



HEALTHY TODAY

www.communityhealthdayton.org

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THEY STILL (WRONGLY) THINK IT'S COOL

Students going back to school in the coming weeks can't wait to spend time with friends again. Inevitably, as they get older, they'll face a critical choice to try smoking or vaping. Millions of high school students think they're experimenting when they light up with friends in a cloud of smoke. Those who vape believe (wrongly) they're making a safer choice.

- ⇒ While just 14% of adults still smoke cigarettes, e-cigarettes & other products like cigarillos, hookah & smokeless tobacco are now grabbing a new generation. Did you know **1 in 5 high school students are vaping?**
- ⇒ New products such as e-cigarettes have caused a rise in teen smoking. **Nicotine causes lasting adverse effects on brain development**, sets kids up for a lifetime of addiction and costs communities billions in medical care and lost productivity.
- ⇒ High school is a critical age – **90% of smokers tried tobacco for the first time before they turned 18.**
- ⇒ Many adolescents falsely believe these new products are safe. Some don't even realize they contain nicotine. But they can deliver much higher concentrations of addictive nicotine than traditional cigarettes.
- ⇒ **Talk with young people in your life about the dangers of any tobacco or nicotine use.**

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/youth-and-tobacco-infographic>

What Is Needed

Reaching the tobacco endgame and **preventing use by kids and young adults** will require strong government oversight. We need **stronger regulation** of the design, manufacturing, sales and marketing of all tobacco products. For example:



Restrict marketing efforts like celebrity endorsements, movie placements, price promotions, event sponsorships and merchandise branding.



Ban flavors and sweeteners to reduce appeal to kids.



Put graphic warning labels and nicotine concentration info on all products.



Verify the effectiveness of products marketed to help people stop smoking.

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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BRAIN HACKS FOR NEW HABITS

Almost everyone has a hard time making health changes. The key to success could be in your habits.

We all know habits don't change overnight — not for dogs and not for human beings. But there's good news: research shows that you can rewire your brain to change your own habits. But we humans need a subtler approach than a few treats and “good boys” to change our ways. Here's how you can better understand how habits form and how to replace bad ones with good.



- 1) **Identify clues.** Something has to trigger a habit, and a cue can be anything. Maybe stress makes you crave chocolate, or the sound of your alarm triggers you to hit the snooze button. Identifying cues helps you understand what puts your habits into motion.
- 2) **Disrupt.** Once you know the cues, you can throw bad habits off track. If the alarm cues you to bash the snooze button every morning, put the alarm clock on the other side of the room.
- 3) **Replace.** Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone. The new behavior “interferes” with the old habit and prevents your brain from going into autopilot. Deciding to eat fruit every time your mind thinks “cookie” substitutes a positive behavior for the negative habit.
- 4) **Keep it simple.** It's usually hard to change a habit because the behavior has become easy and automatic. The opposite is true, too: new behaviors can be hard because your brain's basal ganglia, (the “autopilot” part), hasn't taken over this behavior yet. Simplifying new behaviors helps you integrate them into your autopilot routines.
- 5) **Think long term.** Habits often form because they satisfy short-term impulses, the way chewing on your nails might immediately calm your nerves. But short-term desires often have long-term consequences, like nasty, splintered, chewed up fingers. Focusing long term while trying to change some habits will help you remember why you're investing the effort.
- 6) **Persist.** What you've done before is a strong indicator of what you'll do next. This means established habits are hard to break. But the good news is, if you keep at it, your new behaviors will turn into habits, too. Persistence works — at first it might be painful to get up at 5am for that jog, but soon it will be second nature.

HEALTHY SUGAR?

Sorry, but there is no such thing as “healthy” sugar.

There is a misconception that switching from white sugar to honey, maple syrup, coconut sugar or agave is healthier. Sugar is sugar, and eating too much of any of these alternative sweeteners will have the same effect on the body as white sugar. There may be a higher nutrient content in some 'natural' alternatives, but these occur in very small quantities so in order to glean anything useful you would end up eating a lot of sugar. Natural alternatives tend to be richer in flavor so you may be likely to use less of them, but better to focus on healthier additions to the overall diet and limit all sources of sugar.



How much sugar is too much?

Just 5% of calories should come from added sugars, the World Health Organization advises. This translates to about 6 teaspoons of added sugar a day, or about the amount in one 8 ounce bottle of sweetened lemon iced tea. Read ingredient lists & reduce your intake of processed foods in favor of fresh produce and lean protein.

