



OREGON STATE UNIVERSITY EXTENSION SERVICE
FAMILY & COMMUNITY DEVELOPMENT

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June – July 2007

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Play it safe in the sun

As we soak up the sun's rays, many of us do not consider that we are putting ourselves at risk for skin cancer, the most common form of cancer in the United States. The American Cancer Society estimates that more than 1 million skin cancers are diagnosed each year. Most skin cancer deaths are caused by malignant melanoma, the most dangerous type of skin cancer. A person today is twice as likely to develop melanoma as someone born only 10 years ago and 12 times as likely as someone born 50 years ago. This is likely because more ultraviolet (UV) radiation is reaching the earth as the ozone layer is depleted. So it is more critical than ever to protect yourself and your family from the sun.

Skin cancer can affect anyone regardless of race or skin color. However, some people are at a greater risk than others. Skin cancer is more common in people with fair or light-color skin, those with a family history of skin cancer, and people who spend a lot of time outdoors working in the sun, such as farmers.

Repeated exposure to the sun over a long time is a major factor in skin cancer development. People who were severely sunburned as children also experience higher skin cancer rates. One serious sunburn can increase the risk of skin cancer by as much as 50 percent. So how can you protect yourself and your family?

Stay out of the sun, especially between 10 a.m. and 4 p.m. when the sun's rays are most damaging. Arrange outside activities around these times and seek as much shade as possible during these hours. And remember, you *can* burn on a cloudy day.

Wear protective clothes such as a long-sleeve shirt and long pants. Dark colors generally provide more protection than light colors. Be aware that covering up doesn't block out all UV rays. A typical light T-shirt usually provides less protection in summer than a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

Wear a sun-safe hat. Baseball caps do not protect vulnerable areas on your ears, face, or neck. Try a wide-brim hat made of tightly woven fabric.

Wear sunglasses. Even the most effective hats can block only 50 percent of the UV rays that reach the eyes, so be sure to wear sunglasses. Best are wraparound sunglasses that provide 100 percent UV radiation protection.

- **Use a broad-spectrum sunscreen with an SPF of at least 15.** The SPF number represents the level of protection the sunscreen provides; a higher number means more protection. Reapply sunscreen every 2 hours and apply it thickly and thoroughly. Use at least 1 ounce (a handful) of sunscreen to cover your entire body.
- **Do not use tanning beds or sun lamps.** They give off just as much UV radiation as the sun.
- **Finally, check your skin every month** for abnormal or changing areas, especially moles. Use a mirror or ask a family member to check areas you cannot see. Ask your doctor to examine questionable areas.

Whether it is work or play, the bottom line is to be safe in the sun and aware of its risks. Make it a habit to protect yourself from the sun.

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Note to FCD Faculty

June 3-9 is National Sun Safety Week. For information about activities for this week visit <http://www.sunsafetyalliance.org/>

(more)

Play it safe in the sun (contd.)

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Source

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Moldy foods: a few can be salvaged safely, but most cannot

Molding is a common type of food spoilage. Fuzzy green dots on bread, velvety circles on fruits, white powder on cheddar cheese, and furry growth on jellies are examples. Foods without preservatives are at high risk for molding.

Molds are microscopic fungi that can grow in a wide range of conditions. Although warm and humid conditions encourage their growth, they can grow at refrigerator temperatures, too. They tolerate salt and sugar better than other microorganisms and so can grow on jam and on salty cured foods such as ham.

Some molds are beneficial. For example, blue-veined cheeses such as Roquefort are created with a specific mold. Cheeses such as Brie and Camembert have white surface molds that are safe to eat. Most mold, however, is a sign that a food shouldn't be eaten.

Certain molds can produce aflatoxin, a cancer-causing toxin. The U.S. Department of Agriculture (USDA) and the U.S. Food and Drug Administration monitor field corn and peanuts for aflatoxin and can remove any food or feed with unacceptable levels.

Don't buy moldy food. Buying small amounts of food and using them quickly can help prevent mold growth.

If you discover moldy food, it's usually best to discard it. Not only is it a safety concern, it will also have an "off" flavor. Discarding is especially important for foods with a high moisture content because mold can spread below the surface. Put moldy food in a paper bag or wrap it in plastic. Dispose of it in a covered trash can that children and animals can't access.

