



HEALTHY AT 80

www.communityhealthdayton.org

September 2017

NOURISH HEALTHY RELATIONSHIPS

September is National Family Meals Month™. Want to inspire your family to eat smart? Try sharing one more healthy meal together each week.

People who frequently cook meals at home eat healthier and consume fewer calories. Regular family meals are linked to the kinds of outcomes that we all want for our children and ourselves: higher grades and self-esteem, healthier eating habits and weights, and less risky behavior.

No doubt, juggling jobs, families and the demands of modern life often come at the expense of family mealtime at home. And while some may balk at the idea of corralling the family into the kitchen after a busy day, engaging in this habit is well worth the effort. Family meals eaten at home have been proven to benefit the health and wellness of children, adolescents, and adults, to fight obesity, substance abuse and to make relationships stronger—creating a positive impact in our homes and our communities.

Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect. With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts. Kids, teens, and adults alike who share meals with their family three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods and less likely to have eating disorders. <https://healthyforgood.heart.org/eat-smart/articles/>

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

IN THIS ISSUE

- Nourish Healthy Relationships
- It's Never too Late to be a Quitter!
- Kids in the Kitchen
- Mythbusting: How Not to Stay Healthy
- Nutrition Bites! Get Smart about Superfoods
- Baked Chicken Strips



Community Health Centers of Greater Dayton—Your Medical Home

IT'S NEVER TOO LATE TO BE A QUITTER!

Everyone knows smoking is unhealthy. But did you know that as soon as you quit, you start to look and feel better as your body recovers? There are benefits to stopping smoking at any age—you are never too old to quit! Make a list of all your reasons to live tobacco-free. Knowing your why can help you commit to your how.



It's important to understand the risks of smoking and using tobacco, but there's a lot more to it than just frightening statistics. Let's look at the upside.

- ◇ You'll be able to exercise or be physically active with less shortness of breath.
- ◇ Your clothes, hair, body, car and home will smell better.
- ◇ Your sense of taste and smell will return to normal.
- ◇ The stains on your teeth and fingernails will start to fade.
- ◇ You'll save hundreds or thousands of dollars a year.

This is how your body starts to recover when you quit smoking:

- ◇ In the first 20 minutes: your blood pressure and heart rate recover from the nicotine-induced spikes.
- ◇ After 12 hours: the carbon monoxide levels in your blood return to normal.
- ◇ After two weeks: your circulation and lung function begin to improve.
- ◇ After one to nine months: clear and deeper breathing gradually returns; you have less coughing and shortness of breath; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
- ◇ After one year: your risk of coronary heart disease is reduced by 50 percent.
- ◇ After 5 years: Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Your risk of cervical cancer and stroke return to normal.
- ◇ After 10 years: You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.
- ◇ After 15 years: your risk of coronary heart disease is the same as a non-smoker's.

KIDS IN THE KITCHEN

Participating in family meals can provide children with a sense of accomplishment and self-confidence, setting them up for a lifetime of achievement. Wondering how you can introduce this weekly habit?

Encourage kids to help select what you'll make:

This practice gives kids an active voice in the family's meals, and perhaps more importantly, significantly increases the odds that they'll consume what you make together. Leave food magazines or cookbooks from the library around the house so that kids can flip through them to find dishes they like.

Model healthy behaviors yourself:

So much of what we do is modeled and copied by our children. You also have to commit to do the things that you want them to do, like not look at your phone during mealtime. It takes a tremendous amount of discipline, but you know that you're really there for each other and you're not going to be interrupted."

Keep up the habit other days of the week:

If you can't make dinner every night, even a snack together promotes conversation and shows togetherness.

http://www.huffingtonpost.com/diana-k-rice/this-top-nutritionist-kno_b_5680014.html

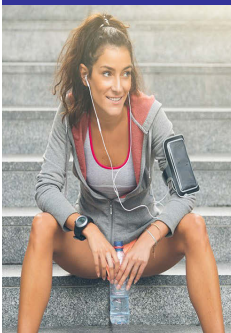
MYTHBUSTING: HOW NOT TO STAY HEALTHY

If you think lighting up a cigarette will help you lighten up and keep a healthy body weight, it's time to get real.

Nicotine can mess with your heart rate, blood pressure, and ability to exercise - not a recipe for success! When you're tobacco-free, you have more energy and stamina for being active. Healthy habits, not tobacco, will help you stay well.

