

MAY 2023

HEALTHY FAMILIES

FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

There are many reasons to celebrate the month of May! Mother's Day, graduations, and the end of the school year are a few milestones you may be celebrating. However, did you know NATIONAL WOMEN'S HEALTH week is also celebrated in May?

What does this mean for you? If you're a woman, it means taking some time this month to evaluate your health. How are you doing? Are you sleeping, exercising, and eating good foods to fuel your body properly? If not, it is time to make some changes! If you're a male, think about the women in your life. How are you supporting their health? Let's encourage the women around us to make their health a priority.. because IT IS!!

NATIONAL WOMEN'S HEALTH WEEK

National Women's Health Week started on Mother's Day and extends through May 21st. The reason it is celebrated is to encourage women and girls to focus on their health!

Women often forego an active lifestyle and a healthy diet to meet life's many demands. However, the consequences of neglecting health can be dire. When women fail to care for their health, hereditary illnesses may afflict them sooner and more severely. A sedentary lifestyle may also result in illnesses that can be avoided by making a few healthy (active) changes!

What are some simple ways to improve with your health?

- Go to (or schedule) your yearly medical appointments (dental, gynecologist, optical, overall health check with family doctor).
- Eat healthily (avoiding high-fat foods and incorporating fresh fruits and vegetables).
- Drink a minimum of 8 glasses of water a day.
- Find an exercise you enjoy and incorporate it into your daily routine. Even if it is making sure you get in a certain number of steps by walking!
- Get enough sleep! Proper sleep habits encourage a healthy weight, improve energy, and lower stress levels.

To find out more, check out this link:

<https://www.cdc.gov/healthequity/features/nwhw/index.html>

LIVING WELL AT HOME

Wondering how to make your home feel cozy? Here are some easy tips from Posh Pennies. Hint: lighting, greenery, and rugs all play a role!

https://youtu.be/sJpIOSxl_dY





THIS SEASON'S SPECIALTIES

SNACK RECIPE

This is a fun and colorful dish that tastes as fresh as Summer! Watch how easily it comes together in this video (the recipe is below)! <https://youtu.be/V525AhYvg7g>

Raspberry Banana Fruit Bites

Servings: 4

Ingredients:

- 2 cups raspberries
- 1 ripe banana
- 1 8 ounce container fat free whipped topping
- 1/4 cup shredded coconut unsweetened
- 1/2 cup graham crackers, crushed
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Instructions

1. Wash hands and clean kitchen surfaces
2. Rinse raspberries under cold running water and allow to dry.
3. Line a mini muffin tin with muffin liners and evenly distribute the crushed graham cracker.
4. In a blender, blend together raspberries, bananas, and whipped topping.
5. Distribute the raspberry mixture in the muffin tins.
6. Top with shredded coconut and freeze for at least 45 minutes.
7. Enjoy with someone you love! Be sure to store unused bites in the freezer for no more than 3 weeks.

Nutrition Facts

12 servings per container

Serving size 2 bites

Amount per serving

Calories 80

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 0mg 0%

Potassium 73mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

TRYING TO CUT DOWN ON CALORIES? HERE ARE A FEW SNACKS UNDER 100 CALORIES!

- ONE CUP OF BLUEBERRIES
- ONE HARD-BOILED EGG
- ONE ORANGE
- ONE CUP OF STRAWBERRIES
- ONE PIECE OF STRING CHEESE
- 1/2 CUP OF OATMEAL
- HANDFUL OF ALMONDS



Read more here:

<https://www.everydayhealth.com/diet-and-nutrition-pictures/snacks-under-100-calories.aspx>

FIVE SURPRISING FACTS ABOUT WOMEN'S HEALTH

MOST WOMEN TAKE THEIR HEALTH FOR GRANTED! HERE ARE A FEW SURPRISING FACTS THAT MAY HELP YOU REALIZE YOUR HEALTH IS ONE OF YOUR MOST VALUABLE RESOURCES. TAKE CARE OF YOURSELVES, LADIES!



MOST WOMEN HAVE POOR HEALTH

- Nearly 13% of women over 18 are in poor health.
- The good health of women affects the well-being of their families. A happy, healthy mother is more likely to raise happy, healthy children. When the women in a family are happy, they tend to keep a happy home too.

OBESITY IS A CAUSE FOR WORRY

- Nearly 38% of American women are obese.
- When your weight is in a healthy range, it more efficiently circulates blood, fluid levels are more easily managed, and you are less likely to develop diabetes, heart disease, certain cancers, gallstones, osteoarthritis, breathing problems and sleep apnea.

MORE WOMEN THAN MEN HAVE ALZHEIMERS

- Two out of three Alzheimer's patients in America are women.
- In most cases (over 99 in 100), Alzheimer's disease is not inherited.
- Ways to reduce your chance of Alzheimer's include: maintaining a healthy weight, being physically active, & avoiding smoking & drinking.

BREAST CANCER IS COMMON

- 1 in 8 women will be diagnosed with breast cancer in the US and 1 in 3 of those will become metastatic.
- African American women are 40% more likely to die from breast cancer than Caucasian women.
- Early detection is the best intervention for breast cancer.

MENTAL ILLNESSES AFFECT MORE WOMEN

- Women are twice as likely as men to experience depression.
- Women tend to view themselves more negatively than men, which is a vulnerability factor for many mental health problems.
- Techniques to combat mental illness include: exercising, utilizing relaxation strategies, mindfulness or meditation, practicing self-care, journaling, or engaging in a hobby.
- Want to read more? Check out this link:
<https://www.nimh.nih.gov/health/topics/women-and-mental-health>

FAMILY FUN... HERE??

Not everyone has the funds to go to Hawaii for vacation. But, most everyone can save some cash for a fun weekend in Plainview or just 30 minutes away in Lubbock, right?! Here are a few ideas for a fun day or weekend in your own backyard!

VACATION

FREE STUFF

- National Roller Coaster Museum, Plainview, TX
<https://rollercoastermuseum.org/about-us/>
- National Ranching Heritage Center, Museum on the Texas Tech Campus
<https://ranchingheritage.org/>
- Museum of Texas Tech University, Lubbock, TX
<https://www.depts.ttu.edu/museumttu/exhibitions/>

FUN WITH KIDS

- Plainview aquatics center: includes a main lounge pool, swim lanes, a rock wall, a children's pool, a splash pad, slides, dressing rooms, lockers, showers, and a concession stand. <https://www.plainviewtx.org/Facilities/Facility/Details/MB-Hood-Park-3>
- Adventure Park (an amusement park in Lubbock) <https://adventureparkfun.com/>
- FiberMax Center for Discovery, <https://texastimetravel.com/directory/fibermx-center-discovery/>
- Science Spectrum & Omni Theatre, <https://www.sciencespectrum.org/>
- SkyGardens Flower Farm - pick your own flower bouquet at this Texas flower farm <https://skygardenstx.com/>

FOOD & DRINKS

- He-Brews Coffee - this is a fun coffee shop that also offers kayaking. They don't have an extensive menu, but you can pick up lunch items for a picnic. Check out their website here: <https://www.hebrewscoffeelbk.com/about>.



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