

# FLOYD COUNTY

## BUILDING STRONG FAMILIES

### NEWSLETTER

 University of  
Kentucky  
College of Agriculture,  
Food and Environment

February 2024

#### ABCs OF HEART HEALTH

February is American Heart Month, which focuses on motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor heart health are at an increased risk of severe illness from COVID-19. In addition, heart disease is a leading cause of death in the U.S. Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by choosing healthy habits and following the ABCs

**A: Take aspirin as directed by your health-care professional.** Ask your health-care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health-care professional if you have a family history of heart disease or stroke, and mention your own medical history.

**B: Control your blood pressure.** Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health-care professional to lower it.

**C: Manage your cholesterol.** There are different types of cholesterol. One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health-care professional about cholesterol and how to lower your bad cholesterol if it is too high.

**S: Do not smoke.** Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. It is never too late to quit smoking.

You can also take charge by choosing healthy habits to help prevent heart disease.

- 1. Choose healthy foods and drinks.** The best diet for preventing heart disease is one that is full of fruits and vegetables, whole grains, nuts, fish, poultry, and vegetable oils. Try to go easy on red and processed meats, refined carbohydrates, and beverages with added sugar. You can include alcohol in moderation. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.
- 2. Get regular physical activity.** Staying physically active will help you control your weight and strengthen your heart. Adults should get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week. If you are not active, try adding 10 minutes of physical activity to your day — like walking or gardening.
- 3. Keep a healthy weight.** People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. You can check with your doctor about your body mass index (BMI). If you need help, talk to your health-care team about a weight loss plan.

The bottom line is that you can prevent heart disease by choosing healthy habits and following the ABCs! Healthy living is the best way to delay or avoid diseases. This includes being active, eating healthy, avoiding tobacco, and managing conditions that can put you at greater risk.

#### References

<https://www.cdc.gov/vitalsigns/million-hearts/index.html>

[https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-..](https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-)

[https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-..](https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-)

Source: Dr. Natalie Jones, Family Health Extension Specialist

#### INSIDE THIS ISSUE

Health Bulletin	2-3
MoneyWise	4-5
Club News	6-7
December Calendar	8
January Calendar	9



*Andrea Slone*

Andrea J. Slone  
County Extension Agent for  
Family & Consumer Sciences Education

**Floyd County Extension Service**  
3490 Ky. Rt. 321  
Prestonsburg, KY 41653  
(606) 886-2668

**Web:** ces.ca.uky.edu/Floyd/  
FamilyConsumerSciences

**Facebook:**  
[www.facebook.com/FloydExt](https://www.facebook.com/FloydExt)

#### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# ADULT HEALTH BULLETIN



**FEBRUARY 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# WHEN AND WHERE TO GET MEDICAL CARE



**T**he types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

**Continued on the next page** →



**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

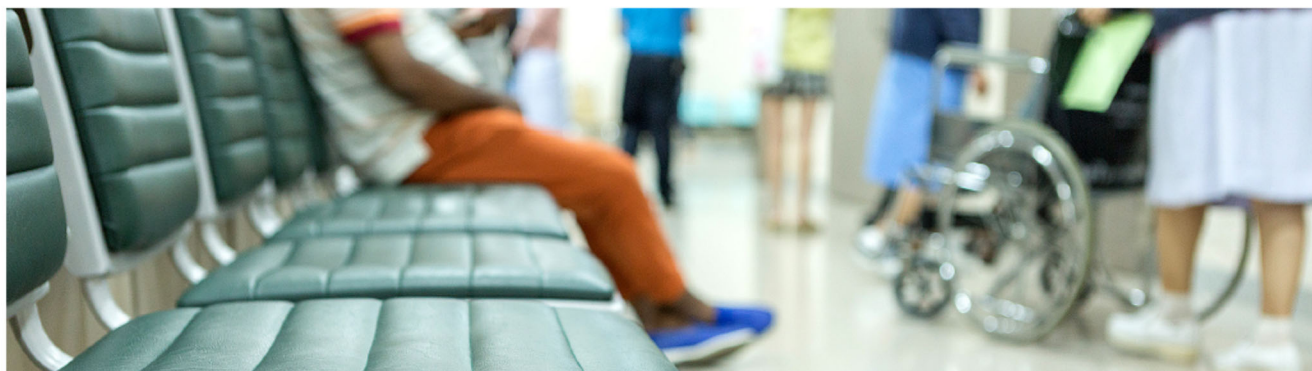
**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