Losing weight isn't easy, but there's no doubt it's worth it. It sounds simple enough: To lose weight, you need to burn more calories than you eat. And to stay at a healthy weight, you need to balance healthy eating and physical activity. Most fad diets and quick weight loss schemes don't work, because they don't help you learn how to maintain a healthy weight over the long haul. If you're overweight, losing even a few pounds can

improve your health, so every step in the right direction counts!



NUTRITION BITES!

So-called “superfoods” alone won't make you healthier – but adding these nutritious foods to an already balanced diet can bring health benefits.



Beans & Legumes

- Economical, plant-based source of protein
- Provide fiber, magnesium and phytonutrients

Berries

- High level of flavonoids
- Can lower risk of heart attack in women

Dark Leafy Greens

- Packed with nutrients, fiber and antioxidants
- Low in calories and carbohydrates

Nuts & Seeds

- Provide protein, fiber and unsaturated fats
- Best options are unsalted

Oats

- Whole-grain source of dietary fiber
- Can lower risk of heart disease, stroke and diabetes

Pumpkin

- Provides fiber, potassium and vitamin A
- Canned is a convenient, nutrient-loaded choice

Salmon

- Healthy protein
- Provides Omega-3 Fatty Acids

Skinless Poultry

- Usually leaner than beef
- Tastes great grilled, roasted or baked

Yogurt

- Provides calcium, protein & vitamin D
- Best options are low-fat or fat-free

Beans & Legumes

- ⇒ Economical, plant-based source of protein
- ⇒ Provide fiber, magnesium and phytonutrients

Berries

- ⇒ High level of flavonoids
- ⇒ Can lower risk of heart attack in women

Dark Leafy Greens

- ⇒ Packed with nutrients, fiber and antioxidants
- ⇒ Low in calories and carbohydrates

Nuts & Seeds

- ⇒ Provide protein, fiber and unsaturated fats
- ⇒ Best options are unsalted

Oats

- ⇒ Whole-grain source of dietary fiber
- ⇒ Can lower risk of heart disease stroke and diabetes

Pumpkin

- ⇒ Provides fiber, potassium and vitamin A
- ⇒ Canned is a convenient, nutrient-loaded choice

Yogurt

- ⇒ Provides calcium, protein & vitamin D
- ⇒ Best options are low-fat or fat-free

<https://healthyforgood.heart.org/eat-smart/infographics/get-smart-about-superfoods-infographic>

Delicious & Nutritious

BAKED CHICKEN STRIPS WITH MICROWAVE GREEN BEANS

This simple recipe is a healthy twist on a kid favorite! It is an easy yet tasty meal that will quickly become a family favorite dinner!

1 lb boneless, skinless, visible fat removed chicken breasts cut into 1" strips (or chicken tenderloins)

1/3 cup whole-wheat flour

1/2 tsp black pepper

1/3 cup skim milk

2 Tbsp low-fat, low-sodium, grated parmesan cheese

1/3 cup quick-cooking oats

1 tsp garlic or onion powder

1 lb fresh green beans (washed, stems discarded)

1/2 cup water

1 tsp minced garlic (from jar)

1/4 tsp black pepper

⇒ Preheat oven to 375. Spray a baking sheet with cooking spray.

⇒ On a plate or shallow dish, combine flour and pepper.

⇒ Pour milk into a second shallow dish.

⇒ In another shallow dish, combine parmesan, oats, garlic/onion powder and paprika/parsley (optional: pulse oat mixture in food processor for 20 second for a finer 'breading').

⇒ One at a time, dip chicken strips into flour and turn to coat. Then dip in milk, and then oat mixture, turning until well coated.

⇒ Place coated strips on prepared baking sheet.

⇒ Once all strips are on the baking sheet, give a light spray with cooking spray.

⇒ Bake for 20 minutes until golden-brown and cooked through. (Optional: If you prefer darker brown 'crisply' tenders, turn on the oven's broiler for the last 2 minutes but keep an eye on the tenders so they don't burn!)

⇒ To prepare beans: In a 2-quart microwave-safe dish, place beans, water, garlic and pepper. Cover and microwave on high until beans are crisp-tender (6-8 minutes). Drain excess liquid. Serve alongside chicken tenders and enjoy!



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

www.communityhealthdayton.org

Community Health Centers of Greater Dayton—Your Medical Home