Quilt Guild

The Pike County Quilt Guild was unable to meet in December due to weather. Plans are for the regular meeting to take place on Monday, January 14 to plan all upcoming classes and select new officers. Anyone who participated in the challenge using trees will want to bring their item. The meeting will begin at 10:00 a.m.

4-H Is Looking For A Few Good Volunteers!

Pike County 4-H will be holding several upcoming "Project Camps" to help our 4-H members prepare their projects for judging at their school rallies and hopefully on through to the state fair! Mrs. Froman has asked anyone who especially might be interested in mentoring or donating some time to help during these workshops to contact her. Help is needed in sewing, cooking, needlework, and other Family & Consumer Sciences related areas. If you’re interested, please call the office or email her at nfroman@uky.edu. The next project camp date is Martin Luther King, Jr. Day, January 21.

Notification of Discrimination Complaint Procedure

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546.

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Homemaker Council

Please hold Friday, February 15 for the spring homemaker council meeting. If it should happen to snow, we will hold Friday, March 1 as a snow date. As part of our Keys to Embracing Aging series, April Stauffer from the Alzheimer’s Association will talk to us about “Healthy Living for Your Brain and Body.” Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Please plan to be with us in February as we celebrate International Month for KEHA and get ready for spring!

It was a super fun day of holiday celebration to top-off the 2018 Homemaker year at Leslie’s house for the Holiday Gathering.

Thanks to everyone who came and to all Pike County Homemakers who serve our community daily.

Holiday Closures

In observance of the upcoming holidays, the Pike County Extension Office will be closed Monday, December 24 through Tuesday, January 1. We will reopen Wednesday, January 2, 2019 at 8:00 a.m.

We will also be closed Monday, January 21, 2019 in observance of Martin Luther King, Jr. Day.
Chicken and Brussels Sprouts
One Pan Meal

- 2 skinless, boneless chicken breasts (about 1 pound)
- 1 tablespoon olive oil
- Salt and pepper to taste

- 12-14 Brussels sprouts, trimmed and quartered
- 1 cup sliced fresh mushrooms
- 1 red bell pepper, diced, about 1 cup

- 1 medium yellow onion, diced, about 1 cup
- 2 cloves garlic, minced
- ½ cup half-and-half
- ¼ teaspoon nutmeg
- ¼ cup Parmesan cheese

Preheat oven to 425 degrees F. Cut chicken into bite-sized pieces. Heat oil in a heavy, oven-safe skillet or pan over medium heat. Add chicken and sauté 3-4 minutes. Lightly season with salt and pepper. Add vegetables and stir gently to combine. Cook 3-5 minutes until vegetables are tender. Remove from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, combine half-and-half, nutmeg and salt and pepper to taste. Pour mixture over chicken and vegetables. Sprinkle with Parmesan cheese. Bake 25-30 minutes until lightly golden on top. Serve hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

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**Kentucky Brussels Sprouts**

**SEASON:** June to November

**NUTRITION FACTS:** Brussels sprouts provide a good amount of vitamin C, folate, potassium and vitamin K.

**SELECTION:** Choose sprouts that are similar in size, firm and compact, with leaves free of blemishes. Stem ends should be white and clean. Avoid sprouts that are soft or powfy, or have yellowed or wilted leaves.

**STORAGE:** Sprouts stored in a covered container or perforated plastic bag in the refrigerator will hold for 3 to 5 days. Remove yellow or wilted leaves and wash immediately before use.

**PREPARATION:** Soak Brussels sprouts in water for about 10 minutes, then rinse with fresh water to thoroughly clean the sprouts.

**To boil:** Using 1 cup of water for every cup of sprouts, boil uncovered for 6 to 8 minutes or until tender.

**To microwave:** For ½ pound of sprouts, use ¼ cup liquid; place in a microwaveable dish and cover. Cook 4 minutes for medium sprouts; 8 minutes for large sprouts.

**To steam:** Place sprouts in saucepan with ¼ inch of boiling water and cover. Steam for 5 to 10 minutes or just until tender.

