

Lubbock County Family Network



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June/July 2020

PROTECTING THE HEART AND THE BRAIN: MANAGING HYPERTENSION TO REDUCE RISK OF COGNITIVE DECLINE

“Brain health should be as much on people’s minds as heart health, breast cancer, and the war on smoking have been for decades.” Former U.S. Surgeons General, Drs. Richard Carmona, Joycelyn Elders, Antonia Novello and David Satcher, “U.S. Surgeons General: Dementia Is Our Top Public Health Crisis. Commentary.” Orlando Sentinel, October 10, 2019.

Reducing cognitive impairment is a public health imperative because the prevalence of dementia may nearly triple by midcentury as the baby-boom generation ages. 1. Hypertension prevention and management should be part of that population-level response. Hypertension is a risk factor not only for stroke and heart disease, but also for cognitive impairment, including vascular dementia.

One-third of U.S. adults has hypertension (a,2) and another third has prehypertension. (b,3) Thus, addressing high blood pressure - by preventing, delaying, or managing hypertension - has noteworthy potential for reducing the incidence of cognitive impairment. In particular, prevention of stroke and management of high blood pressure may reduce the risk of progression from mild cognitive impairment (MCI) to dementia. (4)

Further, addressing hypertension and other cardiovascular risk factors is essential to maintaining and promoting “brain health,” the concept of making the most of the brain’s capacity to remember, learn, play, concentrate, and maintain a clear, active mind. (5) Brain health contributes to quality of life and optimal cognitive functioning throughout the lifespan. More and more evidence demonstrates that a healthy brain needs a healthy heart.

While research must continue to reveal the heart-brain relationship, one facet of this connection — high blood pressure— is actionable now. Public health has helped stem the tide of other chronic conditions (notably heart disease, diabetes, and HIV/AIDS) through comprehensive risk reduction strategies. The application of similar strategies to avert and control hypertension early and continuously across the lifespan has the potential to prevent stroke and related cognitive impairment and improve and maintain brain health at a population level.

Source: MANAGING HYPERTENSION TO REDUCE RISK OF COGNITIVE DECLINE, JANUARY 2020

Alzheimers Association Healthy Brain Initiative

a. Defined as systolic blood pressure of 140 mm Hg or above, or diastolic blood pressure of 90 mm Hg or above, or currently taking medication to lower blood pressure.

b. Defined as blood pressure readings that are higher than normal, but not yet in the high blood pressure range.

1. Alzheimer’s Association. 2019 Alzheimer’s Disease Facts and Figures. Alzheimers Dement 2019; 15(3):321-87.

2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data; 2015.

3. Nwankwo T, Yoon SS, Burt V, Gu Q. Hypertension among adults in the US: National Health and Nutrition Examination Survey, 2011-2012. NCHS Data Brief, No. 133. Hyattsville, MD: National Center for Health Statistics, Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2013.

4. Langa KM, Levine DA. The diagnosis and management of mild cognitive impairment: A clinical review. JAMA 2014;312(23):2551-61.

5. Alzheimer’s Association and Centers for Disease Control and Prevention. Healthy Brain Initiative, State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map. Chicago, IL: Alzheimer’s Association; 2018.



COVID-19 TIP – BE ON THE LOOKOUT FOR FAKE CAR SEATS

How to Make Sure you are Buying a Safe Seat

Unfortunately, fake car seats have been on the market for a while. With many families facing financial worries due to the recent COVID-19 health crisis, it may be even more tempting to save money by buying a product that is advertised as a car seat and priced at a very low cost.



When used correctly, car seats are extremely protective and can prevent injury and fatalities, but car seats that do not meet the U.S. safety standards will not protect a child in a crash. Parents and caregivers need to be aware of what to look for in order to avoid buying one of these dangerous imposters.

In the U.S., car seats are regulated by the National Highway Traffic Safety Administration (NHTSA). The manufacturers must give their car seats rigorous tests to show that they are meeting the NHTSA standards. In addition to crash tests, the safety standards include the fabric being used, which must not contain any harmful chemicals as well as pass a flammability test.

Tips to avoid buying a fake car seat:

- Buy in person. The best way to ensure that you are getting the car seat you intended is to go in-person. This may not be the most convenient option, but it will ensure that you are getting a seat that has been manufactured by a legitimate car seat manufacturer.
- If buying online, ask the following questions:
 - Does the manufacturer have a website that you can find easily?
 - Is the car seat on the American Academy of Pediatrics' list? It lists only seats that meet federal motor vehicle safety standards and are approved for use in the U.S. Find the list at: <https://healthychildren.org> and then type 'Car seat list' in the search box.
 - Does the deal seem too good to be true? If so, there is a good chance that you are looking at a knockoff or fake seat.
 - Is it being sold directly by a trusted retailer? With other online sites, such as Amazon and Walmart, make sure the seller is not a third-party and that the seats are being sold directly by the manufacturer or the site itself.
- Check the car seats you already own to make sure they are legitimate NHTSA approved car seats.
 - Does it have a label stating, "The child restraint system conforms to all applicable federal motor vehicle safety standards?"

