



Happy HOLIDAYS

DECEMBER 2014

Walking our way to a healthy community

Growing evidence confirms that the way we interact with our environment has a significant impact on our health and overall well being. Healthy community design has a demonstrated impact on physical activity and obesity rates, injury prevention, improved air and water quality, decreasing stress levels, fair access to goods and services, and a strengthening of the social fabric of a community (CDC). To support communities in adopting components of healthy community design as a means to increase active living among other focus areas, the Centers for Disease Control awarded Community Transformation Grants (CTG) to North Carolina.

With funding available to support the planning processes that include health considerations, Granville -Vance District Health Department CTG staff worked with jurisdictions in both Granville and Vance Counties the spring of 2013 to identify plans that recognize health and quality of life and focus on walkability as a quality of life component. Comprehensive Land Use, Recreation, and Pedestrian Plans in place for both counties and their municipalities all identified health as relevant, with existing pedestrian plans clearly identifying specific needs to enhance pedestrian "friendliness". With diverse stakeholder groups in each jurisdiction providing input into these processes and opportunity for input from CTG supported staff, CTG work began with planners and city staff from Henderson, Butner, Creedmoor, Oxford, and Stovall to identify key areas to improve walkability for pedestrian traffic.

With this in mind, health department and municipal staff worked to add high visibility crosswalks throughout their jurisdictions. Through this effort, 8 crosswalks have been installed in Oxford, 7 in Henderson, 2 in Butner, 8 in Creedmoor, and 4 in Stovall. One particular crosswalk in Stovall was the 2nd priority in its new Pedestrian Plan (adopted 11/13), connecting the local Senior Center to allow for safe crossing to the sidewalk on the across Highway 15. The locations in Henderson are all part of a Downtown Walking Trail that was created and marked through in partnership with a mini-grant sponsored by the health department in 2009. With anecdotal feedback from community members expressing appreciation for the "hi-vis" crosswalks in key locations, 13 more walkways are slated for installation in the near future.



The American Heart Association has listed physical inactivity as one of the 6 major risk factors for chronic disease. Luckily, walking can reduce the risk of heart attack just as much as running- so Granville-Vance District Health Department and CTG staff hope area residents will use those new cross walks and to keep their body, mind, and community healthy and strong!

Orzo with Mushrooms and Walnuts

Just a few ingredients produce fantastic flavors for a tasty and healthy holiday side dish.

Total Time: 35 minutes **Makes** 8

- 1/3 cup chopped walnuts
- 3 tablespoons olive oil
- 2 onions, chopped
- 1 pound fresh mushrooms, sliced
- 4 cups chicken broth
- 2 cups uncooked orzo pasta
- salt and pepper to taste

Preparation:

Preheat the oven to 350 degrees. Place walnuts on a baking sheet. Bake for 8 to 10 minutes in the preheated oven, or until they release their aroma. Stir once or twice for even toasting. Heat oil in a large saucepan over medium-high heat. Saute onion and mushrooms until tender and brown. Pour in broth, bring to a boil. Stir in orzo, reduce heat to low, and cover. Simmer until orzo is tender and liquid is absorbed, about 15 minutes. Remove from heat, and stir in walnuts. Season with salt and pepper to taste.



Courtesy: Allrecipes.com

Text the word RECIPE to 49798 to be added to our recipe exchange

HEALTHY HOLIDAY EATING TIPS

A traditional holiday dinner of turkey, stuffing, other dishes and desserts can exceed 2,500 calories and 130 grams of fat. That's just for one meal. This is more calories than you should consume in a whole day.

Here are some tips to keep your taste buds, waistline and arteries happy:

De-fat your gravy

Try pouring meat drippings into a container ahead of time and then refrigerating. The fat rises to the surface so you can peel it off.

Bring out the fruits and vegetables

Focus on vitamin packed vegetables such as pumpkin, carrots, sweet potatoes, broccoli, or spinach.

Don't starve yourself until dinner

Have a healthy breakfast which will reduce your appetite for the big holiday meal.

Make smart substitutions

Use olive oil in place of butter or margarine. Mash potatoes with nonfat sour cream and low-fat milk.

Get Active

Take a walk after dinner, or exercise sometime during the day to offset meal calories.

Winter Fitness Safety

Know the signs of frostbite and hypothermia

Dress in layers

Pay attention to weather conditions and wind chill

Protect your head, hands, feet and ears

Drink plenty of fluids



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