**KENTUCKY BRUSSELS SPROUTS**

*Kentucky Proud Project*

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

October 2018

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. [http://plateitup.ca.uky.edu](http://plateitup.ca.uky.edu)

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University of Kentucky

College of Agriculture, Food and Environment

Cooperative Extension Service
Can’t teach an old dog a new trick? Centenarians (people 100 years old and older) beg to differ. When a group of 100-year-olds was asked why they have lived so long, they shared that they spent a lifetime staying in tune with the times (Reuters, 2007). While the days of Charlie Chaplin, Louis Armstrong, Ted Williams, talk radio programs, Model Ts and party lines have been replaced with reality television, hip hop music, multimillion dollar professional athletes, SUVs and smart phones, it is clear that technology and society are not slowing down. But neither are the “tech-savvy” seniors who drive successful aging through their zest for life and learning. Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving and decision-making (Blaschke and Freddolino, 2009). Staying on top of the latest gadgets, playing video games and keeping up with the news also enhances brain stimulation and helps broaden social opportunities and networks. iPhones, ipads, ipods…iwhat?! This brief introduction to today’s technology will help you stay in tune.

THERE’S AN APP FOR THAT (CELL PHONES AND SMARTPHONES)

Cell phones and smartphones are two devices that many people rarely leave home without. A cell or mobile phone is a hand-held, cordless device that can make and receive calls. A smartphone is a high-end mobile phone that incorporates computing abilities. Smartphones have an “app” or application for almost everything. An application is a computer program that can be downloaded to a smartphone allowing it to take photos, play music and videos and access Internet sites. A smartphone even has the ability to act as a navigation system, start your vehicle and activate your lights or home security system when you are not there. Whether it’s a basic cellular phone or a smartphone, one of the best advantages of a mobile device is that it is portable and accessible. Charged on batteries, a mobile phone fits in your pocket and can be ready in hand to call a friend or call for help.

COMPUTERS AND THE INTERNET

Today’s computers are small, fast, sophisticated and fairly affordable. These convenient and reliable machines can be found in the majority of American homes and workspaces, where they help make jobs and life easier (Nielson, 2011). For example, computers are used to type and print documents, calculate, sort, search and store data. Computers are also used for entertainment; they play and store games, music, movies and photos.

The majority of today’s computers are linked to the Internet (Nielson, 2011). The Internet is a worldwide collection of computer networks that connect users through satellite and telephone. It is also a warehouse for data and software. Many people consider the Internet to be the world’s largest encyclopedia. The possibilities of the Internet and the information you can find are endless. The Internet allows you to:

- Surf the Net. Surfing the net means spending time on the Internet to see what you find
- Social net-work. Social networking services, such as Facebook, allow you to register and create a personal profile, exchange messages and join common-interest groups
- E-mail. Electronic mail, known as e-mail, is a method of sending digital messages to or exchanging digital messages with one or more persons with Internet accounts. There is no post office or paper needed for this instant, modern-day letter writing
• Video Call. Through the use of webcams and microphones, various computer and social media programs allow you to communicate while both seeing and hearing the person you called
• Share, post and update information for others to see
• Request and provide assistance with problems and questions
• Market, sell and buy products and services
• Read newspapers and other current events
• Research your family tree
• Plan and book a vacation
• Access online dating sites

VIDEO GAMES AREN’T JUST FOR KIDS

Games aren’t just played at the table anymore. Games are now played on televisions, computers, mobile phones and other handheld devices. Many of today’s video games require human interaction. The Nintendo Wii, Microsoft XBox 360 and Sony Play Station 3, for example, are popular interactive videos that come with handheld remotes that can be used to point and detect movement in three dimensions. This allows you to bowl, ski, play tennis and even hula in your own living room! Such games encourage people of all ages and abilities to get off the couch and move around. Even the non-interactive games encourage attention and memory. The benefits of playing today’s video games include improved (Allaire et al., 2013; Maillot et al., 2012; Reuters Health, 2008; Thompson, 2009):

• Reflexes
• Processing speed
• Memory
• Attention skills
• Spatial abilities
• Reasoning and cognition
• Physical activity

Today’s video games also help keep older adults’ minds and bodies sharp and responsive. In fact, increasing numbers of retirement homes across the country offer video games in their rotation of available activities. Rehabilitation centers and hospitals also use video games to help patients improve motor function. Video games may contribute to slowing the progression of Alzheimer’s disease and other dementias (Soong, 2009).

Want to earn a gold medal, practice yoga or drive a race car – all in the comfort of your own living room? Now you can! If you don’t own a video gaming system, get together with a friend or family member who does. Sign up to play at your church, at a local community or senior center or even at the local gym to give it a try.

