

Walking tones your leg and abdominal muscles – and even arm muscles if you pump them as you

walk. This increases your range of motion, shifting the pressure and weight from your joints to your muscles.

7. Improve Sleep

Studies found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk

8. Support Your Joints

The majority of joint cartilage has no direct blood supply. It gets its nutrition from joint fluid that circulates as we move. Movement and compression from walking "squishes" the cartilage, bringing oxygen and nutrients into the area.

9. Improve Your Breath

When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Slow Down Mental Decline

A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17% decline in memory, as opposed to a 25% decline in women who walked less than a half-mile per week.

11. Lower Alzheimer's Risk

A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease than those who walked less.

12. Do More for Longer

Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living for people who are older than 65 and have symptomatic OA, a study published in the Journal of Clinical Outcomes Management found.

Source: Arthritis Foundation



OHCE News & Notes

Barn Quilt Workshop

A Barn Quilt class is scheduled for Tuesday March 15. Class will run from 9:30 am-approximately 3 p.m. Cost is \$35 and includes all supplies to complete a 2x2 ft wooden barn quilt. Patterns are provided or you may bring your own. Light snacks and drinks will be available. Please register by March 9 and class size is limited.



Leader Lesson

The monthly Leader Lesson for April meetings will be held Wednesday March 23, 2 p.m. at the Garfield County OSU Conference Room. Groups may select from either Diet and Inflammation or Dealing with Stress. Please let the office know which lesson your group chooses.

Walk This May

Be on the lookout for a community wide walking challenge to be held the month of May. Teams of 2 up to 10 people can be created for this challenge. The average step count will be used for weekly prizes and awards. The kickoff is tentatively scheduled for the afternoon/evening of April 28. Your signup and \$10 fee will cover a t-shirt and app to track your steps. The event is being sponsored by various businesses and agencies in Garfield County. Look for more information in the next few weeks.



OHCE Board Meeting



A meeting for the Garfield County OHCE Executive Board will be held Monday March 7, 9:30 in the Conference Room.

We will discuss the upcoming District meeting, the silent auction at the District meeting (see below) and our Spring Association meeting scheduled for April 19 as well as other current business. Hope to see everyone there.

OHCE 2022 State Meeting July 10-12

Be sure and save the above dates for the OHCE State Meeting. More information will be available at the District meeting. The conference will be held at the Champion Convention Center.

SAVE THE DATE



This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

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**GARFIELD COUNTY
 EXTENSION**

Dates to Remember

March 7– OHCE Board Meeting 9:30 am

March 23– Leader Lesson, 2 pm

March 26– OHCE Western District North Region District Meeting



**GARFIELD COUNTY
 EXTENSION**