- Is the brand stamped on the seat itself? Most knockoffs do not use the genuine brand name – some do not include any brand at all.
- Did it come with clear instructions?
- Is there a model number, customer-service number and manufacture date printed on it?
- Did it come with a registration card to send back to the manufacture? All car seats sold in the U.S. are required to come with one so the manufacturer can contact you in case of a recall.
- Are there clear labels on the seat that indicate its use and correct installation?

It may also be tempting to save some money during these hard times by buying a used car seat. Sometimes a used or second-hand car seat may be safe to use. Check the list below to see if the seat is safe to use.

- ★ Do you know the history of the seat? If not, the seat is not safe to use.
- ★ Has it ever been in a crash?
- ★ Does it have all its parts and is it in good condition?
- ★ Has it expired? Check for an expiration date on the back of the seat. It is usually stamped into the plastic. You can also call the manufacturer to check for the expiration date.
- ★ Is the seat on recall? If you have the manufacturer name, model name and number, as well as the date of manufacture, you can check for recalls at: www.nhtsa.gov/parents-and-caregivers. Then, go to Car Seats and Booster Seats and then Recalls.

You do not have to buy the most expensive car seat to protect your child. There are many inexpensive models that meet all of the U.S. safety standards. The safest car seat is the one that is used correctly and fits the child and fits the vehicle properly.

Texas A&M AgriLife Extension Passenger Safety and Texas A&M AgriLife Extension Community Health Educator, E. Kay Davis, from Lubbock County, reminds parents to be sure that your child is riding in the right seat, going in the right direction, harnessed properly and installed correctly by getting a free car seat inspection. To be safe during COVID-19, Texas A&M AgriLife Extension Service passenger Safety is offering virtual car seat inspections. To schedule an appointment for an inspection please call: 979-571-3925.



BACKYARD CAMPING Mindfulness @ Home



Did You Know...

Being outdoors provides a boost to our health and mental well-being. An advantage is the ability to disconnect from our surroundings and every day stressors. Whether young or old, families benefit from the interactions, meaningful conversations, teaching opportunities, and family bonding.

Benefits include...

- Relationship building
- Physical fitness
- Stress Reduction
- Great Food
- Unplugging
- Connecting with family
- New Skill development
- Connection with nature
- Creativity
- Sunshine!
- Meditation
- Rest

Relationship Building

Camping allows for family members to have meaningful conversations without distractions.

Families will have stronger bonds and a lifetime of memories.

Stress Reduction

Studies show stress adversely affects our health. Spending some time in the outdoors and getting some sunlight increases overall mood.

Don't forget to disconnect from digital devices so you can enjoy nature's sounds and family interactions.

Outdoor Games

- | | |
|----------------------|-----------------------|
| Shadow Puppets | Charades |
| Bird Watching | Identifying sounds |
| Card and Board Games | Horseshoes / Cornhole |
| Scavenger Hunt | Stargazing |
| Frisbee | Capture the Flag |
| Campfire Stories | |

Backyard Camping Checklist...

- Tent / DIY Shelter
- Blankets / Sleeping Bags
- Flashlight
- Insect Repellent / Sunscreen

- Camp Kitchen / Cooking Utensils
- S'mores / Snacks
- 2 Coolers - Drinks / Food & other...

Information Source:

Healthy South Texas - <https://healthytexas.tamu.edu/>
www.apa.org/outdoors
www.mindful.org/benefits of being mindful outdoors

\$ DOLLAR STORE FOOD FINDS \$

When budgets are tight, some people turn to their local dollar store for food bargains. Here are some things to keep in mind when shopping for groceries at a dollar store!

Know the foods offered

If you have more than one dollar store in your area, visit them often to see how they compare. Some stores offer canned fruits and vegetables while others offer more snack foods (with little nutrition value). A quick internet search can be helpful if you don't want to go in person.

Know Your Prices

Just because a food is sold at a dollar store, does not mean it is the cheapest price in town. Compare prices of similar items.

Watch expiration dates

This tip applies everywhere. Buy only what you can eat before the date stamped on the package to get the best quality for your money. With the exception of infant formula and washed, cut and packaged produce, most foods can be safely eaten after the date on the package.

Don't be afraid to try different brands

Dollar stores often sell national brands as well as regional foods that you may not see very often. Compare the ingredients list and if something is similar to a brand you know, it may be worth a try!