THE SOUND OF MUSIC

Music is everywhere – elevators, fast food drive thrus, hair salons, banks, grocery stores and shopping malls. While the sound of music may be taken for granted, the health benefits do not go unnoticed. Music releases dopamine, the feel-good chemical in the brain involved in motivation and addiction (Sunil, 2013). As a result, music that moves you provides a sense of emotional arousal and pleasure. It is simple to take music with you wherever you go. Portable music players such as an MP3 player or iPod™ are electronic devices that allow you to download and save digital music and audio books. Most music and many books can be found online. To retrieve or download the music or book, you simply connect the portable music player to your computer, download the material onto the player, unplug the player from your computer, plug in headphones and take your audio along with you.

Music plays an important role in successful aging. Music exposure can also enhance perception, create a distraction from pain, reduce stress and anxiety, lower blood pressure, reduce heart rate and even relax your muscles (eMedExpert, 2014). In patients with Alzheimer’s disease, music can even trigger memory, decrease agitation and enhance reality orientation and self-awareness (Alzheimer’s Foundation of America, 2014).
EXTRA! EXTRA! READ ALL ABOUT IT

Staying connected with the world influences longevity (DeNoon, 2007; Reuters, 2007). Whether it is the television, newspaper, Internet or radio, current events have a positive effect on long life because they encourage social interactions. For example, it is easier and more fun to engage in conversation when there are interesting topics to discuss or debate. Staying in tune to your community and the world also exercises the brain and can keep you more mentally active as you read or listen and process the news.

CONCLUSION

If centenarians can keep up with the times, so can you. Embracing your techie side can be fun, exciting and beneficial. Engaging in technology and learning new technology keeps you mentally active and socially engaged. Staying connected to friends, family and current events helps you feel important and purposeful. Through the advancement of technology, there is always something new and thrilling to learn or play. Try making it your goal to learn something new once a day. Staying in tune to the times and establishing healthy lifestyle behaviors throughout your life will influence optimal aging.

Find a class at your local Extension office, library or community center that offers instruction in technology and make it a goal to try something new.

REFERENCES


These days our daily lives are flooded with numbers: PIN numbers, phone numbers and various account numbers. But there are also certain health numbers that can save and extend your life. These numbers are associated with cholesterol, triglycerides, blood pressure, blood sugar, body mass index (BMI) and waist circumference. A lifestyle that includes regular visits to a health care provider, proper nutrition and physical activity promotes these numbers and contributes to healthy aging throughout the lifespan.

**CHOLESTEROL: < 200 mg/dl**

The recommended target cholesterol level for men and women is less than 200 milligrams per deciliter of blood (AHA, 2013). Cholesterol is a waxy substance found in the fats (lipids) in your blood. It is essential for the body to build and maintain healthy cells and essential hormones. About 25 percent of cholesterol comes from the foods we eat such as meat, fish and dairy. The rest is made by the human body. There are two forms of cholesterol: low-density lipoprotein cholesterol (LDL), also known as the “bad” cholesterol, and high-density lipoprotein cholesterol (HDL), the “good” cholesterol. Too much LDL cholesterol creates a plaque that can accumulate and clog the arteries causing heart disease and stroke. HDL cholesterol is good because it helps clean the artery walls and carry away the excess bad cholesterol (AHA, 2013; CDC, 2010).

To increase HDL cholesterol:

- Increase unsaturated fats in the diet, including omega-3 fatty acids (sesame, flax or pumpkin seeds or pumpkin seed oil, avocado oil, olive oil, fat in peanut butter and fish).
- Add soluble fiber to your diet (oats, fruits, vegetables and legumes).
- Maintain a healthy weight.
- Exercise regularly.
- Avoid smoking and secondhand smoke.
- Talk to a medical provider about medication and other treatment options.

High cholesterol has no symptoms and many people do not even know they are at risk. But there are known factors that can increase the risk of developing high cholesterol. Some of these factors you can control, such as diet, physical activity and weight. Others you cannot control, including family history, age (risk goes up with age) and gender (post-menopausal women are at greatest risk). Cholesterol can be checked through simple blood tests (CDC, 2010). The American Heart Association recommends a “fasting lipoprotein profile” every five years starting at age 20. To fast, it is recommended that you do not eat for 9 to 12 hours prior to the test. This helps accurately measure the total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides in your blood. Additional screenings are recommended for men age 45+ and women age 50+. Additional screenings are also recommended if total cholesterol is 200 mg/dl or higher, HDL cholesterol levels are lower than 40 mg/dl or other risk factors for heart disease and stroke are present (AHA, 2012).
FASTING TRIGLYCERIDE LEVEL: < 150 mg/dl

According to the American Heart Association (2012), a fasting triglyceride level of less than 150 mg/dl is healthy. Triglycerides, like cholesterol, are a form of fat that circulate in the bloodstream. Triglycerides are responsible for the energy that tissues need to function. Similar to cholesterol, when the blood levels of triglycerides become too high (e.g., over 200 mg/dl), the risk for developing heart disease increases (AHA, 2012; MedicinePlus, 2010). Triglycerides are often measured with cholesterol and should be tested every five years beginning at age 20 or more often depending on risk factors (AHA, 2012).

