

## Lubbock County Family Network



---

Texas A&M AgriLife Extension Service-Lubbock County \* PO Box 10536 \* Lubbock, TX 79408  
916 Main, Suite 401 Lubbock, TX 79401 \* 775-1740 \* Fax 775-1758 \* <http://lubbock.agrilife.org/>

---

April / May 2019

### KEEP GERMS AWAY...EVERYDAY!

There is a common, incorrect belief that germs on surfaces die quickly and do not contribute to making us sick. In fact, some germs may survive for a few days, while other bugs may live for months. This makes routine hand washing more important than ever.

The simple act of washing hands with soap and water can help you. The Centers for Disease Control and Prevention and The American Cleaning Institute recommend washing hands in a specific way to avoid getting sick and spreading germs to others.

Follow 5 simple steps to wash your hands the right way:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

If soap and water are unavailable, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Additional handwashing education resources are available from the ACI at <https://www.cleaninginstitute.org/>

Source: Rachel Collins, Director, Education & Outreach, American Cleaning Institute, 1331 L Street, NW Suite 650, Washington, DC 20005; P: 202.662.2527

### KEEPING THE MOTIVATION ALIVE

So, you made a New Year’s resolution to exercise, lose weight - basically to get healthier. Have you already had trouble keeping the resolution? Here’s some ways to keep the motivation alive.

- ✓ You have to want it.
- ✓ Set or update your goals (long and short term).
- ✓ Examine your barriers.
- ✓ Make eating right and exercise a part of your routine.
- ✓ It can take as long as 3 months to set a habit— every day is a step in the right direction.
- ✓ Take 15 minutes to list all the reasons you can think of for wanting to stay active. Place the list where you can see it every day.
- ✓ Slip-ups happen — don’t give up. Determine what caused the slip-up, and get going again!
- ✓ Try a variety of indoor and outdoor activities so that you are ready when the weather turns bad. (Use home equipment, DVDs, walking in the mall or at a gym, or take a class like aerobics, Zumba, or yoga.)
- ✓ When you don’t have the energy for a 30-minute walk, spread three 10-minute walks throughout the day.
- ✓ Too stressed? Remember exercise relieves stress.
- ✓ Bored? Change your exercise routine, or listen to upbeat music while you exercise.
- ✓ If you’re having pain when you exercise, try a different activity (bicycling or water activities).
- ✓ If pain continues, see your doctor or fitness expert.
- ✓ Visit: [healthfinder.gov](http://healthfinder.gov) and use their personal health tools (health calculators) to learn more about your personal fitness and health status.
- ✓ Visit [www.shapeup.org](http://www.shapeup.org) or [www.myplate.gov](http://www.myplate.gov) to calculate calorie needs and plan meals.
- ✓ Slow, steady steps will get you to your goal.

- ✓ Make diet changes one at a time (change from whole milk to 2% milk then to low fat).
- ✓ Reward yourself for losing inches, eating more fruits and vegetables, and/or walking more. (Reward ideas: buy a healthy cookbook, take a cooking class, get a pedicure or manicure, buy new shoes, take time for yourself.)
- ✓ Ask for support from family and friends.

