



Family Focus - Nutrition and Health

Pat Anderson

Family Nutrition & Health Field Specialist

It's never too late to adopt healthy habits!

A research study conducted by researchers at the May Clinic Cancer Center concluded that women age 55 and older can cut their risk of cancer when they follow the American Institute for Cancer Research eating and lifestyle guidelines.

Researchers analyzed data from the Iowa Women's Healthy Study, looking at the diets and lifestyles of 29,564 women who were between the ages of 55 and 69 years. Of interest to the researchers was how many of nine guidelines the women were following and how that related to their cancer risk.

They found that when women followed none or only one of the guidelines they had a 35 percent higher risk of developing cancer than the women who followed most of the guidelines. Also, when women followed none or only one of the guidelines they had a 43% higher risk of dying from cancer than the women who followed six to nine of the recommendations.

The nine guidelines used in the study were:

1. Maintain a maximum BMI (body mass index) of 25 and limit adult weight gain to no more than 11 pounds.
2. Engage in daily moderate and weekly vigorous physical activity.
3. Eat 5 or more servings of vegetables and fruits daily.
4. Eat 5 or more servings of whole grains, tubers like potatoes and cereals daily, and limit processed foods and refined sugars.
5. Limit alcohol to 1 drink a day for women.
6. Limit red meat to about 3 ounces daily.
7. Limit dietary fat, especially from foods of animal origin.
8. Limit sodium in foods and the use of table salt.
9. Do not smoke or chew tobacco.

Can you guess which guideline was followed by the lowest number of people. Unfortunately it was #5, eating five servings of vegetables and fruits daily. People often cite the high cost of fruits and vegetables as their reason for not eating more of these foods. However, a price analysis of 85 different vegetables and 69 different fruits showed that you can eat five servings a day for just 64 cents. This is especially true if you select some of the least expensive produce like carrots, cabbage, and sweet potatoes. It takes just a total of 2 ½ cups of vegetables and fruits to give you the five servings a day, so start working on this guideline now to lower your cancer risk.

The New American Plate

This new cookbook just published in March will help you increase whole grains and vegetables while reducing saturated fat in your diet. Look for the cookbook in bookstores. In the meantime, try this recipe from the book. Whole grains don't need to be boring.

Orange Rice Pilaf with Dried Fruit

- 3/4 c. chopped dried apricots, cherries, or cranberries (or a combination)
- 1/3 c. raisins
- 1 1/2 c. quick-cooking brown rice
- 3 Tbsp. chopped fresh flat leaf parsley, or 1 Tbsp. dried
- 2 tsp. orange zest
- Fat-free, reduced sodium chicken broth

Cover dried fruit and raisins with hot water and soak for 5-10 minutes. Drain. In a large saucepan cook rice with fruits, parsley, and zest in broth (using amount package directs). Remove from heat and fluff with a fork before serving.



Family Focus – Resource Management

Mary Beth Kaufmann

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Advance Directives

Advance directives are documents that enable you to make decisions now about your future medical care. They guide your family and doctors if you are unable to speak for yourself about your health care. They help assure your values and important wishes are carried out.

The legal appeals and family disagreements over the health care for Terry Schiavo, a brain-damaged Florida woman, reflect the struggles over end-of-life care.

Advance directives aren't just for the elderly; anyone over the age of 18 can sign these legal forms. Three forms are available in Iowa: a Living Will (Declaration Relating to Life-Sustaining Procedures), a Durable Power of Attorney for Health Care Decisions, (Medical Power of Attorney) and a combination Living Will and Medical Power of Attorney (POA) form.

A **Living Will** is a directive to your physician. It tells your doctor to withhold or withdraw certain life-sustaining procedures if you are in a terminal condition and are unable to speak for yourself. A Living Will **ONLY** takes effect if you have a terminal condition **AND** you are unable to decide for yourself. Patients are given pain and comfort measures, but medical treatment that only prolongs the dying process can be withheld.

A **Health Care Power of Attorney** allows you to name another person to make health care decisions for you if you are unable to make them. They must make decisions according to your directions and make decisions in your best interest. The Health Care POA is not restricted to terminal patients or life-sustaining procedures.



If you want to sign advance directives, print copies from the Iowa Bar Association Web site at www.iowabar.org. Or, get forms from your attorney, health care facility, or your doctor. Fill out the forms and have them notarized or witnessed by two disinterested parties. Give copies to your family, hospital, doctor, attorney; carry a copy with you when you travel. If you have questions, visit with your attorney.

Advance directives allow you to plan ahead for life and death decisions. They recognize that accidents and life-threatening illnesses occur at any age. They indicate the difference between prolonging life and prolonging death. Advance directives provide dignity in health care.



Family Focus - Family Life

Mary Hughes
Family Life Field Specialist

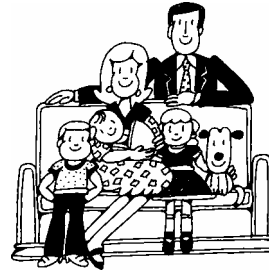
Freely Given ... Freely Receive ... Give Family Life

Very little in today's world is actually free! What I'm about to share with you isn't really *totally* free ... but there is no monetary cost. There is, however, an exponential value that is beyond measure. Family Stories are some of the rarest and best gifts – welcome any time of the year!

Families can enjoy sharing ... and recycling this 'almost-free' gift of the heart! *Time, energy, and love* are the ingredients. Vow today to give the gift of a good story the next time a gift is in order! Here are four good 'story-starters' to get you thinking:

1. Find an old photo and tell a story about the event that took place when the picture was taken.
2. Choose a topic for family members to share stories of how a particular family value has been demonstrated in your family history. This can bring back family memories and challenge your family's youth in this generation. For example, take Integrity ... integrity keeps us rooted to what we stand for, come what may. When we listen to our own conscience, we can be at peace with ourselves. No matter what else happens in life, one thing within our control is our own integrity. Discuss some real-life situations that required family members to make a judgment call. What were the options? Or ... make up situations that challenge one's integrity and discuss such as these 'what ifs':

- a cashier returns too much money to you in change?



- your best friend wants to copy your paper for a class?

- an important business meeting is scheduled at the same time as a special event in your child's life?

When we measure up to our own expectations, we can respect ourselves.

Gratitude, Hope, Perseverance, Faith, and Joy are five other possible family values to explore through family experiences.

3. Locate a small family heirloom for each of your grandchildren and write out or tell the story into a cassette tape recorder for each grandchild to treasure.
4. Record yourself reading a favorite family bedtime story to mail with a little stuffed animal to a grandchild.

Three Extension programs could help your friends tell their stories at a community event. Call me @ 366-7070 to schedule "*Who Gets Grandma's Yellow Pie Plate?*" or the great series, "*Adult Children, Aging Parents.*" Or visit this ISUE website to "*share your story*" or listen to someone else's story about an Iowa family experience: <http://www.extension.iastate.edu/sharingstories/>

Any way you look at it, a good story is good for us! We connect through stories; we grow through listening to stories. We feel better physically, emotionally, and mentally when we share our stories. Plan to freely give the gift of a family story ... and be ready to receive one in return.