Dietary and lifestyle changes help lower triglyceride levels.

- Maintain a healthy body weight
- Avoid fatty foods and foods high in cholesterol, such as processed meat, fried food and whole fat dairy products
- Eat fruits, vegetables, nonfat or low-fat dairy products most often
- Eat foods high in good unsaturated fats
- Do not drink alcohol in excess
- Exercise moderately for at least 150 minutes per week

<table>
<thead>
<tr>
<th>Cholesterol and Triglyceride Levels Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Desirable Level to Protect</strong>&lt;br /&gt;<strong>Against Heart Disease</strong></td>
</tr>
<tr>
<td>------------------------------------------</td>
</tr>
<tr>
<td><strong>Total Blood Cholesterol</strong></td>
</tr>
<tr>
<td><strong>LDL</strong></td>
</tr>
<tr>
<td><strong>HDL</strong></td>
</tr>
<tr>
<td><strong>Triglyceride</strong></td>
</tr>
</tbody>
</table>


BLOOD PRESSURE: < 120/80 mm Hg

Blood pressure can vary from minute to minute with changes in exercise, stress, sleep and posture, but it should normally be less than 120/80 mmHg (millimeters of mercury) (AHA, 2013). Blood pressure is recorded as two numbers and written as a ratio. The top number, referred to as the systolic blood pressure, measures the pressure in the arteries when the heart beats (AHA, 2013). The diastolic, or bottom number, refers to the amount of pressure in the arteries when the heart is resting and refilling with blood between heartbeats (AHA, 2013). Hypertension or high blood pressure is a condition that causes the pressure in the heart to change. A variety of factors are linked to high blood pressure, including age, a diet too high in sodium or too low in potassium, calcium and magnesium, excess alcohol, smoking, being overweight or obese, high cholesterol, lack of exercise, stress and being insulin resistant. Hypertension has few symptoms, but it can permanently damage the heart, brain, eyes and kidneys even before anything feels like it is wrong (AHA, 2012). The American Heart Association recommends blood pressure screenings beginning at age 20 and to continue at each regular health care visit or at least once every two years. If your blood pressure is consistently higher than 120/80 mmHg, you may be asked to measure it more often (AHA, 2013). Blood pressure can also be checked at home with an over-the-counter blood pressure monitoring system.

Low blood pressure can also be cause for concern. Low blood pressure, referred to as hypotension, occurs when the flow of blood is lower than normal. This may prevent the proper amount of oxygen and nutrients from being pumped into vital organs. Dehydration and nutrient deficiency are two possible causes of low blood pressure. Signs of low blood pressure include dizziness, lightheadedness, fainting, dehydration or unusual thirst, lack of concentration, blurred vision, nausea and fatigue (AHA, 2014).
Maintaining a healthy blood pressure can be simple and easy (Mayo, 2012):

- Eat a diet rich in fruits, vegetables, whole grains and low-fat or nonfat dairy products
- Avoid excess salt
- Engage in regular physical activity
- Maintain a healthy weight
- Manage stress
- Avoid tobacco
- Limit alcohol
- Limit caffeine
- Monitor blood pressure at home

**Blood Pressure Chart**

<table>
<thead>
<tr>
<th>Blood Pressure Category**</th>
<th>Systolic mm Hg (upper number)</th>
<th>Diastolic mm Hg (lower number)</th>
<th>What to Do*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120 and less than 80</td>
<td></td>
<td>&quot;Maintain or adopt healthy lifestyle.&quot;</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120 – 139 or 80 – 89</td>
<td></td>
<td>&quot;Maintain or adopt healthy lifestyle.&quot;</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>140 – 159 or 90 – 99</td>
<td></td>
<td>&quot;Maintain or adopt a healthy lifestyle. If blood pressure goal isn’t reached in about six months, talk to your doctor about taking one or more medications.&quot;</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>160 or higher or 100 or higher</td>
<td></td>
<td>&quot;Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.&quot;</td>
</tr>
<tr>
<td>Hypertensive Crisis</td>
<td>Higher than 180 or Higher than 110</td>
<td></td>
<td>&quot;Emergency care needed.&quot;</td>
</tr>
</tbody>
</table>


*Note: According to the Mayo Clinic (2011), “ranges may be lower for children and teenagers.” They recommend talking to your child’s doctor if there is concern regarding high blood pressure. The AHA (2013) recommends having a doctor “evaluate unusually low blood pressure readings.”