Just a few moldy foods can be safely salvaged if they aren't covered with mold. For hard cheeses that don't have mold as part of the processing, cut off at least 1 inch underneath the mold spot. (Keep the knife out of the mold so that it doesn't cross-contaminate the rest of the cheese.) Store the cheese in new packaging. An inch also can be cut off around a mold spot in firm fruits and vegetables such as bell peppers and cabbage.

Scrub mold off the surface of hard salami and dry-cured country hams. It is normal for these shelf-stable products to have surface mold.

The USDA Food Safety and Inspection Service advises against eating jams and jellies after scooping mold off them. This mold as well as the mold that forms on bread at room temperature could be toxic. Other moldy foods that should be discarded include luncheon meats, cooked leftovers (such as meat, casseroles, and pasta), peanut butter, and soft cheese such as cottage, yogurt, and sour cream.

Cleanliness is vital to control mold growth in the kitchen. Mold spores can build up in your refrigerator and dish cloths.

Wash the inside of the refrigerator every few months with 1 Tablespoon of baking soda dissolved in 1 quart of water. Rinse with clean water and dry. Scrub visible mold (usually black) on rubber casings using 1 Tablespoon bleach in 1 quart of water. It's especially important to clean the refrigerator if you discover mold in it, because mold can spread quickly, especially in fruits and vegetables.

Keep dish cloths, towels, sponges, and mops clean. Discard items that you can't clean or launder frequently.

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[“News bite” for NEP newsletters]

Mold on food usually is a danger signal

Molding is a common type of food spoilage. Most moldy food (such as bread with fuzzy green dots and jam with “fur”) isn’t safe to eat. Certain molds make a cancer-causing poison called aflatoxin.

Just a few moldy foods can be safely used if they aren’t covered with mold. For hard cheese such as Cheddar, cut off at least 1 inch below the mold spot. You can also cut 1 inch off around a mold spot in firm fruits and vegetables such as bell peppers.

Clean refrigerators and dish cloths to keep mold from growing. Wash the inside of your refrigerator with 1 Tablespoon of baking soda in 1 quart of water. Rinse with clean water and dry. Scrub visible mold (usually black) on rubber casings using 1 Tablespoon of bleach in 1 quart of water. Launder dish cloths and towels often. Buy new sponges when needed.

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Reference

USDA Food Safety and Inspection Service, September 2005 http://www.fsis.usda.gov/PDF/Molds_on_Food.pdf

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A nutty touch can improve a healthful diet

Many Americans tend to choose meat and poultry as primary protein sources. However, nuts provide protein, too, and can add healthy oils in place of saturated fats. Though nuts are higher in fat than some meats, the fat is primarily heart-healthy unsaturated fat which may help lower “bad” cholesterol.

Nuts add variety to snacks and meals and can be a nutritious choice. Some nuts (sunflower seeds, almonds, and hazelnuts) are good sources of vitamin E, an antioxidant. Flaxseed and walnuts are excellent sources of essential fatty acids. Nuts also contain fiber. Regular nut consumption (about 1 ounce, at least five times a week) may be linked to a lower risk of cardiovascular disease and of type 2 diabetes.

In 2003, the U.S. Food and Drug Administration (FDA) approved this “qualified” health claim for nuts’ food labels: “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”

The types of nuts eligible for this claim are restricted to almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts, and walnuts. These particular nuts do not exceed 4 grams saturated fat per 50 grams of nuts.

Nuts also are recommended as part of the DASH diet (Dietary Approaches to Stop Hypertension), a dietary plan shown to significantly reduce blood pressure. The DASH diet, which is supported by the National Heart, Lung, and Blood Institute, recommends four to five servings per week from its “nuts, seeds, and legumes” food group.

Because 1 ounce of most nuts provides 160 calories or more, adding nuts to one’s daily diet without eliminating other foods may result in weight gain. Substituting nuts for other less healthy snacks or for meat in main dishes can help ensure that nuts are part of a healthy diet.

It should be noted that allergies to peanuts and tree nuts (almonds, cashews, hazelnuts, pecans, pistachios, and walnuts) are among the most common food allergies. People with allergies to peanuts or tree nuts should always check food labels and avoid unlabeled foods.

