

Family and Community Health “Connections” in Runnels County



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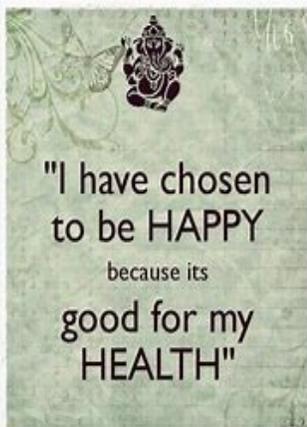
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Mindful Living—Parenting

Mindful parenting is to intentionally bring moment-to-moment awareness to the parent-child relationship. This will help parents to focus on a long-term and positive relationship with their child.

WHY BE MINDFUL?

Parent child conflict and psychological stress are induced when parents are less emotionally available, especially when they are busy, stressed, tired, overwhelmed, or preoccupied with other thoughts. Mindfulness helps parents to become better at identifying solutions to problems, self-regulating emotions, avoiding impulsive reactions, being less critical of themselves and their children, and being more aware and responsive of the child’s needs, thoughts, and feelings. Mindful parenting consists of five components, which are listening with full attention, non-judgmental acceptance, emotional awareness, compassion, and self-regulation. Practicing these mindfulness skills will enable healthy parent-child relationships and improve the psychological health and emotional well-being for parents and children.

HOW TO BE MINDFUL?

Listen with full attention by allowing your child to share his or her feelings (even if you disagree). Listening enables parents to be sensitive to their child’s facial expressions, voice, and body language and helps to understand their child’s verbal communication. Accept the traits, attributes, and behaviors of yourself and your child rather than trying to change or ignore your child’s behavior. Be supportive of your child’s emotions (even if they are negative) and attend to his or her needs with love and kindness. Accept the fact that parenting can be challenging and there could be struggles. Be aware of emotional triggers (feelings or judgments from parent’s own childhood). Avoiding emotional triggers will encourage non-judgmental acceptance of self and child. Establish family rules and rituals to encourage parent-child bonding and to help practice mindfulness e.g. family mealtime, screen time restrictions. Avoid worrying about your to-do list and allow your own personal time and time for your child e.g. going for a walk with your child.

Source: Texas A&M AgriLife Extension—Family & Community Health Mindful Living Series

Becoming Health Literate

Health decisions are an important aspect of a person's everyday life, making it ever so important to be health literate. The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as "the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions."

Individuals and families might have to ponder a number of health decisions. In some cases, these decisions can pose real challenges. Some questions that might present themselves include:

- How do I gather more information on my health?
- What choices do I have in my treatment and healthcare?
- What charges will my health insurance cover for my doctor visits?
- Exactly what does my insurance company cover in my plan?
- What are my healthcare needs today and how will they change this year?
- What decisions should I make to improve my health?

Health Literacy is Important

Development of health literacy skills is beneficial to avoid insufficient health planning for families and individuals. These skills are also necessary to make major health decisions. The choices a person makes regarding their health can lead them to becoming more proactive about their overall health and well-being. It also helps them ensure they have appropriate insurance coverage, have properly planned for future needs, and are maintaining effective communication with a healthcare team.

Putting it Into Practice

Consumers are advised to learn more about health literacy in order to enhance research, critical thinking, and decision-making skills.

- **Obtain.** Find health information and services related to your healthcare needs by using reliable sources. Consult with your healthcare team for detailed information on medical diagnosis, treatment, and medication.
- **Communicate.** Advocate for yourself by involving trusted family members in health decisions. Effectively communicate pertinent information with your healthcare team by being open and honest about your concerns and medical history.
- **Process.** Don't ignore health information provided to you. Think about what information is given by the healthcare professional and ask questions when you need greater clarity.
- **Understand.** Request information to be provided in simple, easily understood terms. Repeat back what was instructed by the healthcare professional to make sure you understand.
- **Use.** Take the information you learned to make choices regarding your health and healthcare needs.

Practicing these skills will help consumers to be more health literate and to take a proactive role in managing their health.