**FASTING BLOOD SUGAR: <100 mg/dl**

Blood sugar or glucose is a type of sugar that travels through the bloodstream. It comes from carbohydrate foods and acts as a basic fuel for the body. The three main types of carbohydrates in food include sugars, starches and fiber. The Mayo Clinic (2011) emphasizes the importance of a balanced diet with healthy carbohydrates. Healthy carbohydrates include:

- Fiber-rich fruits and vegetables without added sugar
- Whole grains
- Low-fat dairy
- Beans and legumes
- Limit sugar

There are several different types of blood glucose tests including fasting blood sugar, which is measured 6 to 8 hours after a meal. In a nondiabetic person, this fasting number provides an accurate measure of blood sugar. The normal range of blood sugar is approximately 70 to 100 milligrams per deciliter. After a meal, blood sugar will rise but not usually above 135 to 140 milligrams per deciliter, leaving a fairly narrow range of blood sugar throughout the entire day.

Glucose levels consistently lower than 70 mg/dl is called hypoglycemia or low blood sugar (NIH, 2012). This can result in blurred vision, pounding heartbeat, agitation, nervousness, hunger, headaches, shakiness or trembling, sweating, weakness, drowsiness, insomnia and unclear thinking (NIH, 2012). If sugar levels get too low, mental functioning can become impaired and eventually seizures and unconsciousness may be experienced. While these symptoms are often corrected by eating something sweet, severe hypoglycemia can be a dangerous medical emergency for which you should call for help right away (NIH, 2012).
Hyperglycemia or high blood sugar occurs when the blood glucose levels get above 180 to 200 mg/dl due to too little insulin or when the body cannot use insulin properly (American Diabetes Association, 2013). These high levels affect the ability of kidneys to properly function and can also cause frequent urination, blurred vision, high blood pressure, extreme thirst, weakness or fatigue, dry mouth, unexplained weight loss and fluid retention (Mayo Clinic, 2012).

Diabetes is the most common disease related to blood sugar regulation failure based on the body’s inability to produce and/or use the hormone insulin, which helps the body regulate glucose so that levels do not get too high (CDC, 2011). It affects over 25.8 million children and adults (CDC, 2011). If left untreated, diabetes can cause many medical complications including cardiovascular disease, kidney disease, unhealthy cholesterol levels, clogged arteries, metabolic syndrome, blindness, nerve disease, limb amputations and even death (CDC, 2011). To maintain healthy blood sugar levels and prevent diabetes (CDC, 2011; Mayo Clinic, 2013):

- Exercise regularly
- Eat plenty of fiber and whole grains
- Maintain a healthy weight
- Skip fad diets and make healthy choices

**BODY MASS INDEX (BMI): 18.5-24.9**

BMI stands for Body Mass Index. It is a ratio between height and weight and is used as a tool to help judge body fat and weight. According to BMI calculations, there are five weight categories: underweight, normal, overweight, obese and extremely obese. The normal BMI range for adults is 18.5-24.9 (AHA, 2012; CDC, 2011). Generally speaking, an adult BMI of 25 is considered overweight and 30 or above is obese. A BMI of less than 18.5 indicates underweight. All overweight and underweight individuals should consult with their medical provider. Beginning at age 20, BMI should be assessed at each regular health care visit.

The BMI weight categories help indicate the risk of severe health problems, including heart disease, stroke, high blood pressure, high cholesterol, cancer, diabetes, sleep apnea, osteoarthritis, female infertility, urinary stress incontinence and gastroesophageal reflux (CDC, 2011). However, there are certain people who should not use BMI as the basis for determining relative disease risk. Athletes and body builders, whose BMI is high due to muscle, and women who are pregnant or lactating should not be disturbed if their BMI is not within the normal range.

Adults (20+ years old) can calculate their BMI using the following formula: weight (lb)/[height (in)]^2 × 703. Children and teens (2-19 years old) are recommended to use the free online calculator at the CDC at http://apps.nccd.cdc.gov/dnpabmi/, as the interpretation of their BMI is both age- and sex-specific.