To learn more about prevention of diet-related disease through healthy food choices, explore the USDA Food Guidance System at <http://www.mypyramid.gov>.

For more information from FDA on qualified health claims, visit: <http://www.cfsan.fda.gov/~dms/qhc-sum.html>.

Visit <http://lpi.oregonstate.edu> to read up-to-date research on vitamins and minerals and their role in disease prevention.

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Population Fun Fact: When did your county reach its peak population?

Population growth is an important issue for many people and groups in Oregon. Knowing how the population is growing or shrinking helps government organizations, community organizations, schools, and hospitals (to name a few) plan for future demand for their services. Population trends are also important to many individuals because they indicate and affect trends in the local economy, the real estate market, the tax base, and perceptions of community stability.

Oregon's population has continuously increased since 1900, when 413,536 individuals lived in Oregon. By 2000, that had increased to 3,421,399 people. Over 100 years, Oregon's population grew about 8.3 times.

However, not all Oregon counties had continuous growth. In some counties, 2000 was the biggest population year, implying that growth is likely to continue there. In other counties, the population peaked earlier (see table). Counties that reached peak population before 2000 might grow again, though, and eventually exceed their earlier peak—only time will tell.

(more)

Population Fun Fact (contd.)

County	Population in 1900	Year Population Peaked	Peak Year Population	Population in 2000
Baker	15,597	1940	18,297	16,741
Benton	6,706			78,153
Clackamas	19,658			338,391
Clatsop	12,765			35,630
Columbia	6,237			43,560
Coos	10,324	1980	64,047	62,779
Crook	3,964			19,182
Curry	1,868			21,137
Deschutes	—			115,367
Douglas	14,565			100,399
Gilliam	3,201	1920	3,960	1,915
Grant	5,948	1950	8,329	7,935
Harney	2,598	1980	8,314	7,609
Hood River	—			20,411
Jackson	13,698			181,269
Jefferson	—			19,009
Josephine	7,517			75,726
Klamath	3,970			63,775
Lake	2,847	1980	7,532	7,422
Lane	19,604			322,959
Lincoln	3,575			44,479
Linn	18,603			103,069
Malheur	4,203			31,615
Marion	27,713			284,834
Morrow	4,151			10,995
Multnomah	103,167			660,486
Polk	9,923			62,380
Sherman	3,477	1910	4,242	1,934
Tillamook	4,471			24,262
Umatilla	18,049			70,548
Union	16,070			24,530
Wallowa	5,538	1920	9,778	7,226
Wasco	13,199			23,791
Washington	14,467			445,342
Wheeler	2,443	1950	3,313	1,547
Yamhill	13,420			84,992
Oregon	413,536			3,421,399

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Preteens' allowances can help them gain money management skills

Children today are increasingly targeted by business and industry as consumers—and for good reason. U.S. children ages 4 to 12 spend \$24 billion of their own money a year. Kids save an average of 15 percent of their income, about half of that in savings accounts.

Where does this money come from? About seven in 10 children in this age group get an allowance, accounting for almost half (45 percent) of their income. Other sources include working around the house (about 20 percent), from parents as gifts (15 percent), work outside the home (10 percent), and gifts from relatives or friends (10 percent).

Here's how preteens spend their money:

- \$7.7 billion on candy, soft drinks, frozen desserts, fruit, and other snacks such as chips and popcorn
- \$6.4 billion on toys, games, and crafts
- \$3.5 billion on clothing
- \$1.9 billion on movies, spectator sports, and live entertainment
- \$1.3 billion on video arcade games
- \$2.3 billion on other expenditures such as stereos and telephones, fragrances and cosmetics, and cassettes and compact discs

An allowance is one way to help your preteen gain experience in handling money. If you think you cannot afford to provide an allowance, consider giving an allowance that's equal to the money you given the preteen each week for lunches, other school expenses, and entertainment.

While it's not considered a good idea to pay for all household chores, but you may want to pay for extra jobs such as washing the car, weeding the garden, or washing windows. Hiring the preteen for these jobs can help him or her establish good work standards and work habits.

