

Family Issues

MARCH/APRIL 2007

Information for Southwest Idaho
Area Families and Consumers

Living Well in March and All Year

Living

During the week of March 11 to March 17, Extension Family and Consumer Sciences professionals are making special efforts to educate citizens about ways to improve the

quality of life for adults, youth, individuals and families. The emphasis is on healthy lifestyles, nutrition, food safety, financial management, relationships, parenting skills, and many more aspects of "Living Well".

The goal of "Living Well" week is to make individuals aware of the many FCS Extension educational programs and resources that are available to help them achieve a positive, healthy lifestyle. Whether it's managing diabetes or osteoporosis through meal planning and exercise, managing money, making decisions about health care and insurance or getting tips on effective parenting techniques; Extension FCS has information that can help.

For more information on "Raising Kids, Eating Right, Spending Smart, and Living Well", contact your local extension office or visit our district family and consumer sciences website at <http://extension.ag.uidaho.edu/swfcs>. A list and description of the classes available locally are on our website, as well as useful information. If you would like more information about any of these topics or would like to schedule a presentation for your group or organization, contact your local FCS extension educator.

Let Extension Family and Consumer Sciences educators assist you with "raising kids, eating right, spending smart and living well" in March and all year long.

**District II
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Family and Consumer Sciences**

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Valley	382-7190
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Family Issues is published six times a year. This newsletter provides current information in the areas of family development, leadership skills, nutrition, food safety, money and time management.

Marsha Lockard

Marsha Lockard, Owyhee County Extension Educator

Water: The Body's Most Important Nutrient

Water is our most important nutrient, second only to oxygen in providing what our bodies need to survive. Water has many critical roles throughout the body, including regulating blood pressure and body temperature; lubricating joints; transporting nutrients, hormones and waste; and aiding in digestion. Although most people take in sufficient water to avoid any serious health consequences, very few drink enough to get the maximum health benefits that are possible when one maintains an optimal level of hydration.

How does your body get water? Sixty to seventy percent of your water comes from drinking liquids. Water is the best, most plentiful and cheapest fluid. Milk and juice are also healthy options. Caffeinated drinks such as coffee, tea, and soda are other options; however they should not be used as the primary source of hydration. Caffeinated drinks have a diuretic effect, meaning that only 30 to 50% of the drink's fluid is absorbed as water.

How much do you need? For most individuals to maintain body temperature and water balance, the rule of thumb is to drink eight (8 oz) cups per day, increasing that amount by an additional one cup for each ½ hour of moderate exercise.



How to get enough. Think of drinking fluid as a way to prevent thirst rather than as a response to it, and try some of the following strategies to increase your fluid consumption:



- Begin everyday with a glass of water or fruit juice, in addition to any caffeinated drinks you may have.
- Drink a beverage between and at every meal.
- Be prepared: on hiking and walking trips, have more water than you plan to drink on hand.
- Take a fresh container of water with you whenever you go out in the car and replenish it as needed.

If you are older. Older adults need the same amount of fluid as others, but because their thirst mechanisms are less acute than when they were younger, they need to drink more than their body tells them they need. By the time they actually begin to feel thirsty, mild dehydration has begun.

Source: StrongWomen, Stay Young, 2005

Because You Asked:

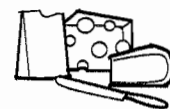
Q. I have osteoarthritis, what can I do to help my knees?

A. Walking barefoot could help your arthritic knees. If you suffer from osteoarthritis (OA), you should slip off your shoes and go barefoot.

Source: Cornell University Center for Women's Health

Q. Is it safe to eat the mold that forms on cheese?

A. It is important to differentiate between molds used to make certain cheeses and molds that form later in your refrigerator. Blue-veined cheeses such as Roquefort, blue, Gorgonzola and Stilton are created by introducing mold spores, while cheeses such as Brie and Camembert have white surface molds. The molds used to manufacture these cheeses are safe to eat. But when such cheeses develop molds not part of this process, they should be discarded (soft cheeses) or the mold and at least an inch around it should be cut away (hard cheeses). Other hard cheeses can be similarly trimmed and then used. All soft cheeses such as cottage cheese, cream cheese, and Neufchatel, also crumbled, sliced and shredded cheeses, should be discarded if they develop mold.



