



# **Living Healthy in Erath County**

Summer 2024

A publication by Texas A&M AgriLife Extension Service



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## Save the Date!

**June 30th, 2024**

Get Outside! Summer Program Ends  
\*Last Day to Turn in Logs to the the Dublin Library and finish your post-survey to be entered into the final door prize drawing!

**June 10-July 21, 2024**

A Fresh Start to a Healthier You!  
\*Free Program for SNAP-Ed, WIC, TANF Clients  
*Virtual and On Your Own!*

**June 22, 2024  
9am-12pm**

Man Up for Men's Health Event  
*Stephenville Senior Center*

Agent Note: Andrea will be out on leave from the beginning of July to the beginning of October! If you need anything in the meantime, please contact the office at 254-965-1460.

# It's all about the Facts

Almost 21% of U.S. children struggle with **obesity**.



Only 19% of Texas youth are meeting **physical activity guidelines** to be active 60 or more minutes a day.



Children today spend more time **being driven** from one indoor activity to another, rather than **outside in nature**.



From 2016 to 2020 there was a 29% increase in children ages 3-17 diagnosed with **anxiety** and a 27% increase in those diagnosed with **depression**.

29%



27%



Children ages 8-10 spend 6 hours a day in front of a **screen** using entertainment media.

6 hours



## GET OUTSIDE!

One of the best things we can do

TEXAS A&M  
AGRI LIFE  
EXTENSION

#### References

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- [2 https://sph.uth.edu/research/centers/dell/texas-child-health-status-report/Physical%20Activity%202021.pdf](https://sph.uth.edu/research/centers/dell/texas-child-health-status-report/Physical%20Activity%202021.pdf)
- McCurdy, L. E., Winterbottom, K. E., Mehta, S. S., & Roberts, J. R. (2010). Using nature and outdoor activity to improve children's health. *Current problems in pediatric and adolescent health care*, 40(5), 102-117.
- [4 https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html](https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html)
- [5 https://www.hhs.gov/about/news/2022/03/14/new-hhs-study-jama-pediatrics-shows-significant-increases-children-diagnosed-mental-health-conditions-2016-2020.html](https://www.hhs.gov/about/news/2022/03/14/new-hhs-study-jama-pediatrics-shows-significant-increases-children-diagnosed-mental-health-conditions-2016-2020.html)

