

Family And Consumer Sciences



March 2006



Kingfisher County OSU Extension Service

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.

Hermann said 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.”

This Newsletter is published monthly by the Kingfisher County OSU Extension Center—Home Economics Program, 101 South Main RM 13 Kingfisher, OK 73750 (405) 375-3822.

This Newsletter is given for educational information to the interested citizens of Kingfisher County.

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OSU Extension Center
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Kingfisher County HCE \$500 Scholarship

1. Applicant must be a dependent of a member (in good standing) of the Kingfisher County HCE Organization.
2. Applicant must be a Graduating Senior in the year application is submitted.
3. Deadline for submitting application form is **March 24th**. Scholarship winner will be announced preceding the Fall Semester. An alternate will be selected.
4. One half the amount of the scholarship will be presented to the recipient upon receipt of claim stating enrollment at a college or university for the fall term. The second one half for the Spring semester will be paid upon receipt of second claim. Claim forms will be given to the recipient at the time of announcement.

Spring County Council

Plainview will be hosting the Spring County Council on March 7th. Steve Neuman from the OSBI will be our Keynote Speaker discussing how to better to protect yourself and your loved ones. Plainview will be providing yummy soup, cornbread and crackers. Each member is encouraged to bring a guest as well as a salad or dessert. To add to the festivities, be sure and bring your favorite china or pottery if you so desire. Paper goods are happily provided! Hope to see you there!

Get Ready! This will be a fun filled day! You just might want to come and be a part of an exciting day planned just for you! Special efforts are being made to recognize our Award Nominees, County and State Officers. Be sure and invite a guest!

Resignation

The OSU Extension office has lost a valuable member of our staff. Heather Turner has resigned from the 4-H position and we are very grateful for the five years of service that she gave to Family and Consumer Sciences and to 4-H. She will be greatly missed by everyone!

NW District OHCE Meeting-Woodward

Tuesday, March 21, 2006

Woodward OK

In honor of the approaching Oklahoma Centennial, host counties planning this year's meeting have selected the theme *Pioneering The Future*.

Host counties Dewey, Ellis and Woodward gathered to plan an event with the varied interests of members in mind.

The location for the 2006 meeting is the recently remodeled First Christian Church on the corner of 9th Street (also Highway 270) and Oklahoma Avenue, in Woodward.

- With the exception of one workshop, all events are planned on one level. There's lots of parking adjacent to the building on the West side.

Two *covered entrances* (South and East sides) are available where members can be dropped off at the door, or items unloaded, with ease! Registration remains the same as last year, at \$12.00, when received by March 10th, or \$15.00 at the door.

A delicious & generous meal to be served: Grilled Chicken & Baked Brisket, Mashed Potatoes & Gravy, Green Beans, Corn, Salad, Hot Rolls, Cobbler, Iced Tea or Coffee.

Meeting Agenda: Coffee & Registration 8:30 ~ 9:00 AM, Call to Order ~9:00 AM: Connie LaGrow presiding.

AM Sessions 11:00 ~ 11:50 AM
~President's Session & FCS Educators

State Lesson: Developing Resilient Children

State Lesson: Walking

~Cultural Enrichment Com.: Quilting

~Resource Management Program

~Treasurer's Session

NOON LUNCHEON

Visiting, great door prizes and entertainment: Fargo High School Choir Director, Amber Barnes.

PM Sessions 1:30 ~ 2:30 PM

~Folk Art: Painted Rocks

~Photography

~Water Gardens

~History of NW Area

~Line Dancing

~Life's Lessons Learned in the Garden

~FCS Educators' Session

Meeting Adjourn: 2:30 PM

Need an extra stop while in Woodward? Do consider the Plains Indians and Pioneers Museum. Free Admission or donations gladly accepted. Open Tuesday -Friday, 10:00 AM to 5:00 PM. The museum offers numerous exhibits of Native Americans, Woodward's first century and area farm and ranch development. View 22 murals illustrating the region's history. Often, local artists' works are on display. Also, there's a museum store on premises. Call 580 256-6136 for more information.

Leader lesson

HCE Members are encouraged to send Lesson Leader to the monthly lesson. Any one can attend a Leader Lesson. If you are not an HCE Member, please call the office so that we have enough hand-outs at the meeting. What a better way to send your lunch hour. The next Leader Lesson will be a District Lesson on either Walking or Developing Resilient Children/Youth on March 23rd at 12:30 pm in the OSU

Extension Meeting Room.

April 27th, Joy Rhodes from the Blaine County will be teaching the Leader Lesson on the Secret of Credit Cards.

If you are wanting to have a specific lesson in the future, please call the office to make a request for a specific lesson.

Spring Craft Show



The 24th Annual Happy Homemakers Spring Craft Show will be April 9th, from 9:00 until 4:00 p.m., at the Kingfisher County Fairgrounds. A concession will be available serving sandwiches, pasta salad and homemade pies. .

The Happy Homemakers have requested that I give a presentation on True Colors at 11:00 am and demonstrate how to bake bread using freshly milled wheat at 1:00 p.m. Please mark your calendar and join in the fun!