To take control of your BMI (CDC, 2011):

- Burn more calories than you consume by exercising and maintaining a healthy lifestyle
- Eat a well-balanced diet
- Exercise 150 minutes/week (minimum) for adults
- Lose or gain weight in a healthy manner
- Consult with a health care provider

**BMI Chart**

<table>
<thead>
<tr>
<th>BMI</th>
<th>Rating</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
<td>Consult a health care provider. Low body mass can decrease the immune system and lead to illness.</td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>Normal Weight</td>
<td>Maintain exercising and eating healthy.</td>
</tr>
<tr>
<td>25-29.9</td>
<td>Overweight</td>
<td>Find healthy ways to lower weight, including healthy eating and exercise.</td>
</tr>
<tr>
<td>30+</td>
<td>Obese</td>
<td>At serious risk for heart disease, diabetes, high blood pressure, gall bladder disease and some cancers; talk to a health care provider and modify your lifestyle.</td>
</tr>
</tbody>
</table>

Sources: AHA, 2012; CDC, 2011
WAIST CIRCUMFERENCE: Males: < 40; Females: < 35

Fat distribution is now just as important as total body weight when it comes to weight-related health problems. This is because body fat that accumulates around the waist and stomach area poses a greater risk than fat stored in the lower half of the body. Therefore, the measurement of your waist size (circumference), like BMI, can predict future health problems, including type 2 diabetes, dyslipidemia, hypertension and cardiovascular disease, especially when BMI is between 25 and 35 (AHA, 2010; NHLBI, 2011, 2013). Waist size can also be useful for athletes who are categorized as overweight in terms of BMI. For example, an athlete with increased muscle mass may have a BMI greater than 25 – making him or her overweight on the BMI scale – but a waist circumference measurement would most likely indicate that he or she is, in fact, not overweight.

The American Heart Association (2010) recommends a waist circumference of 40 inches or less for males and 35 inches or less for females. Beginning at age 20, you should measure your waist circumference and look for changes in measurement over time, as this can indicate an increase or decrease in abdominal fat, which is associated with an increased risk of heart disease and other chronic diseases.

CONCLUSION

Keeping up with your numbers is an important way to maintain a healthy lifestyle and optimal aging throughout the lifespan. Keeping up with your numbers can also help you reduce negative health effects such as obesity, diseases of the heart, hypertension, diabetes and cancers.

REFERENCES


According to the CDC (2011), “to measure your waist size (circumference), place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin and is parallel to the floor. Relax, exhale and measure your waist.”

Source: CDC (2011)


EXTENDING KNOWLEDGE
Changing Lives
IN PIKE COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Members of the Pike County Master Gardeners and Pike County Homemaker Council went on a horticulture tour of Western North Carolina visiting an area arboretum, a local farmers market, a horticulture research station, and the beautiful Biltmore Estates.

Pike County Agriculture & Natural Resources

Just a quick review of some of the activities and programs presented/sponsored/or arranged for participation by Agriculture and Natural Resources clientele.

ANR activities include the following: Fruit & Vegetable Conference, High Tunnel Garden Tour, Southeast Bee School, Northeast Bee School, Entrepreneurship Classes, Home Gardening Class, Beef & Forage Workshops, Grant Writing Assistance for USDA, KSU grants, Shiitake Workshops, Ginseng Workshops, Beekeepers (12 monthly meetings), Queen Breeders Workshop, Master Gardeners (8 monthly meetings), Seco Mine & Winery Tour, Biltmore/NC State Mountain Research Station Tour/NC Arboretum, Small Area Gardening, Straw Bale Gardening, Grafting & Pruning, Winter Gardening, and Pikeville Farmers Market.