## *If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.*



### ➔ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

#### REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

---

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: BULKING UP A THIN CREDIT FILE

Your credit score is used when you apply for new credit, but also it could be used to check your reliability for insurance, rent, or a new job. However, some people have not yet had enough credit to generate a file. FICO, the largest company that provides software for calculating credit scores, estimates that 53 million people in the U.S. do not have enough data in their credit files to generate a FICO Score.

A credit score tells businesses how likely you are to pay back what you owe in a timely way. Your score is based on the information in your credit report, such as payment history, length of time you've had accounts open, and how often you open new accounts. Those who don't yet have a file are sometimes called "credit invisible." Others may have a file, but their past credit practices may have led to a score that is not as high as they might wish.

The good news is, there are a few tools available to those who wish to bulk up a thin credit file, either to create a score or to improve the score they already have. Two of these tools are called Experian Boost and UltraFICO.



### ULTRAFICO

UltraFICO is a free service that uses additional information that you agree to share to generate this special score. Using a secure online portal, you link your banking accounts, such as checking or savings, so that your banking activity can be weighed in with your credit report data. This score does not replace your traditional score or become part of your credit report. You use an opt-in feature to share it with lenders. This score may be helpful if you have consistently kept positive balances averaging at least \$400 in your bank account.

### EXPERIAN BOOST

Experian is one of the three credit reporting bureaus, and it offers its own free service

**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

**THE BEST WAY TO BUILD AND MAINTAIN A GOOD CREDIT SCORE IS TO PAY BILLS ON TIME, PAY DOWN BALANCES, AND AVOID NEW DEBT.**



called Experian Boost. Boost considers monthly bills you pay that are not normally included in your credit report. You connect the bank account you use to pay your bills and select the bills you want to have counted in your Experian credit file. The system will look through two years of payment history for qualifying bills with recent on-time payments. The following types of bills and payments could qualify: phone, rent, utilities, television, insurance, internet, and video streaming services.

#### **VANTAGESCORE**

VantageScore is an additional scoring model that lenders and businesses might use. Its scoring model can generate a score as soon as one month after a credit account is opened, which is faster than FICO's 6-month or more model. Most of the time there is no way to know in advance whether a lender will use Vantage or FICO scores. However, if credit is denied, the lender will disclose the score and the factors that led to the outcome.

#### **A NOTE OF CAUTION**

Be aware that once you grant access to the additional information counting toward your score, you must be willing to accept the consequences. Just as paying on time and keeping credit charges low will help, the opposite can hurt your score. If you grant access to either your bill payment history or your bank accounts, you will need to ensure that you make those payments on time, that you maintain a balance, and don't overdraw your account in order for it to reflect positively on your score.

These programs may help pad your file, but they aren't a "cure-all." Remember, the best way to build and maintain a good credit score is to pay bills on time, pay down balances, and avoid new debt.

#### **REFERENCES:**

<https://www.fico.com/ultrafico>

<https://www.experian.com/consumer-products/score-boost.html>

<https://www.vantagescore.com/consumers/how-credit-scores-work/>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



**Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)**



# FLOYD COUNTY HOMEMAKER SCOOP

## HOMEMAKER CLUB NEWS

The 2023-2024 Kentucky Extension Homemaker year is set to start September 2023! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

**Facebook:** <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on

### **SAVE THE DATE**

**March 19, 2023**

Lunch & Learn

**April 16, 2023**

Lunch & Learn

### **Lunch & Learn Monthly Topics**

Cherished Possessions	Carbon Monoxide
Savoring the Flavor: Spices	Generational Differences
Planning Thrifty Holiday Meals	Self-Care
Radon	Strong Bones

## SPECIALTY CLUB NEWS

### **Nimble Thimble Quilt Guild**

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of February.