Some Things to Know About Medicare Prescription Drug Coverage

Beginning January 1, 2006, new Medicare prescription drug coverage will be available to everyone with Medicare. Insurance companies and other private companies have worked with Medicare to offer a variety of these drug plans. These plans are different from the Medicare-approved drug discount cards, which phase out by May 15, 2006 or when a person's enrollment in a Medicare drug plan takes effect, if earlier.

Medicare drug plans provide insurance coverage for prescription drugs. Like other insurance, those who join pay a monthly premium and a share of the cost of prescriptions. Costs vary depending on the plan selected.

Drug plans vary in what prescription drugs are covered, how much the insured has to pay, and which pharmacies can be used. All drug plans have to provide at least a standard level of coverage, which Medicare has set. However, some plans offer more coverage, lower deductibles, and additional prescription drugs for a higher monthly premium.

When can I join a Medicare drug plan?

If you currently have Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance), you can join a Medicare drug plan between November 15, 2005, and May 15, 2006. If you join by December 31, 2005, your Medicare drug plan coverage begins on January 1, 2006. If you join after that, your coverage is effective the first day of the month after the month you join.

In general, you can join or change plans once each year between November 15 and December 31.

You don't have to join a Medicare drug plan. However, if you don't join one by May 15, 2006 – and you don't currently have drug coverage that, on average, is at least as good as standard Medicare prescription drug coverage – you will have to pay a penalty to join later. That is, your premium cost will go up at least 1% per month for every month that you wait to join, and you will pay this penalty as long as you have Medicare prescription drug coverage.

What if I can't pay for a Medicare drug plan?

Some people with limited income and resources (including savings and stocks, but not counting your home) may qualify for extra help paying for their drug plan's monthly premiums, annual deductibles, and/or prescription co-insurance and co-payments. The amount of extra help you qualify for is based on your income and resources.

If you think you might qualify for extra help, contact your local Social Security Office, call the Social Security Administration at 1-800-772-1213, or visit www.socialsecurity.gov on the web.

Do Medicare drug plans work with all types of Medicare health plans?

Yes. There are "stand alone" Medicare Prescription Drug Plans that add coverage to the Original Medicare Plan, Private Fee-for-Service Plans that don't offer prescription drug coverage, and Medicare Cost Plans. There also are drug plans that are a part of Medicare Advantage Plans (like HMOs) and other Medicare Health Plans.

What do I need to consider when selecting a Medicare drug plan?

If you decide to join a Medicare drug plan, it is important for you to select one that meets your prescription drug needs. There are several questions you need to consider, including:

- What kind of Medicare health plan do you have now? This will influence the type of drug coverage available to you.
- What kind of prescription drug coverage do you currently have, if any? (NOTE: Prescription drug coverage is NOT the same as doctor samples, discount cards, Medicare-approved discount cards, free clinics, or drug discount websites). Is your prescription drug coverage, on average, at least as good as standard Medicare prescription drug coverage?
- Do Medicare drug plans in your area cover the prescription drugs you need?
- Do you spend part of each year in another state? This may be important if a Medicare drug plan requires you to use certain pharmacies.
- How would the Medicare drug plans available in your area affect your out-of-pocket costs (including premiums, deductibles, and prescription co-insurance/co-payments)? Are you eligible for extra help in paying these costs?
- If you wait to join a Medicare drug plan later, will you have to pay a penalty (that is, pay higher premiums)?

How can I get more information and/or assistance with selecting a Medicare drug plan?

For more information and assistance: Read the Medicare & You 2006 handbook (mailed to everyone with Medicare coverage). Visit www.medicare.gov on the web. Call 1-800-MEDICARE (1-800-633-4227); TTY users should call 1-877-486-2048.

Check local media for educational programs or individualized counseling in your area. Or contact the Oklahoma Senior Health Insurance Counseling Program (SHICP; 1-800-763-2828).

Source: Joyce E. Jones, Ph.D., OSU Associate Professor and Extension Specialist, Personal Finance.

Inside Story Headline

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures

or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the

president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that



Caption describing picture or graphic.

appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an

image, place it close to the article. Be sure to place the caption of the image near the image.

KINGFISHER COUNTY COOP EXT. SERVICE
OKLAHOMA STATE UNIVERSITY
101 SOUTH MAIN, ROOM 13
KINGFISHER, OK 73750-3241

Upcoming Events! Leader Lesson

March 7th
Spring County
Council



March 9 Co-Parenting Class

March 21

NW District Mtg. Woodward

Register by March 7th to avoid late registration fees!

Car the office to car pool!

March 23

Leader Lesson

State Lesson-Walking, How
Much....Or Developing

Resilient Children/Youth

March 24 HCE Scholarships Due

April 8 Happy Homemakers
Spring Craft Show

Can't Weight to Walk

Program Remember to call in
your steps to Denise at 375-3822.

CRAFT SHOW

HCE Members are encourage to send Lesson Leader to the monthly lesson. Any one can attend a Leader Lesson. If you are not an HCE Member, please call the office so that we have enough handouts at the meeting. What a better way to send your lunch hour.

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Bring a friend for lunch, and share what great about joining HCE!