Source: [Becoming Health Literate - Alabama Cooperative Extension System \(aces.edu\)](http://aces.edu)

DAY OF BEVERAGES

	Orange Juice (8 oz)	110 calories
	Mocha Latte Medium	400 calories
	Soda or Sweet Tea (20 oz)	280 calories
	Beer (12 oz)	150 calories each
Total =		1090 calories

Re-think your Drink

Have you ever wondered how many calories are in your morning cup of coffee, juice, soda, or evening cocktail? We sometimes forget to look at liquids when evaluating our diets. Liquid calories can add up fast. All foods and drinks can be consumed in a healthy meal plan but one has to be mindful of how much we are consuming at any given time. The biggest rule of thumb when it comes to reducing liquid calories is to **DRINK MORE WATER**. Water has zero calories and helps hydrate our bodies. Simply replacing some of the beverages with water and choosing lower-calorie options would drastically reduce the intake of empty calories.

Juice? This may be a surprise for some, but too much of a good thing is possible. The Academy of Nutrition and Dietetics recommends a maximum of 4-6 oz. of juice a day. Usually when a person orders juice it comes in a 16 oz. glass (which is over 200 calories). A better option would be to eat the actual fruit and you get the benefits of phytonutrients and fiber.

Coffee drinks are a culprit too. One medium frozen Frappuccino can range anywhere from 250-450 calories and 15g of fat. That is equivalent to eating 3 1/2 twinkies! You don't have to completely give up your coffee, choose options of reduced-fat milk or a smaller size. So the next time you are choosing a beverage, look at the nutrition label, or choose a nice cool glass of water. Enjoy!!

Source: dinnertonight.tamu.edu

Fiber: The Whole Story

Fiber Facts:

- Fiber gives plant foods texture, structure and crunch.
- It is found in vegetables, fruits, nuts, beans and whole grains.
- Foods naturally high in fiber tend to be high in other healthy nutrients.
- Get your fiber from food not fiber supplements if possible.
- Increase fiber gradually and drink plenty of fluids to control gas and bloating.

Fiber Benefits:

- Prevents constipation
- Fills us up so we eat less
- May reduce cholesterol
- May help with blood glucose control
- Reduces risk for cancer of stomach, colon and rectum



How Much Do We Need?

- 14 grams per 1000 calories
- Average woman needs 25 grams
- Average man needs 38 grams
- Children 19-26 grams depending on caloric intake

How to Get Enough?

- Eat whole wheat bread, brown rice, whole wheat pasta, corn and whole wheat tortillas and other whole grains daily.
- Choose cereals with at least 5 grams of fiber per serving.
- Eat 1-2 cups of fruit and 2-3 cups of vegetables daily. Snack on fruit, have a salad once a day, enjoy raw and cooked vegetables.
- Eat beans and peas and small amounts of nuts 3-5 times a week.

Source: <https://www.fcs.uga.edu>

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**SUCCESS IS NOT FINAL,
FAILURE IS NOT FATAL:
IT IS THE COURAGE
TO CONTINUE THAT COUNTS.**
-WINSTON CHURCHILL
MLQUOTES.COM

Ingredients:

- 2 apples, chopped
- 2 celery stalks, diced
- 1/2 cup raisins
- 2 chicken breasts, cooked, diced (about 2 cups)
- 3/4 cup plain non-fat Greek or regular yogurt
- 1/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 head romaine, green or red leaf lettuce

Instructions:

1. Wash your hands, preparation surfaces and utensils.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates, then top with chicken salad mixture.

Tip: Shorten prep time by using canned chicken

Recipe source: fruitandveggies.org

Did you Know?

Celery is available year round.

One serving of celery is only 20 calories and contains 15% of our daily Vitamin C requirement

Celery is also a good source of potassium.

Look for fresh, crisp stalks with a solid, rigid feel.

Celery should have a glossy surface with light or medium green stalks.

Wash celery well before use.

Avoid celery with flabby upper branches or leaf stems, hollowed or discolored center in the branches.



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