

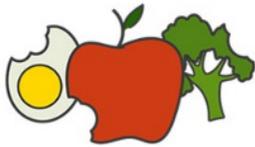
Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



March - April 2020

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

March is National Nutrition Month – a good time to reflect on the importance of making informed food choices and developing sound eating and physical activity habits.

- ***Eat a variety of nutritious foods every day!*** Include healthful foods from all food groups. Hydrate with water. Learn how to read the Nutrition Facts food labels. Practice

portion control and take time to enjoy your food.

<http://www.liveeatplay.colostate.edu/eat/index.php#.Xk2490p7m70>

- ***Plan your meals each week!*** Use a grocery list to help stay on track and shop for healthful foods. Be menu-savvy when eating out. Choose healthful recipes to make throughout the week. Enjoy healthful eating at school and work. Plan healthy snacks and meal options when traveling.
<http://www.liveeatplay.colostate.edu/eat/healthy-diet/tools/healthy-meals.php#.Xk25o0p7m70>
- ***Learn skills to create tasty meals!*** Keep healthy ingredients on hand. Practice proper home food safety. Share meals together as a family when possible. Reduce food waste. Try new flavors and foods.
- ***Consult a Registered Dietitian Nutritionist (RDN)!*** Ask your doctor for a referral to an RDN. Receive personalized nutrition advice to meet your goals. Thrive through the transformative power of food and nutrition.

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Where tradenames are used, no discrimination is intended and no endorsement by Colorado State University Extension is implied.

Source: eatright.org, Academy of Nutrition and Dietetics



GOLDEN PLAINS AREA
COLORADO STATE UNIVERSITY
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

Starting Your Garden

The garden catalogs have arrived, you've made your lists and ordered your seeds. It's now time to determine which plants you will start indoors. Cool season vegetables and annual flowers can be planted directly in the garden once soil temperatures are adequate. However, warm season plants such as peppers, tomatoes and eggplant, need to be started now to give them a head start. Here are some tried and true tips to help with successful seed starting.

Seed – Start with clean, fresh seed. Check out the amazing assortment of plant varieties and try something new to add diversity to your garden – Easter Egg radishes, Kaleidoscope carrots, Mad Hatter peppers, and Indigo Rose tomatoes are fun ones to try.

Seed Starting Equipment – You will need a container to plant in, a tray to capture moisture and a lid to create a terrarium effect during germination. There are many options of trays to purchase, but re-purposed items can be just as effective. Yogurt cups, paper cups, deli containers, plastic fruit boxes/clam shells are a few examples. Make sure they are sterilized, air dried and revamped for proper drainage if necessary.



Planting Medium – The more sterile the medium, the greater your success. Instead of using garden or potting soil, opt for a seed starting mix. These germination mixes are a combination of peat moss, vermiculite and/or perlite which allows the tiny plants to send roots out easily and avoid soil-borne diseases.

Planting Depth – Check the seed packet for the planting depth. Many seeds are so tiny that the correct planting depth is only $\frac{1}{4}$ ". If this is the case, place seeds on the top of moistened, unpacked soil and sprinkle a quarter inch layer of medium on top. Then gently one finger tamp over the seed to create seed contact with the soil. Do not pack down.

Germination – Seeds need warmth and moisture to germinate properly. Follow these steps:

- 1) Moisten the germination mix before starting. It should be moist but never wet. To check moisture content, scoop up a fist full. Squeeze. The ball should hold its shape but when dropped from a 2-3 foot height back into the container, it should break completely apart. Fill each container and tamp on the table to settle. Do not press or pack the medium.
- 2) Check the packet for the correct planting depth and sprinkle or spread the seed on top. Make a small hole for seeds that need to be planted at $\frac{1}{2}$ " depth.
- 3) Cover the seed with the correct amount of medium.
- 4) Add a bit of moisture with a spray bottle.
- 5) Cover with a lid and place in a warm spot. You should not have to add water during the germination phase unless the medium wasn't moistened properly. If the terrarium effect doesn't happen within the next day or so of planting, open the lid and spritz with warm water to create adequate moisture.
- 6) Once seeds have germinated, remove the lid and add light.

(Continued on next page)

Start Your Garden...continued

Lights – Window light can be used, but a simple light with a T-12 Cool Ray and Warm Ray bulb or an LED T-8 light work well. Light needs to be approximately 2” from the top of the seedlings at all times, so be sure you can adjust light placement as the seedlings grow. For proper growth, keep lights on 14-16 hours per day with 8 hours of darkness.