### COMMON WEIGHT LOSS MISTAKES

- ❖ Skipping meals (It generally causes weight gain.)
- ❖ Weighing every day (It causes frustration from daily fluctuations.)
- ❖ Eliminating food groups (All food groups are part of a health diet.)
- ❖ Relying on supplements to fix a junk food diet (It doesn't work that way.)
- ❖ Losing weight quickly (You tend to pack it back on with more fat and less muscle.)
- ❖ Cutting calories below 1,200 per day for women, 1,400/day for men (That's not enough calories or nutrients to keep you going.)
- ❖ Using diet pills, potions, and concoctions (It's not a realistic lifetime option.)
- ❖ Supplement hCG and a 500 calorie diet (That's not enough calories, and the facts are not known about hCG.)
- ❖ Purging (It's not healthy!)
- ❖ Extreme exercise (It's not a realistic lifetime option.)
- ❖ Ignoring the stress in your life (Stress releases cortisol, which can increase appetite and fat storage.)
- ❖ Smoking to lose weight (It's not a healthy, realistic lifetime option.)
- ❖ Losing track of your snacks (You may be taking in a lot more calories than you realize.)
- ❖ Not snacking at all (If you get hungry between meals, have a light snack so you won't overeat at the next meal.)
- ❖ Loading up on low fat (Read the nutrition label - it may contain more sugar and calories than you want.)
- ❖ Sipping too many calories (Fancy coffees or alcoholic beverages add up.)
- ❖ Drinking too little water (You may confuse hunger with thirst; water can help fill you up. You need about 8 cups a day.)
- ❖ Ditching dairy (It's one of the necessary food groups.)
- ❖ Taking the drive-thru (It's quick, but it's usually high fat and high calorie.)
- ❖ Setting unrealistic goals (Losing 10 pounds in a week isn't realistic, but 1 to 2 pounds a week is a realistic goal.)
- ❖ Avoiding exercise (Exercise is an important part of weight loss and is an energy booster.)
- ❖ Eating too quickly (Take at least 20 minutes to enjoy your food; give your stomach time to tell you it is full.)
- ❖ Not getting enough sleep (Sleep deprivation increases the appetite-producing hormone ghrelin and under-produces leptin, which tells you when you're full.)

- ❖ Eating from a large plate (Proper portions can help you eat the amount of calories you need.)

### STALLED WEIGHT LOSS?

- Are you exercising? (Exercise builds muscle, burns calories, reduces stress, and creates a positive mood.)
- Are you monitoring your exercise and food intake? (Plan meals and workouts; writing them down helps you stay on track.)
- Have you created a supportive environment? (Tell your family and friends how they can support you.)
- Are friends or family undermining your efforts? (Tell them, "This is not helpful.")
- Are you keeping unhealthy foods in the house? (Empty your pantry and refrigerator of high fat, high calorie foods.)
- Are you planning for snack attacks? (Have healthy snacks available, so you won't purchase something full of empty calories.)
- Are you watching your food portion sizes? (A few extra bites here and there adds up.)
- Do you need to increase your exercise program? (Maybe you need to step it up just a little to make a difference.)

### SMART SNACKING

**Work snacks into your daily meal plan.** Rather than considering them as "extras," choose snacks that contribute to your calorie and nutrient needs. Snack on foods that compliment your meals and add variety to your diet. For instance, if you mainly eat meats and starch at meals, snack on fruits, vegetables, and milk, cheese, or yogurt.

**Match snacks to your calorie needs and weight goals.** If your goal is weight maintenance or weight loss, you may want to consume nutrient-dense snacks that are between 100-200 calories. If you are a physically active person, however, or a person looking to gain weight, you may need to consume nutrient-dense snacks that contain between 200-400 calories.

**Watch your snack portions.** Snack portions are smaller than meal portions. Snacks shouldn't "fill you up" but rather help you to be "not hungry." Although the calorie level depends on your activity level and weight goals, snacks should generally not contain more than 200 calories.

**Snack when you're hungry.** Skip the urge to nibble in response to non-hunger eating impulses such as boredom, frustration, or stress. "Nourish" stress or boredom with a walk instead of a donut.

**Snack consciously.** Eat when you snack; relax when you watch TV; and study when you are studying. Don't mix snacking with other activities. Snacking absent-mindedly, while doing other things, leads to overeating.

**Plan ahead for smart snacking.** Keep a variety of tasty, nutritious, ready-to-eat snacks on hand at home, work, or wherever you need a light bite to take the edge off hunger. That way you won't be limited to snacks from vending machines, fast-food restaurants, or convenience stores. You may even consider purchasing a small refrigerator for your dorm room or office.