# GET OUTSIDE!

One of the best things we can do

## BENEFITS of spending time in nature

Better  
sleep

Greater  
happiness

Reduced  
stress

Less  
anxiety

Increased  
physical  
activity

Improved  
attention

Improved mental  
health

More social  
connectedness

Improved  
academic  
performance

More self-  
confidence

NATIONAL  
**Grilling**  
MONTH

# Grilling Safely

Recommended safe internal temperatures

Beef, Pork, Lamb, Veal 145°F

Fish 145°F

Hamburgers, Ground Beef 160°F

Poultry, Hotdogs 165°F

NATIONAL  
**Grilling**  
MONTH

CHOOSE LEAN CUTS  
ADD FLAVOR WITH VEGGIES  
GRILL YOUR DESSERT



GRILLED FRUITS



GRILLED VEGGIES



GRILLED LEAN MEATS

# MEDICAL ALERT AWARENESS MONTH

Written By: Juliana Byrne, Tarleton State Public Health Intern



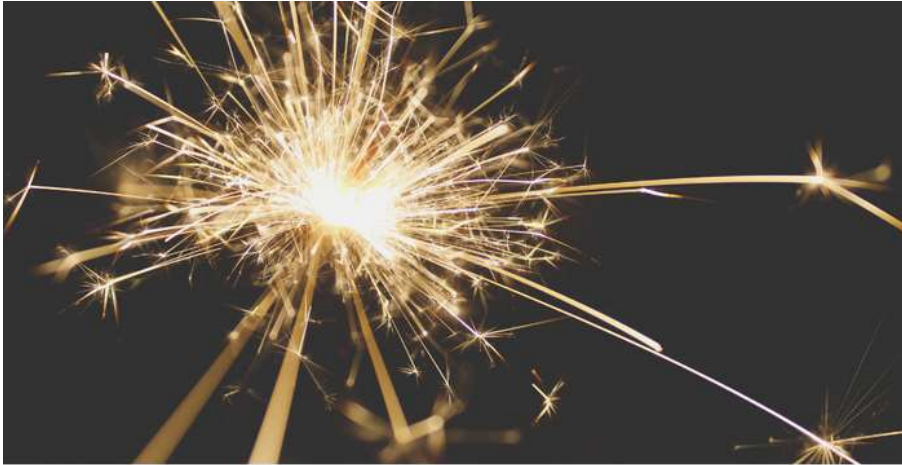
Medical Alert Awareness Month is observed during the Month of August each year. During the Month of August it is dedicated for raising awareness on the importance of medical alert systems for individuals with medical condition, who require immediate assistance in case of emergencies

Medical Alert Awareness month is crucial because it emphasizes how important medical alert systems are to preserving the independence and well-being of people with medical illnesses or elderly people dealing with health issues. By designating a month for awareness-raising, the program informs communities about the availability and advantages of these life-saving technologies, enabling people and their families to make knowledgeable decisions about their healthcare need.

## Medical Alert Bracelet



The concept of Medical Alert Awareness Month was born out of the growing need for increased awareness and support for elderly or medically fragile people who could need emergency medical attention. The purpose of the month-long celebration, which is usually celebrated in August, is to raise awareness of the value of medical alert systems in improving these populations' safety and independence.



# Walk Across Texas Erath County 8-Week Challenge Results

"If it doesn't challenge you it doesn't change you."  
-Fred DeVito



**Foster's Home Footsloggers**



**The Pace Makers**

## Congratulations!

...to all our teams and participants that participated in our 2024 Erath County Walk Across Texas Challenge!

This year, we had a total of **10 teams**, **6 teams that exceeded the 832 mile goal** (representing the distance from Longview to El Paso!), and a **combined total of 5,748.08 miles walked**.

Our team placings included:

**1st Place Team: Foster Home Footsloggers-1569.93 miles**

**2nd Place Team: The Pace Makers-1337.56 miles**

Other awards included:

**High Mileage Individual: Jeremy Jennings-473.66 miles**

**Best Team Name: Walk It Like It's Hot**

If you missed out on the fun, don't worry-this challenge is offered annually, along with our Walk Through Texas History Challenge, so stay tuned for more opportunities for some friendly competition and wellness challenges!

# MAN UP FOR MEN'S HEALTH!



**Saturday June 22, 2024**

**STEPHENVILLE SENIOR CENTER  
164 E. COLLEGE ST., STEPHENVILLE, TX  
9AM-NOON**

**June is Men's Health Awareness Month, so join us for this FREE come-and-go community program focused on issues that affect men's health and resources available to help with these!**

**Open to the public and for men of ALL ages, event features include:**

- \* Refreshments Provided!
- \* Resource Vendors!
- \* Door Prize Drawings!
- \* Variety of speakers (medical professionals and personal testimonials)!







# Eating Well for Healthy Living

**Eating Well for Healthy Living is a 3-lesson course in which participants learn to reduce stress through meal planning and physical activity, spending less and getting more at the grocery store, and storing and preparing food safely. Enroll to get back to the basics and start your journey to a healthier you!**

**\$10**

To register and access the course on AgriLife Learn, visit the link below:

<https://agrilifelearn.tamu.edu/s/product/eating-well-for-healthy-living/01t4x000002ciNdAAI>