Warmth – Warmth added from below during germination and the 8 weeks of growth is recommended. Plant heat mats can be purchased or use heating pads on the low temp setting.

Air – Adding some air movement and circulation once seedlings are about 3-4 inches high is helpful. This keeps moisture off the soil surface and leaves as well as strengthens the stems.

Watering and Fertilizing – Water from the bottom of the tray when soil is nearly dry but never completely dry or wet. Fertilizer can be given when the first set of true leaves (the second set you will see) are established. Any liquid fertilizer may be used at one quarter strength.

Planning and Record Keeping – This is a great way to record your ideas for new plants or garden designs you want to try, what plants did well, results of soil tests, etc. For more information on record keeping, check out the following blog post: <https://csuhort.blogspot.com/2020/01/tell-your-gardens-story.html>

Source: Morning Ag Clips, February 14, 2020, <https://www.morningagclips.com>



Winter Inactivity Harms the Body

In a recent study at the University of Liverpool, UK when 26 adults in their 20s and 30s, and 21 adults in their 50s and 60s reduced their daily step count from 10,000 to 1,500 for two weeks, both groups experienced losses in leg strength and gains in body fat.

However, cardiorespiratory fitness (the body’s ability to transport oxygen during sustained physical activity) declined twice as much (10%) in the older adults. Self-defense: Stay active year-round. (Source: *Bottomline Health*, March 2020)

Keeping Sharp with Brain Games

Individual activities like crossword puzzles, Sudoku or online/app-based games can help keep us mentally sharp. However, there’s something special about joining family or friends for a fun board game or card game. These real-time, in-person activities can increase the brain-boosting effects. Regularly engaging in such games and other stimulating pursuits have been linked to lower rates of dementia. Some of the more complex games may contribute to a variety of skill sets staying sharp: attention skills, short-term memory, planning and strategizing, mental flexibility, visual perception, processing speed, and long-term memory. So dust off those games and invite people over! Enjoy some healthy snacks, engaging conversation and sharpen up that “gray matter.”



Type 2 Diabetes Prevention -- Is There Really a Way?



We all probably know someone with diabetes or have personally battled this disease. Diabetes is the seventh leading cause of death in the United States. Type 2 diabetes, in a nutshell, means your body cannot properly use or create insulin (a hormone that helps glucose get into the cells of the body). It may lead to heart attack, stroke, blindness, kidney failure, loss of toes, feet, or legs, and diminished lifestyle. There are several risk factors associated with developing type 2 diabetes including:

- being overweight or obese
- age 45 or older
- family history
- high blood pressure
- lack of physical activity
- history of heart disease or stroke
- depression.

While Type 2 diabetes is a well-known disease, many people have not heard of prediabetes. Prediabetes is extremely common. 1 in 3 adults in the United States have prediabetes. Those with prediabetes have a blood glucose (sugar) level higher than normal, but not high enough to meet the type 2 diabetes diagnosis. Someone with prediabetes will have an A1C (a blood test measuring your average blood glucose) of between 5%-7%. A normal A1C level is below 5%. Those diagnosed with type 2 diabetes have an A1C level of over 7%.

In Northeast Colorado the adult obesity rate ranges from 26.6% in Sedgwick County to 38.2% in Logan County, which is the highest obesity rate by county in Colorado. The state average for rural counties is 23.1%. Obesity is a major contributing risk factor to type 2 diabetes and a key component of prediabetes. So what do we do to prevent type 2 diabetes?

Those who have been diagnosed or feel they may be at risk for prediabetes can prevent the full-blown onset of type 2 diabetes by being proactive in their own health. If your A1C is in the 5%-7% range, you can do something now. A great deal of prediabetes prevention comes from lifestyle change and weight loss. It is completely in your power to take the reins and lead yourself away from prediabetes. Here are some definitive ways to take control.