I saved the Pikeville Farmers Market for last. The Market has been a major activity for 2018. Some of the listed activities go with Farmers Market, as well as other individuals. Market

Program Efforts

• 347 residents reported an increase in accessing fresh, local foods

• A total of 1836 volunteer service hours were completed by Extension Master Gardener volunteers in the county

• 1995 youth indicated they know how to use information they are given to make decisions

• 10,500 volunteered hours by KEHA members for Extension activities/events

• 2200 individuals indicated that they purchased the fruits and vegetables featured on the Plate It Up! recipe card

• A total of 200 artisans participated in Extension programs

• 4500 individuals reporting increased knowledge, opinions, skills, and/or aspirations in theatre arts

• A total of 961 youth have improved their communication skills through the 4-H communications program

• 215 individuals gained knowledge related to financial management

• 800 youth report making healthy lifestyle choices for overall well-being

• A total of 226 participants gained access to Extension programming at the local farmers market

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
activities usually start with the State Fruit & Vegetable Conference in Lexington each January. While there, our group learned the latest on fruit and vegetable production, the latest methods of storing, and the latest ratings on crops. Our high tunnel workshop and tour was primarily for farmers market vendors and high tunnel growers. It was a training and trip to visit a successful high tunnel operation. Attendees learned much and all indicated plans to apply the practices to their high tunnel operations. Farmers market farmers and crafters attended the entrepreneurial classes learned merchandising and developed a business plan for their production.

We had great local support at the recent Farmers Market “Farm to Fork” fundraiser.

Lean Farmer Workshop –Ben Hartman and two (2) gardening books provided for each participant. Books were “The Lean Farm-How to Minimize Waste, Increase Efficiency, and Maximize Value and Profits with Less Work” and “The Lean Farm-Guide to Growing Vegetables- More In-Depth Lean Techniques for Efficient Organic Production.”

One of the focuses for the Farmers Market is training to keep everything safe for the community. We offer Safety Classes such as PBPT (Produce Best Practices Training/Safely produce vegetables), All Samples (must have to give samples), HBM (Home Based Micro-Processing/training to safely sell value added at the FM), Better Processing and Food Managers training. We have also made available to anyone interested the Certification to use the mobile processor from KSU.

Another focus has been to apply for, certify for and obtain WIC & Senior Vouchers for SNAP recipients to use. As well as the EBT card use and Double Dollars for all categories.

Another big success has been the Appalachian Heirloom Seed Swap. The seed swap, brought people from ten (10) different states and has become known as one of the best in the nation for seed swaps. In April 2018, the seed swap had over forty (40) vendors selling and providing information to the public as well as training on “Sharing Seeds & Stories,” “Tomato Grafting,” and “Cooking with Fresh Produce.”

The Pikeville Farmers Market has been a great success for 2018. It has brought over 10,235 people to the market to buy fresh local healthy produce and has brought the farmers/vendors/etc. over $120,000.

Pike 4-H: Making the Best, Better

The Cooperative Extension Service is preparing our youth for the workforce by teaching communication skills to our youth. An example of Pike County 4-H making the best better is Nora. Nora attends the University of Kentucky. She was recently elected to the position of student government association vice-president at the University of Kentucky. Her mother said, “I give credit to 4-H because not only are females rarely elected to this role but this is the first time a Muslin has been elected to this position! I am grateful to 4-H and what you do for youth.”

This is noteworthy and important to the Cooperative Extension Service because her journey began as a 4-H member. Nora gave a speech annually during the 4-H Fairs and at the county competition and she usually won her category then participated at the district competition. After winning the district for two years, Nora won the state 4-H Speech Contest her senior year of high school.

Nora’s mother is a 4-H volunteer serving as a district communication judge. She is supportive of her daughter and other Pike County youth who seek to improve their confidence and express their thoughts and feelings.

Pike County 4-H creates a welcoming environment to all youth and adults who desire to contribute to our communities. Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. The development of communications skills is one of the preeminent skills necessary to grow as an individual, a community member and a leader.

During 2017-2018 academic year, Pike County 4-H reached 3,754 students in twenty (20) schools with

4-H campers learn communication and other skills during their week of fun activities.
Youth presented programs about Pike 4-H events on local radio and television stations.

communication programs. Over 500 skits were presented during club meetings, and an additional 100 youth presented speeches during 4-H Fairs and county competition. Of the these 4-H members in Pike County; Sixty-six (66) are clover buds, 1,330 of these member are in the 4th and 5th grades, 2,183 are in middle school, and 220 are members of high school clubs. Pike 4-H is making the best, better!

Pike County Fine Arts Program

Artists Collaborative Theatre (ACT) held seven (7) productions this year, with sixteen (16) performances per show. School outreach programs served over 1,800 students in theatre production field trips and educational programming from eighteen (18) schools across Pike County and into Virginia. This year, the children's acting troupe performed Peter Pan, Jr. and The Lion King, Jr.

Sixty-three (63) students were involved in completely tuition-free after school theatre classes and productions. Parents in our area save $33,000 in theatre class tuition fees per year (based on local rates).

