

Coming this Fall!



Cook Smart | Eat Smart

Cook Smart, Eat Smart will teach you how to prepare simple, healthy and delicious food for you and your family. It keeps it simple with simple healthy preparation techniques, simple ingredients and simple equipment. Cook Smart, Eat Smart provides tips for stretching your dollar while still eating healthy.



- This 15 week program will teach you lifelong habits of eating healthy, being physically active and achieving / maintaining a healthy weight
- The program includes keeping track of the foods you eat and your physical activity.
- Includes a magazine with helpful tips and recipes and a journal to track your progress

Hyde County Family and Consumer Sciences

The Weight of the Nation

The Weight of the Nation is a four part documentary that was launched on HBO on May 14th and 15th to stress the obesity epidemic that is currently happening in our country. This presentation brought together the leading research institutes in the nation and it was presented by HBO and the Institute of Medicine, in association with the Centers for Disease Control (CDC) and the National Institutes of Health in partnership with the Michael and Susan Dell Foundation and Kaiser Permanente. This documentary interviewed people who are dealing with overweight and obesity and have chronic diseases because of being overweight. One part is called Children in Crisis and interviews families who have children who are obese and also show different cities in our country that do not have parks and places for children to play to help this epidemic. Physicians and specialists in this documentary stress the importance of getting this problem under control and stated that \$150 million is spent each year on health care for obesity. 18% of children in our nation are obese and 68.8% of adults are overweight or obese. **The documentary listed seven aspects of what ideal cardiovascular health should be and they are optimal cholesterol, normal blood pressure, not having diabetes, lean body mass index, not being a smoker, physical activity and a healthy diet. Normal body mass index (BMI) ranges from 18.5-24.9, overweight is 25-29.9 and 30+ is considered obese (below is a chart to measure your BMI).** The documentary also list five steps to lower weight and they are to start with small steps (such stop drinking sugar sweetened beverages and replacing it with water), make realistic goals (example :today I will start walking and continue for the 3 days a week until I can do more), seek support (have a friend do it with you and have your

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family's support, keep portions under control (www.choosemyplate.gov) and track your caloric intake. Below is a picture of MyPlate, which replaced the food pyramid, and shows how your portions should look at a meal. Continued.

	Normal				Overweight				Obese				Extreme Obesity																							
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	260	265	270	275
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	233	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	336	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443



Below are highlights from The Weight of the Nation

- Of the 10 states ranked highest in obesity rates, 9 rank among the country's poorest states
- 66% of people with arthritis are overweight or obese
- Sugar sweetened beverages are the main cause of obesity - think about how many calories you drink a day? Record it one day and just see how many calories there are in drinks *Replace those drinks with water and save the calories for meals/snacks
 - *There are 280 calories in a 32 ounce Sweet Tea from McDonald's
 - * A lot of juices have just as much sugar in them as soda does. Adults do not need to drink juice, they should eat fruit instead.
- Americans over consume about 300 calories a day
- When children watch TV, they are exposed to advertisements of sugary cereals and drinks which make them think they are okay for them! *Limit TV/Media time to 2 hours a day
- Child obesity rates have tripled in the past three decades
- On December 2, 2010 Congress passed the Healthy Hunger-Free Kids Act
 - *The Act instructs the USDA to develop higher nutrition standards based on recommendations from the Institute of Medicine. As written, the act: Increases the quantity of vegetables in lunches and requires servings of dark green and orange varieties, doubles the amount of fruit served at breakfast, permits potatoes (including French fries) to be served as a vegetable, but limits them to two times per week, immediately requires that 50% of grains served be whole grains, increasing to 100% after two years, reduces sodium in lunches by 53% over the course of 10 years, reduces saturated fat to less than 10% of all the calories served in a week, and requires that nay chocolate milk served must be fat-free.
- Adults should get at least 150 minutes of moderate intensity aerobic activity (walking) or 75 minutes of vigorous intensity aerobic activity (running) each week plus muscle strengthening 2 days per week
- Children should get 60 minutes of physical activity everyday *Today there is no federal law requiring PE in American Schools
- Only 10% of parents with children who are obese seek medical help
- 1/5 of teens drink 3 or more sugar sweetened beverages a day
- Diabetes contribute to more than 40% of deaths each year
- Americans are spending less money on food (they are buying cheap, ready processed food) and more on health care then ever before

I STRONGLY suggest the everyone watch this four part documentary, especially if you are dealing with being overweight or obese, diabetes, high blood pressure or any other chronic disease. Obesity is a huge epidemic in our country and can get under control if everyone does their part to be the healthy.

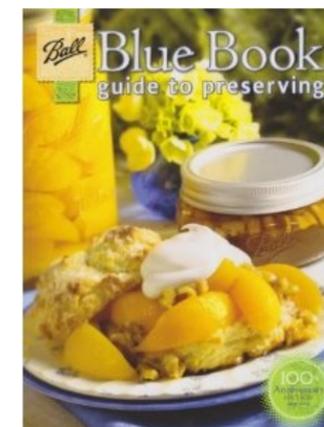
**You can watch The Weight of the Nation for free at <http://hbo.com/theweightofthenation>

Summer Canning Series ~ Save the Dates

Salsa	June 21st	2:00pm
Blueberry Lime Jam	July 10th	2:00pm
Okra Pickles & Green Beans	July 12th	2:00pm
Zucchini Bread & Butter Pickles		
And Cream Corn	July 17th	2:00pm
Green Pepper Jelly	July 24th	2:00pm
Strawberry Fig Preserves	July 31st	2:00pm
Orange Marmalade	Aug 2nd	2:00pm

Classes will be held in the Teaching Building at the Hyde Government Building.

Cost is \$15 for your first class, you receive the Ball Blue Book: Guide to Preserving and \$10 for any other classes.



Hyde County ECA Club

Meets every fourth Thursday of the Month

1:00pm at the Senior Center

Call for More Information or to get Involved!