1. **Take the prediabetes test.** Are you at risk? Go to this link to check.
<https://www.cdc.gov/diabetes/risktest/index.html>
2. **Speak with your healthcare provider.** Let them know your concerns and talk about how you can prevent this disease.
3. **Have your A1C levels tested.** Check with your local health care provider, hospital or: Northeast Colorado Health Department offers the Heart Healthy Solutions program, which includes a variety of services at no cost including a blood sugar check, blood pressure check, a health assessment and much more. For more information visit their website <https://www.nchd.org/colorado-heart-healthy-solutions> or call Michelle Huell 970-522-3741 Ext: 1232.
4. **Lower your body weight by 5%-7%.** By watching your nutrition, drinking more water, and shaking off a little excess weight, you decrease your risks of type 2 diabetes.
5. **Manage your stress.** Take a few extra moments for yourself, clearing your mind before bed, and utilizing deep breathing techniques to lower your risk.
6. **Get moving! Exercise** is a great way to relieve stress, build muscle, and increases a positive mindset.
7. **Join a lifestyle change program.** The Centers for Disease Control and Prevention created an amazing program called T2-National Diabetes Prevention Program. It teaches you how to eat healthy for life, stay motivated, exercise for your lifestyle, and meet others with similar goals.

Do not let yourself become a victim to type 2 diabetes. Small changes in your diet and lifestyle could mean adding years and quality to your life. You are in control!

References:

"About Prediabetes and Type 2 Diabetes." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 4 Apr. 2019, www.cdc.gov/diabetes/prevention/about-prediabetes.html.

"Rural Data Explorer – Rural Health Information Hub." *Rural Data Explorer* –, www.ruralhealthinfo.org/data-explorer?id=196&state=CO.

Work that 9-5 and be more Active than Ever!

As Americans, we spend at least 8 hours a day at work! Most of us often sit behind a desk or are inside for the majority of the day. Getting recommended amounts of active minutes, steps or calories burned for



the day can be hard to achieve when working an office job. Although going to the gym or on a walk after work is always a good solution, we often don't have time or simply want to spend the night at home. What can you do at work to help achieve more steps and active minutes? Take advantage of all the little opportunities to get up and move! Here is a list of ideas to get you up and moving.

- Walk to a coworker's desk to discuss and talk instead of emailing them.
- Take the stairs instead of the elevator.
- If you are stuck on a long phone call or zoom conference meeting, stand up and do some basic exercises. You can do squats, push-ups, calf raises or wall sits.
- Schedule walking meetings for informal discussions and brainstorming.
- Make a habit to stand once an hour to stretch and move around when working at your desk..
- Create a group at work willing to do basic exercises every hour. Write each exercise on a piece of paper and draw which one you will do every hour.
- Increase your water intake each day - write it on a board in the copy room or the break room to remind you and others to drink water throughout the day.
- Stand at your desk.
- Take a 5-minute walking break.
- Wear a fitness tracker to help track steps and remind you to keep moving.
- Wear shoes you are able to walk and move in throughout the day.
- Set an alarm or reminder to get up and walk or stretch.



It is vital to stay active while you are at work. Implementing these easy to follow suggestions should help you stay more active and get more steps throughout your work day. Being more active throughout the day will also help with circulation, movement, water intake and overall increase in mood.

Source: <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work>

Spring Cleaning!

According to Punxsutawney Phil, spring is on its way! Colorado weather is a bit different than back east, so we are still preparing for more snow. However, we can expect a few nice days before that last snow. What better way to celebrate the warmer weather than deep cleaning your home after being shut inside all winter?

In the past, spring cleaning was essential after winter. People heated their homes with coal, oil, and wood, and lighted them with candles. After months of keeping their homes warm, it needed a good cleaning to remove all the dust, ash, smoke, and candle/oil residue.. Now we have more efficient heating and cooling systems, washing machines, and vacuums, so our homes are cleaner compared to the past. But our homes still could benefit from being aired out and cleaned.



Spring cleaning has been shown to increase productivity. Decluttering can reduce the time you spend trying to find lost items. If you haven't used the item during the year, then you probably don't need it. Getting rid of extra items and deep cleaning your house can free up your mind, making decision making easier. . Some studies found after completing a deep clean of their home, people felt more focused and satisfied. Along with that, cleaning your home



can help reduce allergy symptoms, making you feel healthier and happier. It can relieve stress, provide feelings of accomplishment; and some consider cleaning therapeutic. Being more organized can reduce the feeling of being overwhelmed in your environment.

Don't let the act of cleaning become too overwhelming. If it seems like an enormous task, focus on one room at a time. Spring cleaning doesn't need to be completed in one day. Take your time!