Parents who feel they're not good managers themselves may not feel comfortable teaching preteens to manage money. But it is not necessary to be an expert to provide appropriate experiences for children. As with many things children learn, some of the most powerful teaching comes from the parent's own example. If parents often speak longingly of someone else's house or car or big TV, children will learn that material things are the most important goals. If parents practice living on credit, children will assume this is the way money should be handled.

Teaching your child about money through experiences with managing money and your own good example of money management will give excellent guidance for his or her own successful life. As you help preteens learn about money:

- Guide and advise rather than direct and dictate
- Encourage rather than criticize or rebuke
- Allow them to learn from mistakes as well as successes
- Show how to make spending plans and record how they spend money
- Be consistent but flexible
- Be objective about the purpose of money, not using it for rewards or punishment
- Communicate with family members to help the family work toward short- and long-range financial goals
- Include all family members in decision making and family money management activities

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Invite friendly bacteria to be part of your diet

Not all bacteria are bad. Some friendly strains of bacteria (probiotics) can be healthful additions to your diet. Sales of *probiotic* products such as yogurt and dairy drinks are increasing in the United States. Probiotic foods used worldwide also include cheese, juice, infant foods, and cereals.

Probiotics have been defined as live microbes that confer a health benefit when taken in adequate amounts. Lactobacillus and bifidobacterium strains of bacteria are commonly used. Recent research suggests that probiotics may improve human health by reducing symptoms of lactose intolerance, reducing the incidence or duration of some diarrheal illnesses (especially in infants and young children), and by reducing antibiotic-associated intestinal side effects and diarrhea. Specific types of bacteria are tied to specific functions.

Prebiotics can also be a healthy choice. These nondigestible carbohydrates found in plants stimulate growth of probiotic bacteria that are in the colon. Fructans such as inulin are a major prebiotic in food. Food sources include whole grains, fruits, greens, and onions. Because the health benefits of prebiotics are less focused, they may not have a specific benefit. Unlike probiotics, they aren't alive so they can be used in a wider range of products (such as those that are heat processed).

Labeling of probiotics and prebiotics is not yet regulated. As a result, labels may not list the type of bacterial strains added or the health benefits for the level of bacteria provided. Even though a product is labeled "Live Active Culture," it may not have an adequate level of probiotic bacteria to make a noticeable health difference.

You may already be getting probiotics in your diet if you eat dairy foods with live cultures such as yogurt, kefir, or buttermilk. Dairy-based probiotics are a good source of calcium, protein, and vitamins and minerals, so they can be a healthy addition to diets. Immuno-compromised individuals (such as older adults and people with severe illnesses like cancer or HIV/AIDS) should use them with caution, however. These individuals should consult a health care provider first.

Further research is needed to substantiate the preventive and therapeutic health effects of probiotics and prebiotics, optimal intake, and duration of use that is needed to treat health conditions.

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Men need to take driver's seat in addressing health issues

Many men's most prized possession is their automobile. They give a lot of consideration to the make, model, and reliability of the vehicle they're thinking of buying. Once the purchase is made, they want to do everything possible to maximize the vehicle's performance and prevent breakdowns.

The same prevention concepts that keep an automobile in top condition can be applied to personal health. During 2004, cancer was the leading cause of death for Oregonians followed by cardiovascular disease. Men need to take the driver's seat in addressing these health issues. The first step is to practice healthy behaviors and lifestyles that can help prevent heart disease and some types of cancer. Some keys to preventing these diseases:

- Don't smoke
- Be physically active
- Eat a healthy diet rich in fruits, vegetables, and whole grains
- Eat less saturated fat and cholesterol
- Limit alcohol consumption
- Use sunscreen
- Control weight

Routine maintenance is necessary to prevent illness or catch it in the earliest stages. In addition to annual vision, dental, and hearing checkups, men ought to make sure that their health care providers are monitoring blood pressure, cholesterol, and blood sugar levels.

During an annual health exam, men need to ask about specific screenings such as for colorectal, prostate, testicular, and skin cancer. Knowing your family's health history will help the doctor decide at what age these exams need to be done. Don't be afraid to have tests done. The earlier a problem is detected, the greater chance for recovery.

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Note to FCD Faculty

Men's National Health Week is June 11-17, 2007. For information about activities for this week visit <http://www.menshealthweek.org/>

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