

January - February 2016



## **A Healthier Weigh in 2016** **...12-Week Health & Fitness Challenge**

With the holidays behind us, are you ready to focus on making 2016 a healthier and more fulfilling year? Let's start with recharging of our personal health and energy. How about getting a few family or friends involved in a challenge to improve our health and fitness? This individual and team challenge is just the ticket!

Developed by Colorado State University extension agents in Northeast Colorado, A Healthier Weigh Health and Fitness Challenge has earned awards on the state, regional and national levels. This 12-week challenge for adult teams and individuals has been conducted every January through April, in seven counties in northeast Colorado by a team of Family and Consumer Science extension agents with 2016 being the 10<sup>th</sup> year! The program is accessed via websites and email to participants, making it easier for people to access on their own schedule 24/7. It is available now in English and Spanish.

Over the course of nine completed challenges, 1672 adults, both male and female, have participated in this 12-week nutrition and fitness program. Looking at all nine years of the program, program participants who complete the 12-week challenge have averaged weight loss of 4 percent of body weight, and reduced their waist measurements by 5 percent as a result of the program. Each year the end of challenge surveys have numerous self-reported health benefits, such as: better sleep, lower cholesterol, reduced blood pressure, more energy, lower blood glucose, lower stress level, and less knee or hip pain, just to name a few.

The agents currently conducting the challenge are Joy Akey for Yuma and Kit Carson Counties, Jennifer Cooney for Morgan County, Tara Friend for Logan County, Gisele Jefferson for Washington County and Tracy Trumper for Phillips and Sedgwick Counties. Contact the Extension agents or websites for more information!

Colorado State University, U.S. Department of Agriculture, Logan County, Morgan County and Golden Plains Area Cooperating. Extension programs are available to all without discrimination

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## Moving Through the Picky Eating Stage



It's a new year and a new you. You are ready to eat healthy. The chips and cookies are thrown out. Grocery shopping is done. You have healthy recipes all ready to go. You sit down at the table. Your kids won't eat. In order to appease your family, you cook something for yourself and something for your kids. You feel like a short order cook. Sound familiar?

It's hard to eat different food than what your family eats and who has the time to cook more than one meal? Dealing with picky eaters can be tough but it's important to remember that many times when a child is a picky eater, it's your child's first steps in becoming independent. Food decisions are one of the first things a child can make a choice

about. They are more than likely being choosy not picky. In most cases, being a picky or choosy eater is temporary and there are things you can do to help them pass through this stage quickly.

My Plate for preschoolers suggests that you let your child help with both the shopping and cooking. Children are more likely to eat fruits and vegetables they pick. It's also important to let your child help cook meals. Let them stir, wash produce, and even help pick dinner. Give them a choice, "should we have green beans or peas for dinner." Helping to cook meals increases excitement about tasting food and also helps them to learn. They will be invested and will most likely eat everything that they helped prepare. Be sure to praise their work, telling them how good their food looks and maybe even naming the dish after them such as "Sarah's salad."

Turn your meal time into family time. Offer the same meals for the whole family. Stop being a short order cook, you don't have time and it's not helpful for them. Experts say that if a child misses a meal because they don't like what you fixed, it won't hurt them. Make meals relaxed and enjoyable so your child will develop a healthy attitude about meal time.

Other tips to help your child try new foods are start with small portions. Give them small amounts of the new food and let them have a small taste. Be patient and keep serving the new food. It may take up to a dozen times before a child acquires a taste for a new food. Be a good role model and eat the new foods you want your child to try. Try it first and describe to your child the new food you sample including taste, texture, and smell. Serve the new food first while your child is hungriest. You should also serve a variety of foods such as multiple types of vegetables. If your child is being choosy and not just picky, this will give them the choice to choose from the healthy options you provide.

Most importantly, remember eating healthier for this New Year is good for not only you but your whole family. Be patient and persistent in encouraging your choosy or picky family to eat what you cook. By giving your child choices, letting them help, and making meal time family time, you can move through the choosy, picky stage quickly. For more this and more information go to [www.choosemyplate.gov](http://www.choosemyplate.gov).

## Cost of Raising a Child

Children are an investment – of time and resources! Parents can expect to spend between \$12,000 and \$15,000 per year, depending on the age of the child. This accounts for food, housing, childcare, education and other child-rearing expenses. Raising a child from birth to 18 years of age can total between \$176,000 and \$407,000, depending on the income level of the family. Housing is the highest expense, followed now by health care and then food expenses.



