

Fall 2018

Healthy Carroll Families



In this Issue:

- The Healthiest Thing You Can Do
- Arrive Safely
- Avoid the Flu
- Recipe



The Partnership
for a Healthier Carroll County



Welcome to the new and improved Healthy Carroll Families for Fall 2018.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website, **HealthyCarroll.org**.

Please call or email me any questions, feedback, or suggestions you may have about Healthy Carroll Families. I look forward to hearing from you.

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The Healthiest Thing You Can Do

So many things we do in our everyday lives revolve around our own and our family's health. Some are significant like scheduling recommended exams and screenings, and some are small things like saying no to that extra treat in the office. So what's the number one thing we can do to boost well-being for ourselves and our families?

Create a Healthy Routine

Our lives are a series of routines. We get up, make coffee, wake the kids, throw some lunches together, drop them off at school, go to work, pick them up from school, make dinner, watch some TV, then go to bed - or some variation thereof.

What If you decided to fit 30 minutes of active family play time into your schedule? Creating one small change in your routine can have more impact than you think.

Here are some suggestions to help you make your daily routine healthier:

- *Identify the pattern you want to change.* For instance, instead of saying "I want to lose 10 pounds", focus on a behavior to get to that result. This could be drinking more water, skipping your usual high-calorie snack, or fitting in a half-hour of daily exercise.
- *Carve out time to spend time with your family outdoors.* Fall is a beautiful time of the year to enjoy together. Take your family on a hike, walk, or play sports outside.
- *Create family cooking time.* Have your children help you cook a healthy family meal or make a special healthy snack – like the Pumpkin Pie Dip in this edition's recipe attachment. Make kids' participation a part of your weekly schedule, or pick 1-2 nights a month where the kids take charge.

For a healthier family, establish a healthier daily routine!

ARRIVE SAFELY

Now that kids are back in school, here are some reminders for year-long safety:

WALKERS

- Stop, look & listen – always look left, right, left before crossing.
- No mobile phones or headphones – children should understand the dangers of talking on their phones or listening to music when walking along and crossing busy roads.
- Pay close attention to your surroundings.
- Practice with your child. Choose the safest route to school with the fewest crossings.
- Walk with friends and do not take shortcuts.
- Never take rides from strangers, or even people you know, without permission from your parents.

SCHOOL BUS

- Wait for the bus to stop before approaching it from the curb.
- If crossing the street, first check to see that no other traffic is coming and walk at least 10 feet in front of the bus so the driver can see you.
- Take your seat promptly and sit properly, facing forward at all times.
- Talk softly and never distract the driver.

CAR

- The Maryland Law states a child up to 8 years of age or 65 pounds is required to be in a booster seat.
- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach; and the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down.
- Remember that many crashes occur while novice teen drivers are going to and from school. You should limit the number of teen passengers to prevent driver distraction; please refer to the MVA handbook on the law. Never allow your teen to drive while eating, drinking, or talking on a cell phone.





Sharing is awesome - Except when it's **GERMS**

Most of us are only too familiar with back-to-school colds and viruses.

To keep from getting sick and to avoid spreading germs at school, remind all family members to:



Wash hands often with soap and warm water. If soap and water aren't available, use an alcohol-based hand rub.



Avoid touching eyes, nose, and mouth as much as possible.



Cover your cough and sneeze. Cough into a tissue or into the crook of your arm (inside elbow) - NOT into your hand.



What about the FLU?

For the healthiest school year possible, the CDC recommends all family members over 6 months should get immunized against the flu (influenza).

Consult with your health care provider about when is the best time for you and your family to get the flu shot.

FACT:

Getting a flu shot can NOT “cause” the flu! You may have a short, mild reaction such as soreness, headache, fever, nausea, and muscle ache.

Also, it takes about 2 weeks for full immunity so it's possible to get the flu if exposed during that period.

FOR MORE FLU INFORMATION, VISIT: CCHD.Maryland.gov/Flu



Pumpkin Pie Dip

Ingredients

15 ounce can pumpkin puree
½ of 3.4 ounce package vanilla instant pudding mix
1 teaspoon pumpkin pie spice
8 ounces frozen dessert topping (such as Cool Whip), thawed

Directions

Blend pumpkin, pudding mix and spice.
Stir in cool whip until well blended.
Refrigerate until ready to serve.
Serve with whole wheat graham crackers or apple slices.
Makes 5 cups

Nutrition Facts/1/4 cup dip: Calories 40; Fat 1 gram; 7 grams carbohydrate;
Fiber .5 gram

Source: North Dakota State University Extension: ag.ndsu.edu