



Beaver County

Family and Consumer Sciences

Newsline

March 2006

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Children Running Higher Risks Of Health Issues Due to Weight



The number of overweight children in the United States has taken a dramatic rise in recent years. The National Center for Health Statistics reports more than 14 percent of children and 11 percent of adolescents are overweight. An additional 14 percent are at risk of becoming overweight, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“Being an overweight or obese adult increases the risks of disease conditions including high blood pressure, high blood cholesterol, heart disease, stroke, type 2 diabetes and certain types of cancer,” Hermann said. “Because being overweight in childhood increases the risk of being overweight in adulthood, overweight children may be at greater risk of developing these health conditions later in life.”

There are many factors that contribute to being overweight. Some of these factors can be modified while others cannot. Non-modifiable factors are genetics or family history, age and gender. A person can run a greater risk of getting a disease if there has been a family history of it.

Factors that can be modified include following a diet that contains foods from all food groups, as well as getting enough exercise.

Children need enough food for proper growth, but too many calories coupled with too little physical activity leads to being overweight.

Many schools have cut physical education because of funding. Other children spend sedentary hours

watching television or playing computer and video games. Many children simply do not get any exercise at all.

“Since children need to grow, weight loss is not recommended unless guided by a health care provider,” she said. “However, growth at proper rates and in a healthy manner is vital to good health.”

To help ensure a child leads a healthy lifestyle, start by helping the child develop healthy eating habits. Help the child make sensible food choices. A healthy diet will include lean meat, poultry, fish, beans, nuts, milk, cheese and other dairy products, along with grains, fruits and vegetables.

Changes in a child’s diet do not need to be dramatic or extremely restrictive. Start by serving low-fat milk rather than whole, low-fat yogurt and cheese and offer one cookie instead of two.

Children can improve their health and have fun at the same time by including moderate amounts of physical activity each day. Parents can set a good example by joining their child in physical activities. Go for a walk after dinner or ride bikes to the park on the weekend. Incorporating exercise into the family’s lifestyle is good not only for the health of the family, but it also provides them with opportunities to spend more time together.

“Encourage your child to be physically active both at home and at school. If the school doesn’t offer a physical education program, suggest your child play active games during recess,” she said. “Helping a child start out living a healthy lifestyle is one of the greatest gifts a parent can give.”



Tube Quilt Workshop is March 7

Make plans to spend the day creating a one-of-a-kind quilt top that can easily be finished in one day. Emma Zielke, Balko HCE member, will teach the class. Call the Extension Office for a list of supplies. There is no cost for the workshop; pre-registration is requested. It begins at 9:30 am. (Lunch is on your own.)

FABRIC: PRE-WASH OR NOT?

Often at quilting classes, the teacher will ask you to arrive at class with your fabric already washed and ready to cut. Why? Quilters always pre-wash their fabric – for many reasons:

1. To remove all of the sizing (chemicals) the manufacturers add to the fabric to make look more attractive, prevent wrinkles, and make it come off the bolt easier in the store. Although it makes the fabric easier for them to handle, sizing makes the fabric a little stiffer and more difficult for quilters to handle; plus it may leave a residue on your needles and thread as you are sewing.
2. Fabric with a high cotton content will shrink – even if it says it is pre-shrunk. Since not all cottons are born 'equal,' they don't shrink equally either. That means that some cotton fabric will shrink 1%, other cotton fabric will shrink 3% or possibly more. The result is that once your quilt is washed, the fabrics will exert their own shrinking personality, and you will have a quilt that has puckers – and some patches will pucker more than others.
3. The color bleeds out of some fabric; and may deposit itself into other fabric. Reds, blues, yellows and purples are famous for sharing their beauty with whites, muslins, and tans. Translation – the beautiful, bright white in your quilt may end up with a pink, blue, yellow or lavender haze, if the excess color is not removed from the colored fabric.



Source: <http://www.how-to-quilt.com/articles/prewash.shtml>

Q. Is there a home method you can use to set dye in fabrics or garments?

A. The answer is no. Properly applied dyes should not bleed when worn or laundered. Excessive dye bleeding is a manufacturing defect; the technology is available for correct application of the correct dyes to fibers and fabrics. If you have a garment or fabric that was improperly dyed, you should not have to compensate for manufacturer's negligence. The best action you can take is to return such items to the retailer where you bought it or to the manufacturer. See the hang tag for that information.

The suggestion to add salt or vinegar to prevent dye bleeding is meaningless. In fact, in some instances the addition of salt will cause dye to come off the fabric. In other instances, it may cause dye to go into the fabric or keep it on the fabric where it will slough off while it is being worn. When this happens, your garment will discolor skin and undergarments.