High school students were trained and assisted as student educators for the classes and directed the youth productions. One-hundred percent of our high school leaders have been placed in post-secondary education programs and receive $500 scholarships from ACT.

Pike County Extension Fine Arts Program and the Hatfield & McCoy Arts Council collaborated to bring an original depiction of the Hatfield and McCoy feud to life.

Now in its sixth year, productions of the NaCo award winning Blood Song: The Story of the Hatfields and the McCoys are performed each summer to approximately 1,000 people on the banks of the Tug River at McCarr, Kentucky, where the events of the feud took place. Pike County Extension Fine Arts Marketplace is an online store representing local artists. Artisans have their products listed completely free on the website. We assist with photography and entrepreneurial classes, then direct customers to artists through marketing. They are responsible for packing and shipping their products.

Pike County Extension Fine Arts offers free monthly community art classes to the public. We have classes for rock painting, magic wand making, and ornaments, among other activities. To date, 154 people have attended. We have welcomed everyone from toddlers to senior citizens, a variety of education levels, mental and motor skills, socio-economic backgrounds, and races.

Thirty-one (31) students and twelve (12) adults participated in The Women of Theatre Technology this year. These females learn light and sound design and operation, stage management, and scenic and costume design/construction – professional areas highly dominated by men. In the past, this unique program has received the University of Kentucky Diversity Award as well a NaCo Award for advancing Appalachian females in the areas of science and technology.

Participants of the rock painting class are proud of their creations.

Pike Arts' Appalachian Symphony meets on Tuesdays and Saturdays and teaches anyone in attendance how to play musical instruments. The meetings and use of the instruments are completely free. There are instructors for everything from the ukulele to a huge upright bass! The free music lessons save Pike County residents over $20,000 per year, based on a $30 per lesson rate.

FCS: Leadership & Learning

The Pike County Family and Consumer Sciences program has hundreds of program participants and volunteers annually. Our mission is to help guide people
to the best research-based information from the University of Kentucky as they discover new information about themselves, their family and their community. Our FCS leadership has made amazing impact locally and statewide this year. The Pike County Extension Homemakers are leaders at the area and state level of their organization and helped host the KEHA Annual Session in 2018. Because of their skill, four (4) Pike County leaders taught sessions at the state meeting after researching, developing their classes and preparing presentations. Pike County Homemakers also represent service to our region. Over the last twenty (20) years, they have made over 8,000 cancer turbans, 250 baby blankets, 150 adult clothing protectors and adult activity aprons. These items are made with donated supplies and given to sister service organizations and individuals without cost. Certified Master Volunteers in Clothing from Pike County have contributed a total of 1,430 hours in 2017-18. Most of our sewing programs for both youth and adults are run completely by the master volunteers because they are highly-trained by University specialists and do outstanding work. The value of volunteerism just for these programs alone is valued at over $575,000. The leadership and community partnerships demonstrated in the Family and Consumer Sciences program strengthens our county every day.

Nutrition Education Program

Our work in SNAP Education (Supplemental Nutrition Assistance Program) reach every stage of life. The program is administered by the University of Kentucky Cooperative Extension Service, and targets limited-resource families and individuals with nutrition education. The goal is to educate families with young children and SNAP eligible individuals to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle. Our two (2) federally-funded nutrition assistants have worked with every elementary school in Pike County to engage children in learning about being physically active, eating more fruits and vegetables, whole grains and dairy products. We held two (2) summer nutrition camps for youth where they learned to make a variety of pizzas in healthy ways including vegetable and breakfast pizzas. Over ninety (90) percent of children showed improvement in choosing foods consistent with Federal Dietary Guideline recommendations, making better nutrition choices, and handwashing. To make a community impact our team worked with farmers markets, community partners and schools to help promote physical activity and fruit and vegetable consumption while working on new policies and projects for the wellness of our county. Nearly 300 Pike County adults completed the 12-lesson USDA curriculum about family nutrition. Reaching new audiences like at-risk young adults and senior citizens helps make a healthier population. The mother of a participant, who is on the Autism spectrum, reported the following. “He told me he went to a party and ate a salad. That something he’s never done before! When I asked him why he decided to eat a salad he said, because salads are healthy and Ms. Debbie said we need to eat vegetables to be healthy. His diet has mostly been burger, fries, pizza, but since Teen Cuisine classes at the Sapling Center, he is very willing to try different foods. He tells me he really looks forward to the lessons and that he marks the days on his calendar so he doesn’t forget.”