Source: Tufts University Health & Nutrition Letter

Strength Training For Women?

No group in our society can benefit more from regularly performed exercise than middle-aged and older adults. Scientific research has demonstrated that exercise with weights (strength



training) will increase strength, muscle mass, and bone density in middle-aged and older women. Strengthening exercises also reduce the risk for numerous chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Psychological health is positively affected as well. Strength training has been shown to reduce depression and improve sleep, and it contributes to a sense of well-being among older individuals.

Disability and a reduced ability to perform daily activities are primary concerns of many older women today. The loss of muscle mass combined with chronic disease symptoms can limit their ability to perform daily tasks such as cleaning or shopping, seriously compromising their independence. Strength training is an extremely powerful antidote to the loss of muscle mass (sarcopenia) and the development of chronic diseases that are frequently associated with aging.

Despite solid evidence of the many benefits of strength training, only 7% of older women do this type of exercise. Some of the benefits of strength training include:

- Arthritis relief
- Restoration of balance and reduction of falls
- Strengthening of bone
- Proper weight control
- Improved glucose control
- Healthy state of mind
- Sleep improvement
- Healthy heart tissue



Canyon, Ada and Owyhee counties offer classes for middle age and older women on strength training. To sign up for a class contact the local extension office.

Build Wealth, Not Debt

All over America people are learning that you don't have to be rich to build wealth. Building wealth starts when you set a goal and make a plan to reach that goal. Whatever goal you choose – whether it's buying a car, buying a house, savings for college, or getting out from under your debts - learning a few simple savings strategies can help.

Try some of the strategies listed below to help you to reach your savings goals:

- \$ Never purchase expensive items on impulse. Think over each expensive purchase for at least 24 hours. Acting on this principle will mean you have far fewer regrets about impulse purchases, and far more money for savings.
- \$ Pay with a debit card rather than a credit card. You cannot use a debit card (unless it has an overdraft feature) to spend money you do not have. Using a debit card may also prevent you from annually incurring hundreds of dollars in credit card interest charges, which means more money available for savings.
- \$ Track your spending. At least once a month use receipts, credit card, checking and other records to review what you've purchased. Then, ask yourself if you can reallocate some of this spending to a savings account.
- \$ Save your loose change. Putting aside fifty cents a day over the course of a year will allow you to build an emergency savings fund.
- \$ Shop for food with a list and stick to it. People who do food shopping with a list, and buy little else, spend much less money than those who decide what to buy when they get to the food market. The annual savings could easily be hundreds of dollars.
- \$ Substitute coffee for expensive coffee drinks. The \$2 a day you save by buying coffee rather than cappuccino or latte would allow you, over the course of a year, to completely fund a \$500 emergency fund.

For more tips on savings strategies go to:

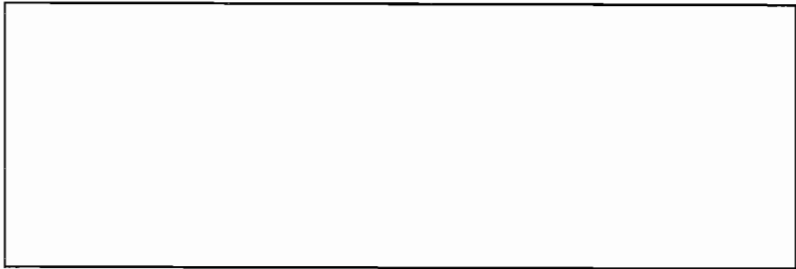
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Onions and Garlic Could Help Ward Off Cancer

The downside of eating onions and garlic has always been bad breath. But scientists are now discovering a possible upside to these pungent vegetables-besides spicy flavor: Onions and garlic may help protect against a wide range of cancers. In studies both onions and garlic were linked to significant reductions in the risk of colorectal, ovarian, prostate, breast, renal, esophageal, oral cavity and throat cancers.



Garlic was especially associated with large risk reductions; those consuming the most garlic showed a 25-88% reduced risk, depending on the type of cancer, compared to those eating less. Risk reductions for onion consumption ranged from 10-57% for the highest intake group. So enjoy plenty of onions and garlic, they may help reduce your risk of cancer.

Source: Tufts University Health & Nutrition Letter, Feb. 2007.

 **University of Idaho**
College of Agricultural and Life Sciences

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