



Happy HOLIDAYS

DECEMBER 2014

Winter Snow Games

Why not take advantage of the white stuff and get outside! Here are five winter games to get your family started.

JUMP SNOW HURDLES

Lightly pack a bunch of basketball-size snowballs and then use them to build a course of hurdles to jump over in a round of follow the leader.

FLAG IN A SNOW STACK

Tie a white cloth to the end of a short stick or around the bowl of a wooden spoon. Then, give each child a chance to hide it by staking it anywhere within a predetermined set of boundaries. Keep track of how long it takes for the rest of the group to find it. Whoever hid the flag that takes the longest time to spot wins the game.

HAT TRICK

Once you've built a plump, frosty snowman to stand in your front yard, make a game of topping him off in style. Take turns trying to land a hat on his head by throwing it Frisbee style from 10 or so feet.

GET ON A ROLL

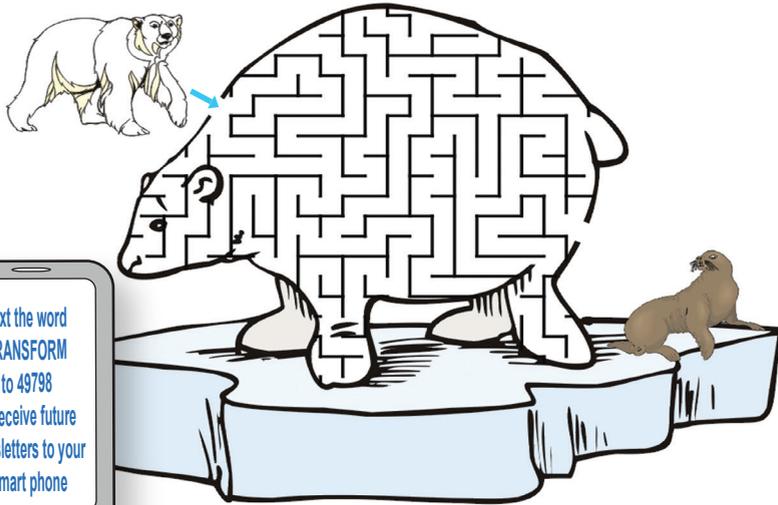
Pair up for a contest in which the object is to finish with the biggest snowball. The contest ends when the teams can no longer roll their entries or when you run out of snow.

ROPE TOW

Team up for a slip-sliding variation of tug-of-war. Pat down a wide, shallow trench in the snow to serve as the midline. Then, take up positions at the ends of a long, thick rope and let the tugging and towing begin. Whichever team pulls the entire opposing group over to its side of the trench wins.



Help Pete the Polar Bear find Sally the Seal



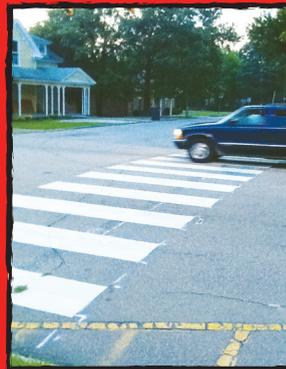
Text the word TRANSFORM to 49798 to receive future newsletters to your smart phone

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!

Angel Delights

Keep the holidays light and healthy with this no-bake treat!

SERVES: 4 Dozen Cookies **COOK:** 30mins

INGREDIENTS:

- 1/4 cup unsalted butter
- 1 cup sugar (or sugar substitute)
- 1 1/2 cups chopped pitted dates (8 ounces)
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups toasted rice cereal, such as Rice Krispies
- 1 cup shredded coconut

PREPARATION:

Combine butter, sugar and dates in a large saucepan. Cook, stirring constantly, until the butter is melted, the sugar is no longer white and the dates are mostly melted, 8 to 15 minutes. The mixture should be a shiny, brown sticky mass. Remove from the heat. Add salt, vanilla, cereal and coconut; stir well to combine. When cool enough to handle, squeeze and roll the mixture into 1-inch balls. Place on a wax paper-lined baking sheet. Refrigerate until chilled.



Courtesy: Eatingwell.com

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



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