From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

### **Woolies**

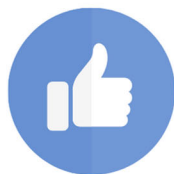
The Woolies will be meet on Second Wednesday of February at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

### **Evening Quilt Group**

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

## **Family & Consumer Sciences Programming**

[www.facebook.com/floydfcs](http://www.facebook.com/floydfcs)



**Like us on Facebook & stay up to date on FCS programming!**

# Dinner for Two

## Cooking as a Team

Bring your spouse, significant other, friend, or relative and learn how to cook together as a team!

**Floyd County Extension Office**  
3490 KY RT 321  
Prestonsburg, KY 41653

### Dates:

January 12, 2024  
February 9, 2024  
March 8, 2024

**REGISTRATION REQUIRED.**

**PLEASE CONTACT TO REGISTER:**

Floyd County Extension  
Office at  
(606) 886-2668

**All dates will begin at  
6:00 PM**



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Extensional programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification

## UNDERSTANDING VEGANISM

People choose to follow specific patterns of eating for different reasons. It could be related to health, cost, culture, the environment, or even where and how we get our food. To be vegan means you do not eat any animal products including dairy products or any other animal-derived foods, like honey. Some vegans choose not to use any animal byproducts either, like leather goods or some skincare items. This is different from vegetarian, which means you do not eat meat, eggs, or fish, but still consume dairy and other animal products. Veganism is a stricter form of vegetarianism.

The first question people typically ask is if it is possible to get enough protein when animal foods are excluded. There are many plant-based sources of protein. Not all plant proteins are complete proteins, meaning they contain all nine essential amino acids. Our body can't make essential amino acids so we must get them from our foods. While most animal proteins are complete proteins, only some plant proteins are. Soy products, like tofu and edamame, quinoa and chia seeds are a few complete plant-based proteins. Other plant-based proteins contain some, but not all essential amino acids. By eating a variety of plant proteins, we can piece together the essential amino acids like a puzzle.

Another important nutrient to keep in mind when following a vegan diet is vitamin B12. Animal products are the primary sources of vitamin B12 in our diet. If choosing to omit all animal products from your diet, look for foods fortified with vitamin B12 like some cereals. Talk to a health-care provider about whether a vitamin B12 supplement is right for you.

Dairy is not included in a vegan diet and is the main source of calcium in Americans' diets. There are plant-based sources of calcium that a vegan should prioritize like kale, broccoli, and fortified soy products, meaning calcium has been added to the product for nutritional benefit. Dairy is also a large contributor of vitamin D in our diets. Sources of vitamin D aside from dairy products include fortified foods and drinks like cereals, juices, and plant-based milk alternatives.

Just because something is labeled vegan does not make it healthier or better than other choices. Some aspects of a vegan diet, like consumption of more fruits and vegetables, are linked to health benefits. However, many foods labeled as vegan are highly processed. Some processed vegan foods contain added sugars, sodium, and fat to improve the altered flavor and texture. As with any diet, there are higher quality options to prioritize and lower quality ones to choose less often.

Whatever the choice is for your dietary pattern, the healthiest eating pattern is one that includes a balance of macronutrients and a variety of micronutrients. This can be done with any diet with some special considerations.

### References:

Vegetarian and Plant-Based. (n.d.). Retrieved from <https://www.eatright.org/health/wellness/vegetarian-and-plant-based>

**Source:** Anna McDonald, Senior Extension Associate; Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition



## Cheesy Broccoli Potatoes

<b>5 slices</b> turkey bacon	Salt and pepper to taste
<b>1 tablespoon</b> olive oil	<b>4 large</b> potatoes, cubed
<b>1 clove</b> garlic, minced	<b>2 cups</b> fresh broccoli florets
<b>2 tablespoons</b> chopped chives	<b>1 cup</b> fat-free, shredded cheese

**Preheat** oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

**Yield:** 8, ½ cup servings.

**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <u>Allen Homemakers</u> 11:00 AM	6	7 <u>Nimble Thimble Quilt Guild</u> 10 AM	8	9 <u>Dinner for Two</u> 6:00 PM	10
11	12	13	14 <u>Woolies</u> 10 AM	15	16	17
18	19 <u>Evening Quilt Group</u> 5:30 PM	20	21 <u>Nimble Thimble Quilt Guild</u> 10 AM	22	23	24
25	26	27	28 <u>Nimble Thimble Quilt Guild</u> 10 AM	29		