With food and health care costs in the top tier of expenses, it reminds us of the importance of providing good nutrition for our kids to help their bodies and minds grow, stay healthy, and reach their full potential. Parents have the challenge of providing food that is healthy, delicious and affordable. Check out the [Healthy Eating on a Budget](#) resources and [10 Tips Nutrition series](#) from MyPlate.gov.

## Webinars Used in Community Education

The NE Colorado Diabetes Coalition, including Colorado State University Extension, Family and Consumer Science agents, and several health businesses and organizations, has worked together to educate communities about the causes, effects and treatment of Diabetes through presentations by health care professionals and through Diabetes Health Fairs. Now, with the help of technology, these educational opportunities are being expanded throughout northeast Colorado and across the whole state with the implementation of a Diabetes Webinar Series.

Doctors, professors, diabetes educators and other healthcare professionals are able to share their expertise about diagnosis, treatment and management of diabetes using computer video camera capabilities and an Internet connection. CSU Extension on campus coordinates the live webinar for viewing in multiple sites; and records the webinar to archive for future viewing through the Internet. In northeast Colorado, presentations are broadcast live to sites in Logan, Kit Carson, Phillips, Sedgwick, Washington, Morgan, Weld, and Yuma counties. Participants at all sites are able to ask questions and interact with the presenters.

The Diabetes Webinar Series for 2015 started in January with Dr. Colby Jolley, a board certified family practitioner at the Haxtun Hospital. A strong proponent of preventative care, Dr. Jolley encourages patients to focus on life style changes to improve or maintain their health. She discussed weight management for the prevention and treatment of diabetes and other chronic disease.

In April, Dr. Barry Braun, Professor and Head of the Department of Health and Exercise Science at Colorado State University, presented the role and benefits of exercise and increased physical activity for people with diabetes and other chronic disease. He discussed the benefits of adjusting the intensity, frequency and length of time, and how exercise interacts with diet and medications. Shannon Roberts, coordinator for the Kidney Smarts program, presented on the effects of diabetes and our kidneys as well as ways to prevent and manage complications in September.

The fourth 2015 webinar was presented in November by Dr. Thomas Hecker, O.D., previously associated with the Orthopedic and Spine Center of the Rockies, now in his own practice, Hecker Sports and Regenerative Medicine in the Longmont, Dr. Hecker provides foot and ankle podiatry care for people of all ages, including diabetes and its complications for foot and ankle health. Dr. Hecker discussed the importance and standards of proper foot care for people with diabetes. He talked on proper care for skin conditions, keeping the skin dry, and dealing with swelling or edema. Proper fitting shoes, socks and insoles were also recommended. He also discussed neuropathy, what it does, why it happens and how it can be treated through medications, photo-light therapy and certain vitamins rich in amino acids. Walking for exercise and the importance of resistance training were stressed as components to maintaining and treating diabetes as well.

Though webinars as an educational media is fairly new to community education, many participants have had positive responses to the presentation method and the information that has been provided. Participants of several webinars indicated they wanted more information given through the webinar setting. Because the educational information can be organized and disseminated easily by the presenter and the information can be given to a large area, webinars are the upcoming, new wave of presenting and receiving new information to remote locations.

CSU Extension will continue with this format with The 2016 Diabetes Webinar Series beginning, February 9th with a presentation by Diabetes Educator and Nurse Practitioner, Judy Weimer, on the basics of Diabetes- Diabetes 101. Judy Weimer, will then follow up with information on managing Diabetes with Medications on April 12th. Nutrition for Diabetes and the Mediterranean Diet and Mindfulness with Diabetes are the last two topics for the 2016 series, with dates yet to be confirmed.

Check with your local Extension office for possible presentation sites and to confirm presentation times. There is no charge to attend any of the webinars. To view the webinars from 2015 you can go to the following YouTube website: [https://www.youtube.com/playlist?list=PL1ViO\\_C2ES-dmsNzv8N9h4L0JpjfQIXN](https://www.youtube.com/playlist?list=PL1ViO_C2ES-dmsNzv8N9h4L0JpjfQIXN) or visit the Golden Plains Area Extension website at <http://goldenplains.colostate.edu/>

## Weight Loss Goals? Try a New Diet: The Mediterranean Diet



The New Year is upon us and everyone is looking for that one New Year's Resolution that will stick. A common goal is weight loss, but have you tried to change up your diet and lost interest? Perhaps the Mediterranean diet will suit you. This diet is not expensive or complicated and has been proven to reduce the risk of Cardiovascular Disease and potentially improve the lifestyle of those facing Diabetes. The Mediterranean diet is not about cutting or counting calories, but instead enjoying fresh and vibrant foods that are easy to share with family and friends. Along with an active lifestyle, the Mediterranean diet can help you shed those dreaded pounds or stay fit and healthy.

