



FAMILY AND CONSUMER SCIENCES

Newsline

June -July, 2007

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Evaluating nutrition information can be tricky

Everywhere a person looks, he or she is bombarded with nutritional information. Unfortunately for consumers, it is not always easy to tell the difference between information that is valid and information that is not.

Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition specialist, said nutrition misinformation can be dangerous to a person's health and well-being.

"Consumers are taking an increased role in their personal health care and it can lead to health consequences if the information isn't valid," Hermann said. "Misinformation includes food faddism, health fraud and misdirected claims."

Food fads include unreasonable or exaggerated beliefs that eating, or not eating, certain foods, supplements or combinations of food will promote weight loss, cure disease or have special health benefits.

Health fraud is similar to food faddism, however, health fraud is deliberate and done for financial gain. Health fraud involves promoting a product to improve a person's health, well-being or appearance but the product does not work or has not been proven to work.

Claims that cause consumers to make incorrect conclusions about the health benefits of a food are misdirected claims. Consumers are led to believe that the advertised foods are more healthful than they really are. For example, a company may advertise a health food as being low in carbohydrate, but it is still high in fat and calories.

"Many people say they get their nutritional information from magazines, television, newspapers, the Internet, physicians, product labels and friends and family," she said. "Unfortunately, only about 13 percent of people surveyed indicated their nutrition information came from a dietitian."

Hermann also said nutrition information can have several health consequences and physical harm can occur if nutrition misinformation results in the delay or the failure to seek proper health care, or if it interferes with sound nutrition education and practices.

Most people have heard of the "five W's," which stand for who, what, where, when and why. Consumers can take steps to protect themselves from nutrition information by keeping these same "five W's" in mind.

Who? Who is providing the information and is it a qualified professional?

What? What is the message? Is it in line with other reliable sources?

Where? Where is the information coming from? Is it a government agency, a professional organization or a reputable consumer organization?

When? When was the information last updated? Nutrition is an ever-changing science.

Why? Why are they giving you the information? Is it a public service or are they selling a product?

"Knowledge is a consumer's best protection about nutrition misinformation and consumers need to be able to recognize it before they waste their money or endanger their lives," Hermann said. "Through education, consumers can become more aware of the various methods used by promoters, as well as the language of nutrition misinformation. Listen and ask questions about the claims being made about a specific product. Many misleading claims play on our fear of disease or the desire to lose weight quickly. If it sounds too good to be true, it probably is."

Blaine County HCE Scholarships

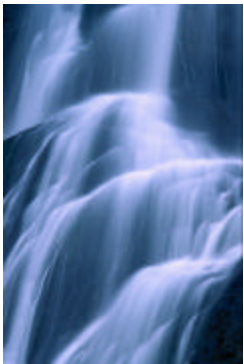
We had 33 High School seniors who applied for the two (2) Blaine County \$350 scholarships. This year both winners were from Watonga – Julie Forrest and Tiffany Darst. Congratulations to both of our winners!

State OHCE Meeting

If you are planning to attend the State OHCE meeting, you should begin making plans right away. The sessions will be held July 9-10. More details and reservation information will be in your State Outreach newsletter. Highlights include: Registration is due by June 22; Registration is \$15; Monday Lunch \$15; Friendship Banquet \$25; Tuesday Lunch \$15; and Sunday's event \$28. The planning committee is asking that OHCE members dress in appropriate dress from the Will Rogers era for the Friendship Banquet Monday evening.

Another change is there will not be door prizes. Each county is asked to donate two baskets (or items) to be included in the silent auction. The auction raises funds for grants that are available for local, county and multi-county OHCE projects. In Blaine County we are asking that each group donate items for the basket. Please have these items to the Extension Office no later than July 5th so that a gift basket can be constructed. Thanks for your donations.

Water For All



This project helps communities all over the world help themselves by providing grants for clean water projects and education on improving health through hygiene and sanitation. OHCE is raising money for drilling water wells in Africa. \$1000 will drill one well. OHCE is asking each

member to donate \$1.00. OHCE is hoping to raise enough money for 5 wells. Donations should be collected by August 15th and sent to the State OHCE treasurer.

State OHCE Bylaws Change

The Bylaws Committee recommends amending **Article IV – Officers, Section 1. Officers, G** to read:

- G. Vacancies, except for the office of President-Elect, shall be filled by appointment by the President in consultation with the Executive Committee. (Inserting) *If the person appointed to the office serves more than half of the term of office, he/she would be considered to have a full term and would not be eligible to serve an additional two year term.* An office may be declared vacant by the President if an officer becomes disqualified or fails to perform the duties of the office. A vacancy in the office of President will be filled by the President-Elect.

(The amendment above is listed in italic print)

The reason for this recommendation is for clarification of eligibility of an officer. This corresponds with Robert Rule of Order Chapter XV 47 Officers 20 In filling vacancies for unexpired terms, an officer who has served more than half a term in an office is considered to have served a full term.

