



WELLNESS Newsletter

Fall 2017

This publication is brought to you by the District Wellness Council, which is dedicated to educating Rush-Henrietta families about important topics to keep your children healthy.

Empty and Oversized: Nutrition in Our Country

All-you-can-eat buffets. Buy-one-get-one meal deals. A dollar for drinks of any size. These are some of the advertisements that bombard us every day. We all want more for our money and don't want to walk away from a meal hungry, but these "deals" are killing us. Portion sizes today are 25 percent to 50 percent larger than 30 years ago, yet we are at least 25 percent less active during that same time. That equation means we are becoming more overweight, causing more medical costs down the road. So, what can we do to help live healthier lives and save money? Learn proper portion sizes and choose to keep more unprocessed foods in your house!

How do you know what a portion size should be? Read the label on the foods you buy. Often, even fruits and veggies have portion sizes listed. If not, here are the basic rules to help you keep food portions in check. 1. Fruits: One-half cup for berries, melon, and grapes. This should look like the size of a hockey puck or a half of a baseball. 2. Vegetables: One-cup portion sizes, or the size of a baseball for cooked veggies. A salad should be the size of two baseballs or cupped handfuls. Potatoes should be no larger than a computer mouse. 3. Meat/Protein: Cooked meat should be the size and thickness of a deck of playing cards. Fish should be the size of a checkbook or your hand from tip to wrist. Beans should be the size of a light bulb. 4. Carbohydrates: Rice and/or mashed potatoes should be the size of an ice cream scoop; use one to serve a portion. Or, it should fill a cupcake wrapper. Rolls should be the size of a bar of soap. Cereal can be the size of your fist. A pancake should be no bigger than a compact disc.



The [MyPlate](#) program, on the Centers for Disease Control and Prevention website, is a great resource for visual aids to help with portion size and number of portions a day for both children and adults. These visual aids also can be printed out to use at the kitchen table. When eating out, ask for a takeout box at restaurants or just portion out the amount of food before you start eating to avoid those large portion pitfalls. Plus, you can take the extra home to provide at least one more meal, making that restaurant meal even more economical!

Another hidden danger in our everyday meals is hidden sugar. Added sugar is an empty-calorie food providing no nutrition to our bodies. Sugar intake has increased nationally by 30 percent, mostly due to hidden sugars in our everyday packaged foods. The American Heart Association recommends that adult women only consume six teaspoons of added sugar a day; men should only have nine teaspoons. This may sound like a lot, but because of the added sugars in almost all packaged foods, most Americans average between 20 and 30 teaspoons of added sugar each day. Imagine eating a hot dog and french fries with ketchup. This single meal has three teaspoons of sugar in three tablespoons of ketchup. The hotdog and bun have one teaspoon and the fries have an additional teaspoon of sugar. That's five teaspoons of sugar for one meal!

Until manufacturers change recipes to decrease sugar, the best way to limit it is to eat mostly fresh ingredients or packaged foods that have five or less ingredients. Making your own version of the package ingredients also helps, as you don't have to add the sugar, or at least reduce the amount you add without losing flavor. Try these tips. Your waistlines and wallet will thank you!

Resources & Links

CDC website on nutrition:

[CDC/Nutrition](#)

Rush and Henrietta
community health and
safety coalition FB page:
[Health/Safety Coalition](#)

Monroe County Sheriff:
[Official site](#)

Status Report on State
Compliance of Federal
Marijuana Enforcement
Policy:

[The Cole Memo: Four
Years Later](#)

A few of many healthy
activities in our schools:

- Food collection for Rush-Henrietta food cupboard
- Running clubs for students and staff
- Health focused clubs for students

“Let’s Lower the Risk:”

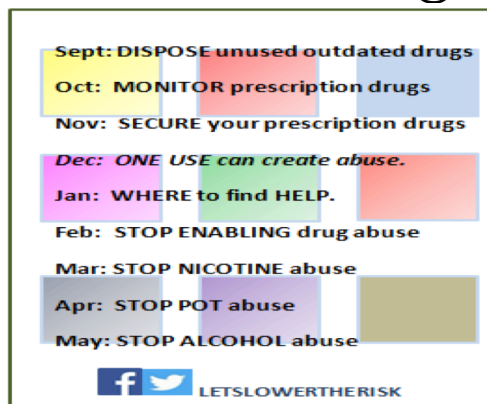
Rush and Henrietta Health and Safety Coalition Fights Opiate Epidemic

- By Paul Swiatek, Rush-Henrietta Substance Abuse and Prevention Counselor

Our national opiate drug epidemic continues to take lives across the nation and here in Monroe County. Every day, 91 people in the United States die from an opioid overdose, reports the Centers for Disease Control and Prevention. In 2011, 11 people died from heroin overdose in Monroe County. Five years later, in 2016, there were 169 reported opioid overdose deaths. The Rush-Henrietta Health and Safety Coalition is responding to this deadly epidemic with a public education prevention program titled, “Let’s Lower the Risk.”

From September 2017 through June 2018, the coalition will deliver helpful prevention information to the Rush-Henrietta community each month. Barb Christensen, of the Finger Lakes Prevention Resource Center, and a resident of Henrietta, is one of the founding members of the Rush and Henrietta Community Health and Safety Coalition, which began in 2012. “We were concerned for the youth and families in our community, especially as it related to substance abuse,” she says. “We felt that many of our local families were being negatively impacted by these critical issues. Several community residents banded together because we felt we had an obligation to ensure that our students and families have the best opportunity for healthy, happy, productive lives.” It’s important that everyone know there are things that can be done to successfully address these issues. ‘Let’s Lower the Risk’ is one such local effort to educate everyone in our community about what they can personally do to help prevent substance misuse.”

The first prevention message for the month of September was for people to remove unused and outdated prescription medications from their homes. October’s message was to monitor your prescription drugs. November’s message is to secure your drugs. Residents are encouraged to use the drug drop box located at the Monroe County Sheriff’s Substation B located at 245 Summit Point Drive in Henrietta to dispose of unwanted medication. Join the fight by following this important prevention program on Facebook @ “LETSLOWERTHERISK” or on Twitter @ #LETSLOWERTHERISK.



Above is a picture of a pocket card showing the monthly message for the R-H Health and Safety Coalition.