The same is true for vinegar. Unless you know what dye type was used and understand its particular dyeing process, you will not know whether to add salt or vinegar. Even if you knew which to add, it would need to be added to any water contacting the fabric (in both the wash and rinse cycles) in laundering.

Adding salt to the wash cycle can decrease the effectiveness of the detergent you are using and can corrode the washing machine.

To guess whether to use salt or vinegar and then expect it to set dye with one application is a false expectation. Your best course of action is to return the garment to the retailer or manufacturer.

Source Univ of Minn <http://www.extension.umn.edu/info-u/household/BK801.html>

HCE NEWS



NW District Meeting will be Tuesday, March 21st at Woodward. Host counties of Dewey, Ellis, and Woodward chose the theme: “Pioneering the

Future”. The location is the recently remodeled First Christian Church on the corner of Hwy 27 and OK Ave. Registration is \$12.00 and is due to Charlene by March 6th. No Name Tags will be provided.

Meeting Agenda:

- Coffee and Registration
8:30 to 9:00am
- Call to Order
9:00am

AM Session 11:00-11:50am

- Presidents and FCS Educ. Session
- Treasurer’s Session
- State Lessons: Walking and Developing Resilient Children
- Cultural Enrichment Committee: Quilting

- Resource Management Program

Noon Luncheon:

Visiting, great door prizes and entertainment
Grilled Chicken & Baked Brisket
Mashed Potatoes and Gravy
Beans and Corn
Salad and Rolls
Cobbler
Tea and Coffee

PM Sessions 1:30 – 2:30pm

- Folk Art—Painted Rocks
- Photography
- Water Gardens
- History of NW Area
- Line Dancing
- Life’s Lessons Learned in the Garden

Meeting Adjourns by 2:30pm

- ❖ HCE Lesson on “No Sew Window Treatments” will be at the Extension Office at 10:00am on March 28th. Learn some clever ideas for decorating any window with a little ingenuity.
- ❖ Spring Council has been set for May 9th. This is during HCE Week. Mark your calendar now; more details will follow next month.
- ❖ County Committee Chairmen, you’ll each need to give a report at Council; contact your committees and have goals and projects for HCE to work toward this year.
- ❖ HCE will cater the lunch at the Child Care Providers Seminar on Saturday, March 25th. It was agreed for each group to provide 2 large loaves of quick breads for morning snacks and lunch dessert. Lunch will be a baked potato bar. Logan will provide cheese; Balko, chili; Anthony, broccoli and cheese; Charlene will purchase the potatoes, onions, and foil; Mary will get a fruit dessert.
- ❖ Don’t forget to keep record of your steps and turn them in.

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Caffeine in Soda and Other Beverages



Caffeine is one of the world's most widely used drugs and is present in 63 different plant species. Caffeine is a flavoring agent and stimulant in some foods and drinks. It also serves as a filler with prescription and over-the-counter drugs. Some pain relievers, diuretics, cold remedies, and weight

control products may contain caffeine.

The amount of time you brew coffee or steep your tea influences caffeine amounts. A stronger tea steeped longer has more caffeine, up to 60 milligrams per cup. Drip coffee usually has more caffeine than either percolated or instant coffee. The amount in eight ounces of drip coffee ranges from 115 to 175 milligrams. The amount of caffeine in soft drinks varies from brand to brand. For instance, 12 ounces of Jolt® contains 71 mg; whereas the same amount of Pepsi-Cola® has 37 mg and 12 ounces of Mountain Dew® has 55 mg of caffeine. Because of increased portion sizes and accessibility of beverages containing caffeine, Americans of all ages are consuming more caffeine.

Effects on Adults

Caffeine has many effects on the body. Caffeine stimulates the central nervous system. This increases alertness for several hours. Depending on the dose, it can also temporarily increase your heartbeat and basal metabolic rate and body temperature. It can also cause stomach acid secretion and urine production. Caffeine begins to work in the body within 5 minutes of consumption.

The effects of caffeine vary according to individual differences and the amount you are used to consuming. However, there is no evidence that drinking 2 cups of drip coffee or 4 cans of regular soft drinks are harmful to the average healthy adult. Excessive consumption, equal to ten cups of coffee a day, may lead to anxiety, insomnia and irregular heartbeat. Immediate withdrawal from caffeine can cause symptoms such as throbbing headache, confusion, constipation, nausea, depression, and irritability.

Source: U of MN Ext. Service and Dept. of Food Sci. & Nutrition Publication, "Nutrinet," 2002 **No. 884**

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