# A Fresh Start to a Healthier You!

**ONLINE SERIES**



**Four fun, short, and helpful sessions!**

**Join this series from the comfort of your home or where ever you get Wi-Fi!**

**PARTICIPANTS GAIN:**

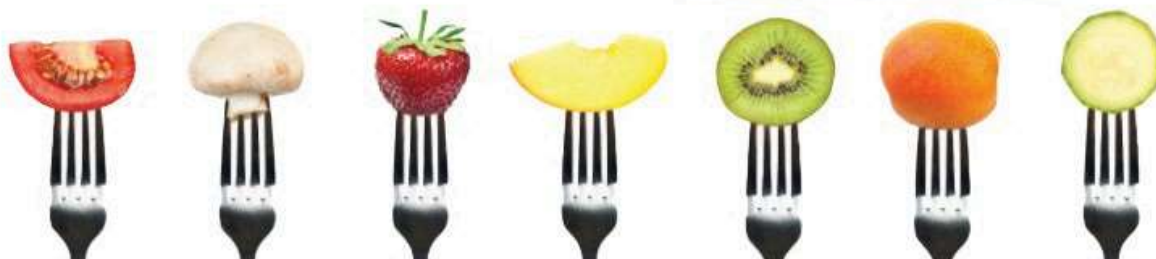
- **Confidence to cook healthy meals for themselves and family**
- **Practical cooking and shopping tips**
- **Recipes for success in the kitchen**

**For more information, contact:**

Andrea Brooks  
County Extension Agent-Family and Community Health  
Erath County  
andrea.brooks@ag.tamu.edu  
254-965-1460

**\*\*Next Session Starts June 10th, 2024, all 4 sessions must be completed by July 21st, 2024 to be eligible to receive a free thermal tote bag and Healthy Meals on a Budget magazine!\*\***

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Texas A&M AgriLife Extension is an equal opportunity provider.





## Ingredients:

- 1 1/4 cup panko breadcrumbs
- 3/4 cup reduced fat grated Parmesan
- 1 Tbsp. dried parsley
- 1 large egg
- 3 Tbsp. mayonnaise
- 2 Tbsp. dijon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1.5 lbs red snapper fillets
- avocado oil spray

## Instructions:

1. In a shallow dish combine the panko, Parmesan, and parsley.
2. In a separate shallow dish, whisk together egg, mayo, Dijon, garlic, salt and pepper.
3. Pat the snapper fillets dry with a paper towel and cut into 4 oz. sections.
4. Dredge the fillets in egg mixture, flipping to coat both sides.
5. Pick up the fillet pieces one at a time, letting excess drip off before placing in the panko mixture. Coat both sides of each fillet in panko mixture, gently pressing down on the fillets to get the coating to adhere. Repeat with all fillets.
6. Transfer fillets to your air fryer basket, taking care to not overcrowd as that will prevent the fish from crisping. Spray the top of each fillet with avocado oil.
7. Cook in the air fryer at 400 degrees F for 12-15 minutes. After the first 6-8 minutes, open the air fryer and flip over the fillets. Spray again with oil and then continue cooking.
8. You might need to adjust the cooking times depending on if you use another type of fish or depending thickness of the fillets, as well as your model of air fryer. Fish is ready when it's easily flaked with a fork and temps at 145 degrees.

