

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



Ingredients:

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cups oats or bread crumbs
- 1 lb. lean ground beef or ground turkey
- 3 tbsp. chopped onion
- 1/2 tsp. salt
- 1/2 cup grated low-fat cheese

RECIPE OF THE MONTH!

Meat Loaf Muffins

Source: Kansas Family Nutrition Program

<https://recipefinder.nal.usda.gov>

Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat oven to 350 degrees
- 2) Combine all ingredients and mix well but don't over mix; too much mixing can make meat loaf tough.
- 3) Spoon mixture into greased muffin pan cups.
- 4) Bake for 30-40 minutes or until temperature in center of meatloaf is 160 degrees.
- 5) Cool slightly before removing from muffin pan cups.

HEALTHY TIP: Confused by labels on beef? Here are two definitions that you'll want to understand:

"USDA Organic" - Cows have year round access to outdoors/pasture. No hormones are used. Cows are fed an organic diet (grains, forage)

"Grass-fed Beef" - 100% Grass Fed means an animal is fed forage 100% (no grain crops) after being weaned from their mother's milk

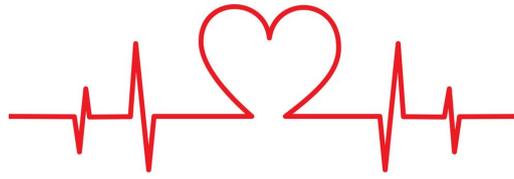
Nutrition Information:

Serving size 2 muffin meatloaves

Calories: 230, Total Fat: 12 g, Saturated Fat: 5 g, Cholesterol: 90 mg, Sodium 330 mg, Total Carbohydrate 8 g, Dietary Fiber 1 g, Total Sugars: 2 g, Protein: 21 g

Heart Disease: It Can Happen at Any Age

www.cdc.gov/features/heartmonth/index.html



Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking)

You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

High blood pressure. Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

High blood cholesterol. High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

Smoking. More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

Obesity. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity.

Diabetes. Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

Physical inactivity. Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

Unhealthy eating patterns. Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

4 Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks

WHAT IS FCH UP TO?

Happy Heart Month! We love sharing news with you & hope it fills your heart and head with good info!

Radio reboot: We are back on the radio on Fridays, 1pm-2pm, at Lone Star Community Radio: 104.5 and 106.1 and worldwide at www.irlonestar.com! The shows play on Facebook Live through our Texas A&M AgriLife Extension - Montgomery County page and the Lone Star Radio page. Additionally, shows are also podcast and available for play back so that you can listen anytime. We highlight local partnerships and connections with Extension and always have some educational tips to help Texans better their lives! If you have suggestions for something you would like to hear on the show, let us know.

The **Extension FCH Program Advisory Committee** is scheduled to meet on February 5, 11:30-1:00 at the Extension office. This group provide input and direction to ensure our FCH programs are on target to meet the needs of Montgomery county. We could use additional volunteers who are interested and willing to make a commitment. Let us know if you think you might want to serve.

"Cooking for One" will be presented on Monday, February 11, by Mike McBride at the Purvis Library in Magnolia as part of their Learn over Lunch series. Contact Elaine Taylor, 936.442.7704 ext.6388, if you would like to sign up.

On the Road to Healthy Living Mobile Cooking School will be active in the next couple of months. The Academy for Lifelong Learning (ALL), part of the Lone Star College System, will be hosting series at their Montgomery County campuses. The Montgomery campus in the Woodlands will host classes on Tuesdays: February 12, 19, and 26, 2pm-4pm; and the Kingwood campus in New Caney will host classes on Wednesday, February 20, Thursday February 28, and Thursday, March 7 11am-1pm. ALL is open to seniors 50 and older and participants can sign up through Lone Star College ALL programs: <http://www.lonestar.edu/all.htm>. Another series will be offered to families at Sam Houston Elementary and Travis Intermediate School on Wednesdays February 20, 27 and March 6, 10:30-12:30. Families can sign up through Ena McFarland at Sam Houston. You're not a part of ALL or a SHE family? Well, we can offer a mobile cooking school for you group too! Contact us to learn details of how it works!

We have a job opening! Sadly, our Better Living for Texans Extension Assistant, Priscilla Chacon, has moved too far to commute. So, we will be looking for a candidate who is interested in teaching nutrition to low-income families and is bi-lingual. If you know of someone who would be perfect for this job encourage them to get in touch with us! Meanwhile, our Better Living for Texans Extension Assistant, Michele Scaife, is still busy serving families in need with nutrition education.

Looking ahead: **Walk Across Texas is coming!** We'll again host our annual community challenge asking teams to start on or about April 1! We need volunteers who can help recruit participants and prizes, and of course, we need YOU to participate! Check out www.HowdyHealth.org to see the new look of the Walk Across Texas information entry site! And **KidzFest** is scheduled for April 27. With an estimated attendance of 10,000-15,000 families attending this is a huge event. If you or someone you know would like to have a table in the Health Village, coordinated by Amy, or the Safety Village coordinated by Jenni, give us a call to get more information!



- **4-H:** Food Challenge Workshop 2/16; STEM Challenge 2/19; San Antonio Stock Show & Rodeo 2/7-2/24; Houston Livestock Show & Rodeo 2/25-3/17

Agriculture: 2/28 Soil & Forage Analysis & Fertility Program 6 p.m.

Horticulture: Saturday Horticulture Classes 2/9 "Grass Options for Mont.Co Lawns" 8-10 a.m.; "Care & Maintenance of the Lawn" 10:30-12:30. www.mcmga.com for more info

What's Going on in Extension Land?