Check the package size

Dollar stores may sell items in smaller packages compared to traditional grocery stores. Keep this in mind when determining if something is a bargain.

Read food labels

Read the label to know exactly what you are buying. For example, canned fruit can be packed in juice or heavy syrup. Cheap food isn't always the most nutritious so read the ingredients list.

Ingredients: peaches, pears, water, corn syrup, sugar.

Source: Created 7/22/2018 by: Marissa Albers, Technician II | Food & Nutrition Unit | Updated April 2020 by Jenna Anding, PhD, RDN, LD



Substitutions

Out of an ingredient but avoiding the grocery store? Find it's substitute!

1 egg	2 Tbsp mayonnaise (for cakes) OR ½ tsp baking powder + 1 Tbsp vinegar (for baking only)
1 cup butter	1 cup margarine OR 1 cup vegetable shortening (for baking) OR 1 cup oil if recipe calls for melted butter
1 cup buttermilk	1 cup yogurt OR 1 Tbsp of vinegar or lemon juice + enough milk to make 1 cup. Let mixture stand 5 minutes.
1 cup BBQ sauce	¾ cup ketchup + 2 Tbsp mustard + 2 Tbsp brown sugar
1 oz chocolate, unsweetened	3 Tbsp cocoa powder + 1 Tbsp butter, margarine, or vegetable oil Add 4 tsp sugar to make 1 ⅔ oz semisweet chocolate.
1 cup mayonnaise	1 cup sour cream OR yogurt OR cottage cheese pureed in blender
1 tsp dry mustard	1 Tbsp prepared mustard
1 cup nuts	1 cup rolled oats, browned (for use in baked foods)

Created by Kendra Callahan, CEA-FCH, Lamb County
Sources: <https://extension.colostate.edu>
<https://food.unl.edu/>

JULY IS UV SAFETY MONTH Texas A&M AgriLife Extension Offers Safety Summer Tips

Are you ready for summer? Did you know summer brings the longest days giving us more time to spend outdoors having fun? From vacations, biking, and hiking, or just enjoying ice cream, watermelons, or popsicles, summer brings memories of younger days and family togetherness. As we look forward to making new memories, we can plan for a safe summer by reducing the risk of harmful effects of UV exposure. July has been designated as Ultraviolet (UV) Safety Month by the U.S. Department of Health and Human Services; whose goal is to spread the word on the harmful effects of UV rays on unprotected skin.

Ultraviolet light is radiation emitted naturally from the sun, but can also be man-made, an example being tanning beds. Classified in wavelengths, UVC light is blocked by the Earth's ozone layer, but the sun's UVA and UVB affect the skin differently with UVA causing wrinkling (premature aging) due to penetrating deeper into the skin and UVB causing sunburns. Overexposure increases risk of developing skin cancer. Cautions are placed on the times of exposure due to UV radiation being strongest between 10 a.m. to 4:00 p.m.

A benefit of UV radiation is Vitamin D production, which helps calcium and phosphorous to be absorbed by the body and helps in bone development. According to the World Health Organization, 5 to 15 minutes of sun exposure 2 to 3 times a week is recommended. Prolonged UV exposure can cause premature aging, cataracts, and skin cancer, not to mention painful sunburns. The most dangerous UV radiation is artificial indoor tanning. "By taking precautions before we head out the door for summer activities and all-year round, we can reduce the risk of UV radiation by following some simple steps," states Julie Tijerina, Extension Program Specialist with Texas A&M AgriLife Extension.

Tijerina offers the following safety tips to protect the skin during exposure:

- **Stay in the shade:** Look for shaded areas under trees or bring an umbrella or pop-up shelter, especially during peak hours. Know the EPA's shadow rule: If your shadow is taller than you are, UV exposure is lower. If your shadow is shorter than you, UV exposure is higher. Remember that surfaces, such as water, snow, white sand, and cement, reflect the sun's damaging rays and can increase chances of sunburn. Cloudy days do not block the sun's rays, which are just filtered. In higher altitudes, UV exposure is higher due to less atmosphere to absorb UV radiation.
- **Wear Protective clothing:** Thanks to clothing, the skin is partially shielded from UV rays. Opt to wear long-sleeved shirts and long pants made from tightly woven fabric. Be aware that wet clothes offer less protection than dry ones and dark colors offer more protection than light ones. To cover your face and neck, wear wide-brimmed hats.
- **Protect the eyes:** Not only do sunglasses help protect the eyes from UV rays, they also reduce cataract risk later in life. Choose UV resistant sunglasses that wrap around and block both UVA and UVB rays: polarized sunglasses just reduce glare.
- **Use Sunscreen:** Sunscreen works by absorbing, reflecting and scattering sunlight from our skin. The SPF (Sun Protection Factor) number measures how well it blocks UV rays, with higher numbers offering more protection. Don't forget to check the expiration date, those without a date are good for three years, and less if they have been exposed to high temperatures. An SPF of at least 15, offers protection against both UVA and UVB (broad spectrum) radiation. Purchasing the

right SPF sunscreen depends on what exposure you will be having fun in. Apply broad-spectrum sunscreen twenty minutes before you head out. Reapply every two hours, after swimming, toweling off, or sweating.