**Practice good timing.** Smart snacking works with good timing. Eat snacks two to three hours before mealtime.

## LIVING WITH ASTHMA

More than 1.5 million people in Texas are affected by asthma, according to the Center for Disease Control (CDC). However, this number does not include those who have the disease and have not yet been diagnosed. So, what exactly is asthma and what can you do about it?

According to the United States Environmental Protection Agency (EPA), asthma is a disease that causes the airways of the lungs to tighten and swell, making it difficult to breathe. When this occurs, it is referred to as an asthma attack and is often accompanied by coughing or wheezing. While asthma attacks only occur when triggered, the disease itself never goes away. Common asthma triggers, as stated by the CDC include:

- Tobacco smoke
- Dust mites
- Outdoor air pollution
- Cockroach allergens
- Pets
- Mold
- Smoke from burning wood or grass
- Sickneses such as the common cold or flu

Asthma is most common among children and young teens; however, adults can have it too. While asthma requires a diagnosis from a medical doctor, Texas A&M AgriLife Extension Service's Julie Tijerina recommends watching for these warning signs:

- Frequent cough attacks
- Difficulty breathing after physical activity
- Chest tightness
- Wheezing
- Family history

Depending on the severity of the asthma, a doctor may prescribe medicine to help with the attacks. To help mitigate and prevent asthma attacks, Tijerina also recommends following these steps:

- Know what triggers your asthma and do your best to stay away from them.
- Take your medications as prescribed.
- Track your asthma and recognize warning sign that may show that it is getting worse.

- Seek medical attention if your asthma is getting worse or if your attacks are becoming more frequent.

Source: Contact: Julie Tijerina, 956-523-5290,  
[julie.tijerina@ag.tamu.edu](mailto:julie.tijerina@ag.tamu.edu)

<https://www.cdc.gov/asthma/>

<https://www.epa.gov/>

<https://www.aafa.org/asthma-prevention>

## A HEALTHY LIFESTYLE BOOSTS YOUR BONE

Bone loss results in weak bones that are at increased risk of fracture. Bone loss can occur as part of the normal aging process or as a complication of cancer or cancer treatment. Bone loss cause osteoporosis which is a disease in which bones become weak and fragile. Osteoporosis is a serious disease that affects millions of people worldwide. Without prevention or treatment, osteoporosis can progress without pain or symptoms until a bone breaks. Therefore, prevention of osteoporosis is very important.

For strong bones, people need enough of both calcium and vitamin D. Calcium builds strong bones; vitamin D aids the body to absorb calcium. Therefore, a combination of calcium and vitamin D can reduce the risk of osteoporosis. The recommendations for calcium and vitamin D are as follows: adults under age 50 should have 1,000mg of calcium and 400-800 IU of vitamin D daily; adults age 50 and older should have 1,200mg of calcium and 800-1,000 IU of vitamin D daily. Great calcium sources include milk, yogurt, and cheese. Other sources of calcium include some green vegetables such as broccoli and kale. Good dietary sources of vitamin D include fortified milk, egg yolks, liver, saltwater fish, and fish oils.

Exercise can help to rebuild bone and slow the progression of osteoporosis. Regular and life-long exercise reduces the risk for osteoporosis and fracture. Walking, jogging, bicycling and light aerobics improve muscle mass and strengthen bones. The exercise recommendation for bone health is 30 minutes of weight-bearing exercise five days a week. Older people, however, need to check with doctors before starting physical activities.

Smoking increases the risk of osteoporosis. Many evidences indicate that smoking increases bone loss and decreases intestinal calcium absorption. Excessive alcohol intake leads to about 2% bone loss. This is related to both poor nutrition and increased risk of falling. Smoking also causes 2% bone loss. If people are having both excessive alcohol and nicotine, the combined bone loss will be even more, approximately equal to 8%.

Healthy lifestyle habits, including adequate intake of calcium and vitamin D, exercise, quitting smoking and limited alcohol intake, are important for preventing bone loss and osteoporosis.