## Nutrition Facts

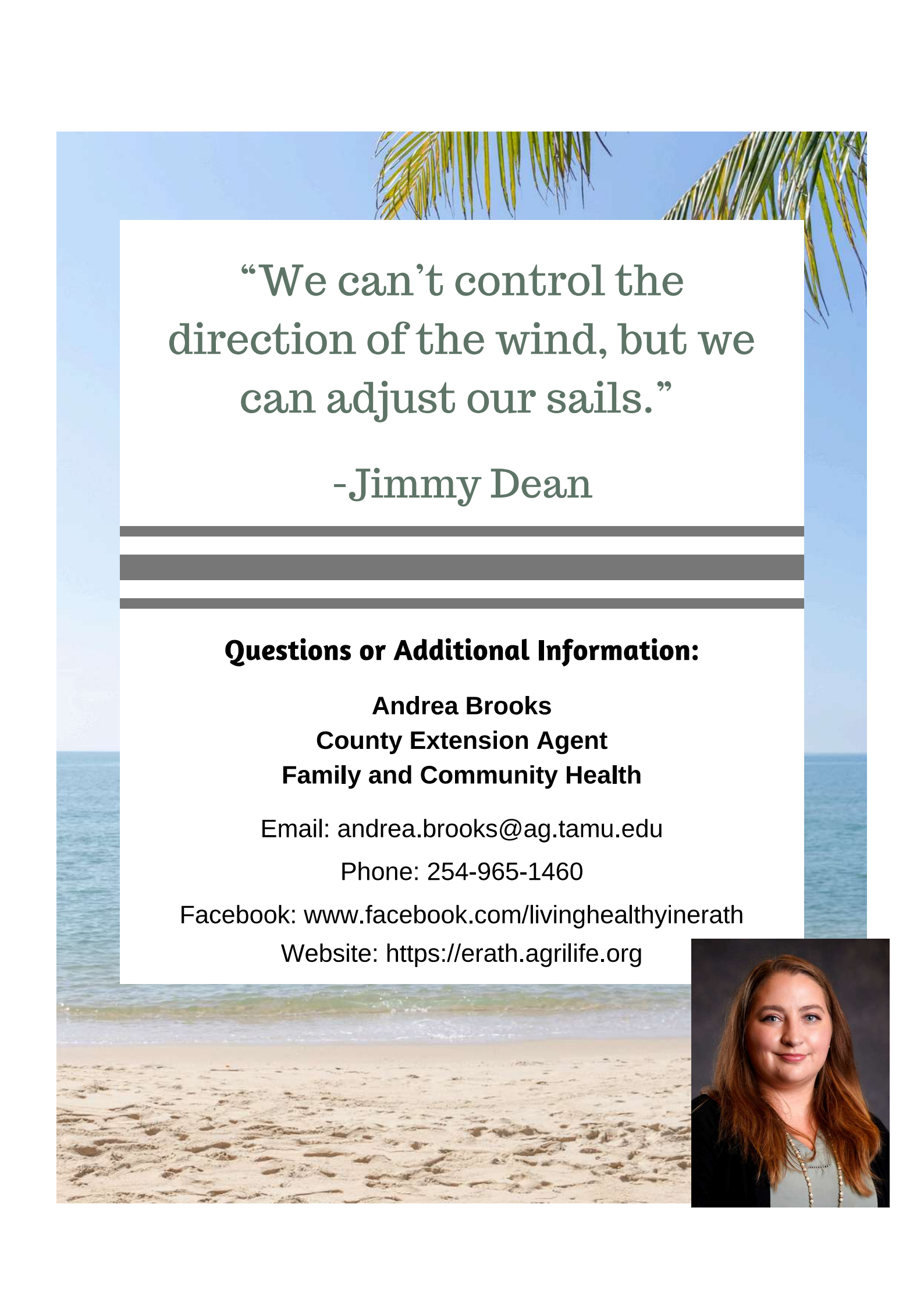
6 servings per container  
**Serving size 4 ounces (154g)**

Amount per serving

**Calories 250**

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 340mg	15%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
<b>Vitamin D</b> 12mcg	60%
<b>Calcium</b> 85mg	6%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 505mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



“We can’t control the  
direction of the wind, but we  
can adjust our sails.”

-Jimmy Dean

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**Questions or Additional Information:**

**Andrea Brooks  
County Extension Agent  
Family and Community Health**

Email: [andrea.brooks@ag.tamu.edu](mailto:andrea.brooks@ag.tamu.edu)

Phone: 254-965-1460

Facebook: [www.facebook.com/livinghealthyinerath](http://www.facebook.com/livinghealthyinerath)

Website: <https://erath.agrilife.org>