- **Avoid Indoor Training** - According to the CDC, the UV radiation from “indoor tanning significantly increases the risk of developing melanoma, basal, and squamous cell cancers.” It also causes premature aging of the skin and suppresses the immune system.
- **Learn about the UV Index:** In as little as 15 minutes, the sun’s UV rays can cause damage to unprotected skin. Plan to check the U.S. Environmental protection Agency’s UV Index (<https://www.epa.gov/envior/uv-index-search>) to determine your favorite vacation spot’s UV radiation intensity. Rated on a scale from 1-11, suggestions are offered on how much protection one should plan for.

Texas A&M AgriLife Extension offers programming to fit your community’s needs. Ask for Sun Safety Fact sheets: *Ultraviolet (UV) Radiation and Your Eyes* and *Children and Sun Safety*. For more information, visit your local health department, or ask for more information on sun safety from your local County Extension office at <https://lubbock.agrilife.org/> or by calling 806-775-1740.

About Healthy Texas. Healthy Texas combines the expertise of Texas A&M University health Science Center with Texas A&M AgriLife Extension Services one-of-a-kind, statewide reaching to provide families with knowledge and resources to take control of their health. Healthy South Texas, the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences throughout a 27-county region in South Texas. www.healthytexas.tamu.edu

The Texas A&M AgriLife Extension Service is a unique education agency with a statewide network of professional educators, trained volunteers, and county offices. It reaches into every Texas county to address local priority needs, protecting human health through education about diet, exercise, and disease prevention. There are over 250 counties in Texas with a local Extension office.

Resources:

- How Can I protect My children from the Sun? - https://www.cdc.gov/cancer/skin/basic_info/children.htm
Radiation and Your Health: Ultraviolet radiation - <https://www.cdc.gov/ncch/radiation/ultraviolet.htm>
What Can I Do to Reduce My Risk of Skin Cancer? - https://www.cdc.gov/cancer/skin/basic_info/prevention.htm
Sun Safety https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
UV Index - <https://www.epa.gov/enviro/uv-index-search>
Raise Awareness in July for Ultraviolet Safety and Skin Cancer Risk - <https://voice.ons.org/stories/raise-awareness-in-july-for-ultraviolet-safety-and-skin-cancer-risk>
Children and Sun Safety Fact Sheet: <http://fcsagents.tamu.edu/health/children-and-sun-safety.pdf>

Ultraviolet (UV) Radiation and Your Eyes - <http://fcsagents.tamu.edu/health/lesson-plans/eyes-have-it/ultraviolet-radiation-and-your-eyes.pdf>

Recipe Corner



Chicken Salad

Ingredients:

- 2 cups shredded chicken
- ½ cup mayonnaise
- ½ cup diced red onion
- ½ cup diced apple
- ½ cup grapes, halved
- ¼ cup slivered almonds
- 1 Tbsp lemon juice
- Garlic powder, to taste
- Black pepper, to taste

In a large bowl, combine ingredients. Serve with crackers, toast, sandwich bread, or alone.

Notes: You can truly get creative with chicken salad! Use an equal amount of canned chicken if you don’t have fresh shredded chicken on hand. Use an equal amount of yogurt or pureed cottage cheese if you are out of mayonnaise. Onion, apples, grapes, and almonds are optional ingredients. If you have them, you can use them. If you don’t, feel free to use other fruits, vegetables, and nuts like strawberries, celery, or pecans. Chicken salad is a great meal to make something out of what you have available!

Source: Created by Kendra Callahan, CEA-FCH, Lamb County
Sources: <https://extension.colostate.edu/>
<https://food.unl.edu/>

Sincerely,

A handwritten signature in cursive script that reads "E. Kay Davis".

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.



BUILDING STRONG FAMILIES

BUILDING STRONG FAMILIES



25TH ANNUAL CONFERENCE

25 years of Building Strong Families: Celebrating Success

**SAVE THE DATE:
THURSDAY, OCTOBER 22, 2020
AT
REGION 17 EDUCATION
SERVICE CENTER**

WELCOME AND REGISTRATION 8-9;
CONFERENCE 9-2:30