Source:

Osteoporosis-Overview.Health Guide 2013.

<http://health.nytimes.com/health/guides/disease/osteoporosis/lifestyle-changes.html>

Osteoporosis Lifestyle and Prevention. Hormone Health. 2009.

<http://www.hormone.org/Osteoporosis/lifestyle.cfm>

Osteoporosis-prevention and treatment. Better Health.

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Osteoporosis\\_prevention\\_and\\_treatment](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Osteoporosis_prevention_and_treatment)

Prepared by Xin (Cindy) Guo, MS, Dietetic Intern, Texas A&M University and Mary Kinney Bielamowicz, PhD, RD, LD, Regents Fellow, Professor and Nutrition Specialist, Department of Nutrition and Food Science, Texas A&M AgriLife Extension Service, Texas A&M University System. January 2013.

## A Quality Day of Play

Work Force Solutions South Plains Child Care Serves will offer "A Quality Day of Play" event at Work Force on 19<sup>th</sup> Street and W. Loop 289 on **Saturday, April 13, 2019** from 10-2. Children age birth to 12 and their families are invited to come for hands on learning activities including a booth from Texas A&M AgriLife Extension Service, Lubbock County on Pizza Gardening. Children will be able to choose a vegetable or herb plant that goes on a pizza, learn to pot it, care for it at home and about general nutrition. Other fun activities will include reading, outdoor and indoor physical activities, fire trucks and other emergency service vehicles, cartoon characters, food vending trucks, and other booths.

## Recipe Corner



### Hummus? It's Bean Dip! Extra Easy Hummus

- 1 - 15-ounce can of unsalted garbanzo beans, drained liquid reserved
- 1 garlic clove, crushed
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1 Tablespoon olive oil

1. In a blender or food processor combine all ingredients.
2. Blend on low speed, gradually adding reserved bean liquid until desired consistency is achieved.
3. Serve with whole grain crackers or veggie dippers. OR use it as a spread on sandwiches instead of mayonnaise for added fiber and protein.

Servings: 4 - 112g each

Nutrition Facts: Calories 180, Total Fat 7g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 410mg, Total Carbohydrate 25g, Dietary Fiber 7g, Totals Sugars 4g, Protein 8g

## Mediterranean Beef Pitas

Lean beef makes this recipe a healthy option.

Servings: 6

- 1 1/4 lb top round steak cut 1/2 inch thick
- 1 1/4 cups Greek yogurt plain, nonfat
- 1 Tbsp lemon juice
- 1 medium cucumber
- 1/2 tsp dried dill
- 6 pitas or small tortillas (whole wheat)
- 1/2 cup hummus (optional)
- 10 cherry tomatoes, haved or diced
- 1/3 cup black olives, sliced
- 3 Tbsp feta cheese, reduced fat

1. Combine yogurt, lemon, garlic, salt, pepper and dill in a medium bowl, finely chop cucumber and add to yogurt. Refrigerate until needed.
2. Season steak with salt and pepper to taste. Sear steak in a pan on high heat (2-3 minutes on each side). Place steak on rack of broiler pan. Broil 10-15 minutes for medium rare (145°F) doneness, or longer for medium or well done. Use a meat thermometer to check doneness, turning once. Carve steak into 1/2 inch slices.
3. Spread pitas with 2 Tablespoons hummus. Place tomatoes and olives on evenly on each pita. Sprinkle with Feta cheese and serve with the yogurt mixture, or use as a dressing for the pita/wrap.

Note: Use sliced deli roast beef for a quick meal. Add sliced bell pepper or other veggies to the wrap or 1 small tortilla. Larger wraps can be cut in half or thirds after rolling.

Servings Size 1 Pita

Nutrition Facts: Calories 290, Total Fat 8g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 60mg, Sodium 390mg, Total Carbohydrate 24g, Dietary Fiber 4g, Sugars 3g, Protein 33g

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Community Health  
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.