Tour Scheduled for September

A tour coordinated for OHCE members will be held September 11-12 to help celebrate 100 years of statehood. Cost is \$89 and will leave Oklahoma City to travel to Marland Mansion, sod house, railroad Museum of Enid and lunch. More information will be in your Outreach newsletter. Please follow the deadlines, if you are interested in attending.

OHCE Leadership Training

The biannual OHCE Leadership training meeting will be held in Oklahoma City on October 25, 2007. Save this date, if you are interesting in attending this excellent training meeting.

Leader Lesson Schedule

There is no lesson scheduled for your June meeting. Our next lesson will be held on June 28th, 10 a.m. at the Fairgrounds. Our topic is 'Eating Oklahoma – Locally Grown'. Please be sure and be present, if possible. Our intern for the summer, Megan Maxson, will be assisting with the presentation.

The next lesson is scheduled for July 26, 10 a.m. at the Fairgrounds. Paula Post, Extension Educator from Kingfisher, will be leading us through the maze of "Generic vs. Name Brand". If you have ever been confused and needed more information about this topic, don't miss out.

County Fair – August 23-25, 2007

Our Fair is scheduled for August 23- 25. Please check out the topics for your Educational Booth, club selections and start on your projects. August will be here before we know it!

A new category added this year will be "Geneology".



Are You Financially Resilient?

The words "resilience" and "resiliency" have been used frequently since the events of September 11, 2001. Children, families, communities, and the nation as a whole have all been described as resilient, or having the ability to function well and maintain a positive outlook despite experiencing highly stressful events. In everyday language, resiliency is the ability to "roll with the punches" and carry on despite life's setbacks.

Financial resilience is the ability to withstand life events that impact one's income and/or assets. Some financially stressful events, such as unemployment, divorce, disability, and health problems affect people individually. Others, such as recessions, stock market downturns, and acts of terrorism, affect society as a whole.

Financial resilience is enhanced with financial resources, such as savings, health insurance, and a good-paying job. Another resource for financial resiliency is one's human capital, which economists define as all of the knowledge, skills, experiences, and other personal qualities that people have to "sell" to potential employers.

Social capital also increased financial resiliency. This includes a support system of family, friends, co-workers, neighbors, and others that can provide financial assistance, not to mention emotional support, during hard times.

Following many of recommended financial practices found in *Small Steps to health and Wealth™* can also increase financial resiliency. Below are five examples:

- Maintain a low debt-to-income ratio. Monthly consumer debt payments (e.g., credit card bills and car loan payments) should be 15% or less of monthly take-home pay. Example: \$275 of debt payments divided by \$2,500 of new pay equals a consumer debt-to-income ratio of 11% (275 divided by 2,500)
- Maintain an emergency fund of at least three month's expenses. Keep this money liquid in cash equivalents such as a credit union, money market mutual funds, or short-term CDs.
- Never consider your education or job training finished. Continue to develop new marketable skills to increase human capital and remain employable in today's competitive labor market.
- Purchase adequate life insurance to protect dependents against the loss of a breadwinner's income and disability insurance to provide continued income following an accident or illness.
- Increase your knowledge of financial topics so that you make smart financial decisions. To learn more about basic investment principles and characteristics of specific securities (e.g., mutual funds), visit Rutgers Cooperative Extension's Investing for Your Future home study course web site at www.investing.rutgers.edu. Other Cooperative Extension financial education resources can be found in the Personal Finance section of www.extension.org.

Source: Small Steps to Health & Wealth – Monthly Finance Tip – Barbara O'Neill, May '07 – Rutgers Cooperative Extension

Small Steps to Eating Healthy Snacks

Want to eat a healthier diet? Follow these nutrition tips:

1. Eat foods rich in vitamin C every day. An adequate intake of vitamin C may help to protect against certain cancers and reduce the risk for other diseases. Oranges and citrus are good sources along with broccoli, cabbage, cantaloupe, grapefruit, strawberries, tangerines and tomatoes.
2. Eat fish to help your heart. Eating fish twice or more a week is recommended as the Omega 3s reduce your risk for heart attack. The oil in fish (especially dark fish like salmon) is high in polyunsaturated fat which contain the omega 3s.
3. Select foods rich in carotenoids to reduce your risk of certain cancers. Eating lots of orange and deep green leafy vegetables is the best way to get plenty of carotene and Vitamin A in your diet. Try carrots, sweet potatoes, cantaloupe, spinach, collard greens, kale and broccoli.
4. Eat tomatoes and tomato products. Tomatoes are a rich source of lycopene which is a potent antioxidant that may reduce certain cancers. The lycopene in cooked tomatoes including tomato sauce, paste, salsa, canned tomatoes is more easily absorbed than in raw tomatoes.
5. Choose skinless turkey breast and chicken parts. Turkey is about the leanest of all meats. A 3-ounce portion has less than a gram of fat per ounce if the skin is not consumed. Cook both turkey and chicken with the skin on and then remove before eating. You will keep the meat moist but not consume the extra fat calories from eating the skin.
6. Trying to Lose Weight? Consume foods with high water content such as fruits and vegetables. Try to get 7-9 servings of fruits and veggies each day and choose recipes that have only small amounts of meat, cheese, and poultry such as soups, casseroles and salads.
7. Eat at least 3 servings of whole grains daily. Follow the MyPyramid recommendations by going to www.mypyramid.gov. Make sandwiches on whole wheat or whole grain

bread. Choose brown rice over white or fried rice. Oatmeal for breakfast will help to stabilize your blood glucose levels, which is great for diabetics. Make healthy carbohydrate choices each day.