BAD FOODS VS GOOD

You should be adding more foods into your diet, not taking them out.

People tend to be much more concerned about which foods or food groups to eliminate since many are perceived as 'bad.' However, the focus should be on incorporating more of the foods often missing, such as fiber-rich fruits, healthy vegetables, and whole grains. Adding more healthy foods into the mix can often displace some of the less desirable choices and leave you feeling more satisfied.

Start by stocking up on healthy, delicious fruits!

Everyone knows that bananas boast high amounts of potassium, but two small peaches or nectarines have more of the essential mineral than one medium banana, boosting nerve and muscle health and making them one of the healthiest fruits. The skins, in particular, are rich in antioxidants and insoluble fiber. And for those watching their weight, peaches are a healthy way to add sweetness to any diet.

<https://www.rd.com/health/healthy-eating/healthiest-fruits/>

NUTRITION BITES!

SNACK HACKS

Instead of stopping for gas station food, pack these better-for-you snacks the next time you hit the road. Zip-top snack bags are perfect for passing out individual portions and a small, soft-sided cooler will keep cold snacks at a safe temperature without taking up too much room.

Grapes with Lemon Honey Yogurt

⇒ 1 cup fat-free plain Greek yogurt, 2 tablespoons honey, 1 teaspoon vanilla extract, 1/2 teaspoon grated lemon zest, 1/8 teaspoon ground cinnamon, 3 cups seedless red grapes, 3 cups green grapes, 3 tablespoons sliced almonds, toasted.

⇒ In a small bowl, combine the first five ingredients. Divide grapes among eight serving bowls. Top with yogurt mixture; sprinkle with almonds.



Party Pretzels

⇒ 1 package (16 ounces) fat-free miniature pretzels, 1/4 cup canola oil, 3 teaspoons garlic powder, 1 teaspoon dill weed, 1/2 teaspoon lemon-pepper seasoning

⇒ Preheat oven to 350°. Place pretzels in a 15x10x1-in. baking pan. In a small bowl, mix oil and seasonings; drizzle over pretzels and toss to coat. Bake, uncovered, 12 minutes, stirring twice. Cool on a wire rack. Store in an airtight container.



Seasoned Popcorn

⇒ 8 cups air-popped popcorn, 2 tablespoons canola oil, 2 tablespoons grated Parmesan cheese, 1/4 teaspoon salt, 1/4 teaspoon dried oregano, 1/8 teaspoon garlic salt

⇒ Place popcorn in a large bowl. Drizzle with oil. Combine the remaining ingredients; sprinkle over popcorn and toss to coat.



<https://www.tasteofhome.com/recipes/grapes-with-lemon-honey-yogurt/print/>

Delicious & Nutritious

BREAKFAST PIZZA

This easy, homemade breakfast pizza is made completely from scratch and is ready in less than 30 minutes start to finish! Fun for dinner too!

- 1 cup 5 oz all purpose or white whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 cup non-fat Greek yogurt, not regular, drained if there's any liquid
- 1 handful baby spinach
- 1/2 cup shredded mozzarella cheese
- 8 cherry tomatoes, sliced
- 4 large eggs
- 2 strips cooked center cut bacon, chopped



- ⇒ Preheat the oven to 450F. Place a silicone liner on a large baking sheet or spray with oil if using parchment.
- ⇒ In a medium bowl combine the flour, baking powder and salt and whisk well.
- ⇒ Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
- ⇒ Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
- ⇒ Divide into 4 equal balls about 3-3/8 oz each.
- ⇒ Sprinkle a work surface and rolling pin with a little flour roll the dough out into thin ovals 7 to 8 inches in diameter and place on the prepared baking sheet.
- ⇒ Top with spinach, mozzarella and tomatoes, leaving the center open for the egg. Gently break an egg the center of each dough and finish with bacon.
- ⇒ Bake 10 to 12 minutes, until the crust is golden and the egg is set. Season with salt and pepper.
- ⇒ Makes 4 servings.

<https://www.skinnytaste.com/breakfast-pizza/>

NUTRITION INFORMATION Serving: 1 pizza, Calories: 271 kcal, Carbohydrates: 27 g, Protein: 20.5 g, Fat: 9 g, Saturated Fat: 4 g, Cholesterol: 198.5 mg, Sodium: 568 mg, Fiber: 1.5 g, Sugar: 2.5 g, Freestyle Points: 5, Points +: 7

Community Health Centers of Greater Dayton

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

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Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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 45403 Phone: 937-528-6850

Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

Dental Center

East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

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