The Mediterranean diet includes whole grains, fruits, vegetables, legumes, nuts, seeds, olive oil, seafood, poultry, eggs, a small amount of dairy, red wine, water, and a plethora of fresh herbs and spices. The Mediterranean diet focuses on reducing salt consumption, eating plant-based sources of protein, such as seeds, limiting dairy intake, and replacing fat with more healthful fats, such as olive oil. The most important part of this diet... keep it simple! You do not have to buy expensive products, make small changes, such as replacing white bread with wheat, and you do not have to shop at a special grocery store.

Below are two sample recipes:

### Grilled Lamb Chops with Mint

Total Time: 30 minutes

Yields: 6 servings

Ingredients:

1/3 cup extra-virgin olive oil  
1/2 cup packed fresh mint leaves, chopped, plus more for sprinkling  
1/4 teaspoon red pepper flakes

Directions:

Preheat a grill to medium high. Mix the olive oil, mint, red pepper flakes, and salt to taste in a bowl. Rub the lamb chops all over with the garlic. Transfer a few tablespoons of the mint oil to a small bowl and brush on the chops.

Grill the chops until charred, 3 to 4 minutes per side. (Press the middle of a chop with your finger: It should be slightly firm with a little give for medium-rare doneness.) Transfer to a platter and brush with some of the remaining mint oil. Sprinkle with mint and serve with more mint oil.



Sea salt  
12 small rib lamb chops (about 2 1/3 pounds)  
2 cloves garlic, smashed

### Broccoli Rabe with Cherry Peppers

Total Time: 15 minutes

Yields: 4 servings

Directions:

Cook 2 bunches \***broccoli rabe** in a steamer basket until tender, 7 minutes. Meanwhile, cook 2 sliced **garlic cloves** in a pot with 1 tablespoon **olive oil** until golden; add 1/4 cup sliced jarred **cherry peppers** and 2 tablespoons liquid from the jar. Toss in the broccoli rabe and salt and pepper. Drizzle with olive oil and top with shaved **parmesan**. \*May substitute with kale, or half broccoli and half cauliflower.



Source: Adapted from "The Mediterranean Diet" J. Haas, L. Bellows, S. Ganster, and R. Moore, CSU Extension Specialists, April 2014

## Successful Resolutions



A new year is here! And, with it comes at least 50% of us making a resolution to strive to improve an aspect of our lives. It may be related to self-improvement or education, weight, health, money, relationships, or another topic. Most people really do desire to make a change, so why six months later, have over half of us given up on what we promised ourselves we would do? One of the main reasons is we set unrealistic goals and expectations. Following are some tips that help make our resolutions, no matter what time of year, more successful:

- Focus on one resolution, rather than several
- Set realistic, specific goals. A vague goal, such as losing weight, is not specific. Losing 1 lb. per week for 12 weeks is specific.
- Make resolutions a year long process, not just on New Year's. Practice or work at it every day.
- Take small steps. Most of us quit because our goal is too big or requires making too big of a step all at once. Set daily/weekly goals that support your main goal. For example, if your goal is to lose 1 lb. per week, set a weekly goal to increase your exercise routine by 10 minutes.
- Have a buddy or someone close to you who you have to report to and be accountable.
- Celebrate your success between milestones. Don't wait until the final goal is completed.
- Focus your thinking on new behaviors and thought patterns. Habits become automatic, so new neural pathways have to be created in our brain in order for us to change our habits.
- Focus on the present. What is one thing you can do today, right now, towards your goal?
- Be mindful. Become physically, emotionally and mentally aware of your inner state and the environment around you.
- Do not take yourself too seriously. Have fun, laugh at yourself when you have a set-back, but don't let the slip discourage or hold you back from working towards your goal.

Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect of you.

## Hypothermia

Being outdoors in the crisp, frosty air of winter can be invigorating. However, too much cold air can pose threats to your health. If your body temperature drops too low, it can lead to a serious, sometimes deadly condition known as hypothermia. Learn to recognize signs of this condition, and take steps to keep yourself and your family warm and safe during this chilly season.

A normal body temperature is 98.6 °F. Just a few degrees lower—below 95°—can be dangerous, especially for the very young and very old. Low body temperatures can impair vital organs. People may have trouble thinking clearly, talking properly, or moving well. They may not recognize what is happening or be able to take steps to warm up or ask for help.

