



Food for Thought

COUNTY HEALTH DEPARTMENTS

Health Promotion Newsletter

October 2017

Sitting too long can kill you, even if you exercise

Take a movement break every 30 minutes. There is a direct relationship between time spent sitting and your risk of early mortality of any cause, researchers said, based on a [study](#) of nearly 8,000 adults.

As total sedentary time increased, so did early death by any cause, according to study results. Participants risk of death grew in tandem with total sitting time and sitting stretch duration - no matter their age, sex, race, body mass index, or exercise habits. Those who sat for more than 13 hours per day had a 200% greater risk compared to those who sat for less than 11 hours a day.

The positive news: People who sat for less than 30 minutes at a time had the lowest risk of early death. Those who sat in stretches less than 30 minutes had a 55% lower risk of death compared to people who usually sat for more than 30 minutes in a stretch.

“Sit less, move more” is what the American Heart Association encourages all of us to do. Although there are no official guidelines for sitting, recommendations could look like “for every 30 consecutive minutes of sitting, stand up and move/walk for 5 minutes at a brisk pace to reduce the health risks from sitting.” Study findings suggest that this one behavior change could reduce your risk of death.

HOW LONG SINCE YOU LAST STOOD UP?

SIT LESS, STAND MORE, FEEL GOOD

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Is Pumpkin Spice all that nice?



Starbucks first developed its pumpkin spice latte in 2003. Since then pumpkin spice flavor has taken on a life of its own. The marketing behind pumpkin-spice flavors conditions our brain to associate pumpkin spice as the flavor of

all things fall. Even without the seasonal marketing, the brain has a special response to pumpkin spice when the flavor is mixed with sugar. By combining the pumpkin spice flavor with sugar, the brain and body are trained to remember how delicious the combination is. As soon as you smell or even imagine pumpkin spice, your body will have an anticipatory pleasure response and crave it. For that reason, [Dr. Franssen](#), of Longwood University says, “the pumpkin spice latte is actually, scientifically, kind of addictive. Not quite the same as drugs of abuse, but certainly the more you consume, the more you reinforce the behavior and want to consume more.” So enjoy all things pumpkin spice but consume responsibly!

Breast Cancer Awareness Month



New Breast Cancer Screening Guideline for women with average risk



AGE 40

Talk with your doctor about when to start screening. Women should have the opportunity to begin screening when they choose.



AGE 45

Begin yearly mammograms by age 45.



AGE 55

Transition to mammograms every other year at age 55 or continue with annual mammography.



AGE 55 +

Continue to have regular mammograms for as long as you're in good health.

Dental Tips for a Healthy Halloween

It's that time of the year; time for ghosts, ghouls, and cavities! Halloween is one of the most sugary days of the year, and it is just the beginning of the sweet treat season. For the next couple of months there will be no shortage of candies, cakes, and cookies. To get through Halloween and the Holiday season without any cavities, follow these [dental tips](#):

- Regular brushing and flossing is the best way to prevent tooth decay.
- The longer the teeth are exposed to sugars and acids, the more likely decay will occur. Try to avoid or limit hard candies that stay in the mouth for prolonged periods of time.
- Sticky candies cling to your teeth and take longer to get washed away by saliva, increasing the risk for tooth decay.
- Drink water while sampling treats. This will help wash away the sugar.
- Save candy for mealtimes. The mouth produces more saliva during mealtime, which helps balance out the acids and wash away bacteria.
- Chew ADA approved sugar-free gum. Chewing for 20 minutes after meals helps prevent tooth decay by increasing saliva production.



Recipe of the Month



Slow Cooker Quinoa, Sweet Potato and Black Bean Chili

Prep Time: 15 minutes

Cook Time: 5 - 10 hours

Makes 6 - 8 servings

Ingredients

- ½ cup uncooked quinoa
- 2 15 oz. cans black beans, drained and rinsed
- 2 15 oz. cans diced tomatoes
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 medium sweet potatoes, peeled and diced
- 1 tbsp. chili powder
- 2 tsp. cumin
- ¼ tsp. paprika
- ¼ tsp. cayenne pepper
- 1 tsp. salt

Toppings

- Cilantro
- Sour cream or Greek yogurt
- Shredded cheese
- Avocado
- Chopped green onions

Method

1. Add all ingredients to a 3 quart or larger slow cooker. Cook on low for 8 - 10 hours or on high for 5 - 6 hours. Taste and add additional salt and pepper if desired.
2. Serve with assorted toppings. Keeps refrigerated up to 3 days.

Questions? Contact Me.

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