8. Eat nuts instead of meats or other animal protein foods. Many studies have found that consuming walnuts or almonds cut a person's risk for heart disease. Nuts are rich in polyunsaturated fats which lower blood cholesterol and add folate and other B-vitamins. Nuts are also rich in calories, however, so they need to be eaten as a substitute for other protein foods.
9. Limit fruit juices and eat fruit instead. When choosing fruit juices, make sure you choose 100% fruit juice rather than fruit drinks or fruit punches. A glass of any type of orange juice (fresh, frozen or canned) will supply you with your recommended daily allowance of vitamin C.
10. Read the labels on muffins. A bran muffin may or may not contain whole wheat flour and may have excess amounts of eggs, oil and saturated fats, as well as, sugar, honey and other sweeteners. Some have more than 20 grams of fat per muffin, as much fat as a fat food hamburger, and are more than 500 calories without butter, margarine, or jelly.

Source: Small Steps to Health & Wealth – Monthly Tip – Karen Ensle, Rutgers Cooperative Extension – May 2007

Green Cookbook

If you are interested in purchasing a Green OHCE Cookbook (1985), please call the Extension Office at 623-5195. There is a possibility that this book will be republished. A count from each county is needed by August.

This newsletter is one way of communicating educational information to the citizens of Blaine County in Family & Consumer Sciences. For free subscriptions, contact the Extension Office at 580-623-5195.

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Don't Let Asthma Hold You Back

Spring cleaning tips for controlling household allergens

What do singer Billy Joel, marathon runner Alberto Salazar, actress Sharon Stone and political activist Rev. Jesse Jackson have in common? They are all people who didn't let asthma stop them from achieving success in their chosen fields. And if you or a loved one suffers from asthma, it shouldn't hold you back either!

Asthma attacks are triggered by tiny airborne particles called allergens. These allergens lurk in dust mites, animal dander, cockroaches and their droppings, mold and mildew, and pollen. So with the spring cleaning season upon us, there's no better time than now to concentrate on cleaning practices that can reduce the amount of allergens in the home, declares Nancy Bock, Vice President of Education at The Soap and Detergent Association.

Clear Out the Clutter

When it comes to clutter, "collecting dust" is no idle phrase. Having lots of stuff around – like piles of mail, stacks of paper grocery bags, newspapers and nick knacks – provides welcoming places for dust and its allergens to accumulate and for mold, mildew and cockroaches to live and grow.

- ✓ **Keep small items, like CDs, tapes, DVDs, books, figurines and stuffed animals, in enclosed storage containers, drawers or closed cabinets.**
- ✓ **Toss old newspapers and magazines.** Set a limit: one week for newspapers; three months for magazines. If you hold them longer for recycling, get a closed storage container or move them to the garage.
- ✓ **Get rid of that under-cabinet stash of grocery bags.** Insects love to live in them, crawl through them, and leave allergens behind. If they're damp, mold grows in them, too.

Delete the Dust

Regular dusting and vacuuming, along with some wise decorating choices, can help control the dust mite population.

- **Dust furniture regularly using a furniture dusting product.** Dusting with a dry cloth just spreads the dust around.

- **Vacuum and wet-mop floors weekly.** Use an upright vacuum or a canister style with a power nozzle – they pick up two to six times as much dust from a rug as canisters without a power nozzle.
- **Use special dust mite-proof covers,** sometimes called "allergy impermeable" covers, to keep dust from going through pillows and mattresses. Wipe covers with a damp cloth every week.
- **Avoid wall-to-wall carpeting, especially in bedrooms.** Instead, use small, washable rugs and launder them weekly. If you can't avoid carpeting, choose a short, tight weave to minimize dust accumulation and make cleaning easier.
- **Choose lightweight, washable curtains** instead of heavy draperies.
- **When buying furniture, consider hard or smooth, easily-cleaned surfaces (wood, vinyl, leather or laminate) instead of upholstery.** In the bedroom, omit unnecessary fabric surfaces, such as upholstered headboards, bed canopies, dust ruffles, and throw pillows.

Rub Out the Mildew

Moist, humid surfaces are the climate of choice for mold and mildew. Look for and eliminate sources of excess moisture, including leaks and high indoor humidity.

- **Use the exhaust fan** when bathing, showering or cooking.
- **Keep the areas around faucets and handles and under sinks clean and dry.**
- **Use a nonabrasive, all-purpose or antibacterial cleaner** on shower stalls and bathtubs. Check for soap scum; if necessary, use a soap scum remover.
- **Shower curtains are a favorite breeding round for mold/mildew.** Most shower curtains can be laundered using detergent and liquid household bleach. Check the care label on fabric shower curtains. For vinyl ones, scrub heavily mildewed areas with liquid bleach or mildew remover before laundering.