Hypothermia can happen anytime a person gets chilled from rain, sweat or being in cold water — not just when you are outside or in bitter winter weather. Certain medications and alcohol can also raise the risk for hypothermia. It is important to know the signs and symptoms, and take quick action if needed.

- First get the person out of the cold or wet environment if possible, remove any wet clothes, and cover the person with dry blankets or whatever is handy. Provide the person something warm to drink, but avoid alcohol or caffeinated beverages like coffee.
- Avoid things like a hot-water bath or a heating pad. External heat sources for hypothermia can be risky because of the potential to burn the skin, cause low blood pressure or irregular heart rhythms.
- To help prevent hypothermia, follow common sense advice. Dress in layers; cover up with blankets; and if you expect to be out in the wind, rain or snow, wear a jacket with a waterproof and windproof outer shell.

To keep warm when you are inside your home, wear socks, slippers, and a cap or hat. Set your heat at 68° or higher. Close off rooms you are not using to save on your heating bill.

Source: "News in Health," [National Institute of Health, December 2015](#)

## What's Been Happening

**Diabetes Webinars: Diabetic Feet 101** In November, Dr. Thomas Hecker, O.D., Hecker Sports and Regenerative Medicine in the Longmont, Dr. Hecker discussed the importance and standards of proper foot care for people with diabetes. He talked on proper care for skin conditions, keeping the skin dry, and dealing with swelling or edema. Proper fitting shoes, socks and insoles were also recommended. He also discussed neuropathy, what it does, why it happens and how it can be treated through medications, photo-light therapy and certain vitamins rich in amino acids. Walking for exercise and the importance of resistance training were stressed as components to maintaining and treating diabetes as well.

[https://www.youtube.com/playlist?list=PL1ViO\\_C2ES-dmsNzv8N9h4L0JpifQIXN](https://www.youtube.com/playlist?list=PL1ViO_C2ES-dmsNzv8N9h4L0JpifQIXN)



**Kids Holidays:** Monday, November 30, 2015 the Holyoke Chamber and Extension partnered for the 4<sup>th</sup> year to put on a “Kids Holiday.” 30 students decorated gingerbread houses and then enjoyed eating popcorn while watching the movie “Polar Express.” The gingerbread houses were then displayed in Sullivan’s Appliance store for Country Christmas. Friday, December 18<sup>th</sup>, 21 kids participated in a similar event at the Haxtun Community Center. Kids decorated a gingerbread house and watched the movie, “Rise of the Guardians,” while enjoying movie snacks.

**Strong People Continues Going Strong:** December 8<sup>th</sup> and 9<sup>th</sup> from 5:30 to 8:00pm, the CSU Extension office for Logan County hosted a training update for the Strong People strength training class. Eight participants refreshed their strength training skills and were given new ideas to modify their current classes to meet the needs of diverse participants. The Strong People class is available for a wide range of age groups, for men and for women. Isolation strength exercises using free-weights to target the major muscle groups of the body help in preventing chronic disease like diabetes, heart disease, osteoporosis, and arthritis. The program is 12 weeks, with classes meeting twice a week for an hour each. Think about getting strong in 2016 by contacting your local Extension office for the nearest program to you.

## Upcoming Events!

**January 1<sup>st</sup> – New Year’s Day -- All Extension Offices closed for holiday – Happy New Year!**

**A Healthier Weigh Fitness Challenge**- Weigh-ins the week of January 11<sup>th</sup>. Program starts Sunday, January 17<sup>th</sup>. Call you County Extension office to get program information and registration packets.

**January 20 – Washington County Health Council Luncheon** – noon, Akron Senior Center, “Healthy Habits for the New Year”

**January 30 – Morgan County Extension** – 4-H Clothing and Foods Projects Information meeting, time TBD.

**Matter of Balance – Volunteer Coaches Training** – January 28<sup>th</sup> at Yuma Community Center, 9 a.m. to 5 p.m. A Matter of Balance program helps people manage their concerns about falling and increase physical activity to avoid falls. Call your county Extension Office for more information. Registrations due January 20<sup>th</sup>.

**Zumba** classes starting January 18, 2016 at Haxtun High School gymnasium from 6 – 7 p.m. Mondays and Wednesdays. Come join the fun the first week to receive a free 8 session punch card! Call Tracy at 970-854-3616 for more information.

**Men in the Kitchen Cooking Matters Class** – Wray – Thursdays starting January 21 through February 25, 3:00 – 5:00 p.m., Wray High School – Family Consumer Sciences Room. Call 970-332-4151 for info.



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