Try these 6 basic steps for cleaning:

1. Declutter: Start with the visible items. Either find a place for it, or if you haven't used it all year, get rid of it. Ease into cleaning storage spaces later.
2. Start high and work your way down. Begin with the hard to reach areas, like ceiling fixtures and walls and work your way down to the floors. This also helps you remember what you've already done.
3. Don't forget your windows. Vacuum the sills and tracks, get all the bugs and dust out; then wash the inside and outside. If you wipe the inside and outside in opposite directions, it will be easier to see streaks and missed spots.
4. Blinds, Shades, and Curtains- use the vacuum brush attachment to clean off the blinds or shades. If you have curtains, fluff them in the dryer and wipe down the curtain rod.
5. Clean the hard surfaces. Now it's time for the furniture, shelves, and built-ins. Use an appropriate wood or surface cleaner. Use a lint roller for lampshades.
6. Refresh the floors. Make sure to move your furniture around. Make it easier by placing floor gliders under the big items. Don't forget to clean around the baseboards and corners. If you have carpets, rent or purchase (if you have pets or children) a professional-grade cleaner to get the carpets clean.

Additional Resources:

20 Tips to Declutter your Home. <https://www.aarp.org/home-family/your-home/info-2016/declutter-clean-up-your-home.html>

5 Surprising Reasons Why Spring Cleaning is Good for You. <https://www.goodnet.org/articles/5-surprising-reasons-spring-cleaning-good-for-you-list>

How to Deep Clean Your House. <https://www.bhg.com/homekeeping/house-cleaning/tips/how-to-deep-clean-your-house/>

Program Highlights

Healthier Weigh 2020 – Health & Fitness Challenge

The 2020 "A Healthier Weigh" challenge is underway with 203 participants in seven Colorado counties. It began in January in a staggered start in each county. The educational content of the program is provided online for all counties. The annual 12-week AHW challenge encourages increasing activity, making wise food choices, and living a healthier lifestyle. Teams consist of 4 adults. Individuals may also participate. Participants will be completing the challenge and weighing out in early April. Be watching for results.



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE

Annie's Project – Yuma and Akron – The two groups complete the 6-session series February 25 & 26. Yuma class had 22 and Akron class had 12 participants. A few quotes from weekly feedback cards: *"It was all very interesting. Very interested in Cost of Living in various counties. Loved all the resources. Excellent discussion on family finances."* *"Great financial information. I wish I had learned all of this a "few years back." Loved it. Good job."* *"Marketing Basics - loved this! FSA Loans - did not realize how many there were! Web Soil Survey is a great tool to use for management of planting."* *"There is a lot to consider in transition. A plan in place is a must!!"*

Upcoming Events!

ServSafe Food Handlers Training: **March 3** – 9:00 am – 3:00 pm, Logan County Extension Office, Sterling

March 26 – Chronic Disease and Self-Management Diabetes Webinar, Noon – 1:00, Host sites in Northeast Colorado. Contact your local Extension Office for more information.

Zumba Classes will start late April – early May at the Holyoke Fitness Club. 30-45 minute classes. \$5/class or 10-class pass for \$40. Tentative times: Zumba Wednesday 6 – 6:45am and STRONG by Zumba Thursday 6-6:45pm. Stay tuned for dates and time in Haxtun.

Plains to Peaks: Hike Colorado Program starts May 1st. \$20/person for 6-week training plan and 2 hiking trips w/lunch: Pawnee Buttes and Devil's Backbone. RSVP by April 27th. Late registration April 28th – May 1st, late registration \$40. Training will be held every Friday at 6 am. We will alternate between Holyoke and Haxtun.

Dining with Diabetes classes - 4 week program, 2 hours/week. \$40 for entire program, covers meals and materials. Partnering with Melissa Memorial Hospital. Coming in May. Details to follow... Also working to partner with Haxtun Hospital District, hopefully coming soon.

Elementary & Jr High Nutrition - Phillips County Extension is partnering with Holyoke School District to teach nutrition classes to Elementary and Junior High Students once a month.

Cottage Foods Training, May 15th: Sterling Colorado – registration info coming soon.

Knitting and Crocheting Class- February 27th, 4:30 to 6:00 pm at the Morgan County Extension Office.

Quilting classes for Youth - March 17th and 24th, 1-4 pm at Inspirations Quit Shop, Fort Morgan

Dining with Diabetes - coming in April or May to Morgan County.



PLAINS TO PEAKS: HIKE COLORADO

6 WEEK TRAINING PROGRAM. STARTS MAY 1ST.

SCHEDULED HIKES: PAWNEE BUTTES, GROVER, CO DEVIL'S BACKBONE, LOVELAND, CO

REGISTER BY APRIL 27TH!! \$20 PROGRAM FEE. LATE REGISTRATION APRIL 28TH - MAY 1ST, \$40 FEE. CALL 970-854-3616



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