

PANHANDLE PATH TO HEALTHY LIVING



Volume 6, Issue 10

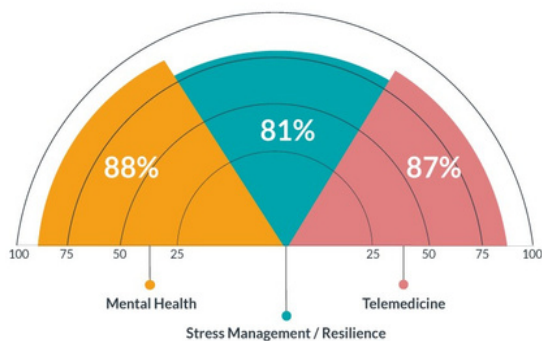
October 2022

Workplace Wellness

Before the pandemic 49% of the employers were implementing a wellness program thru a third party vendor (Shortlister, 2019). With many more individuals working from home and current health trends, the question of “do you have a Workplace wellness program,” has more to do with the individual employee than a third party vendor hired by a corporation. The work life balance then becomes an individual responsibility rather than a corporate one. What do you need to know to begin prioritizing your own individual health? This newsletter hopefully provides enough information to initiate a start.

Workplace Wellness Trends 2021

Percentage of employers investing more in these wellness solutions



AIHR ACADEMY TO INNOVATE HR

One of the many effects of the COVID-19 pandemic has been that employee wellness is now near the top of Corporate Americas Agenda. Here are 5 workplace wellness trends on the rise.

1. Mental Health
2. Stress Management
3. Financial Health
4. Flexibility
5. Telemedicine.

<https://www.roberthalf.com/blog/management-tips/5-workplace-wellness-trends-to-watch>

Educational Programs of Texas A&M AgriLife Extension Service

Path to Wellness

These rankings help us understand what influences how long and how well we live. They provide measures of the current overall health specific to our county. Health factors represent things that, if modified, can improve length and quality of life. They are predictors of how healthy our communities can be in the future.

STATE OF HEALTH REPORT

RANDALL COUNTY 2022

QUALITY OF LIFE



18%

of adults report being in fair or poor health



4.2

average number of days per month that adults feel mentally unhealthy



COUNTY POPULATION:

143,854

CARDIOVASCULAR DEATHS



44

per 10,000 adults, compared to 43.4 per 10,000 adults in Texas

NUTRITION + PHYSICAL ACTIVITY



36%

of adults are obese



26%

of adults are physically inactive



8.3

county score on the food environment index

UNINSURED + POVERTY



13%

of those under age 65 are uninsured, compared to 21% in Texas



12%

of children are living in poverty

Path to Wellness

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

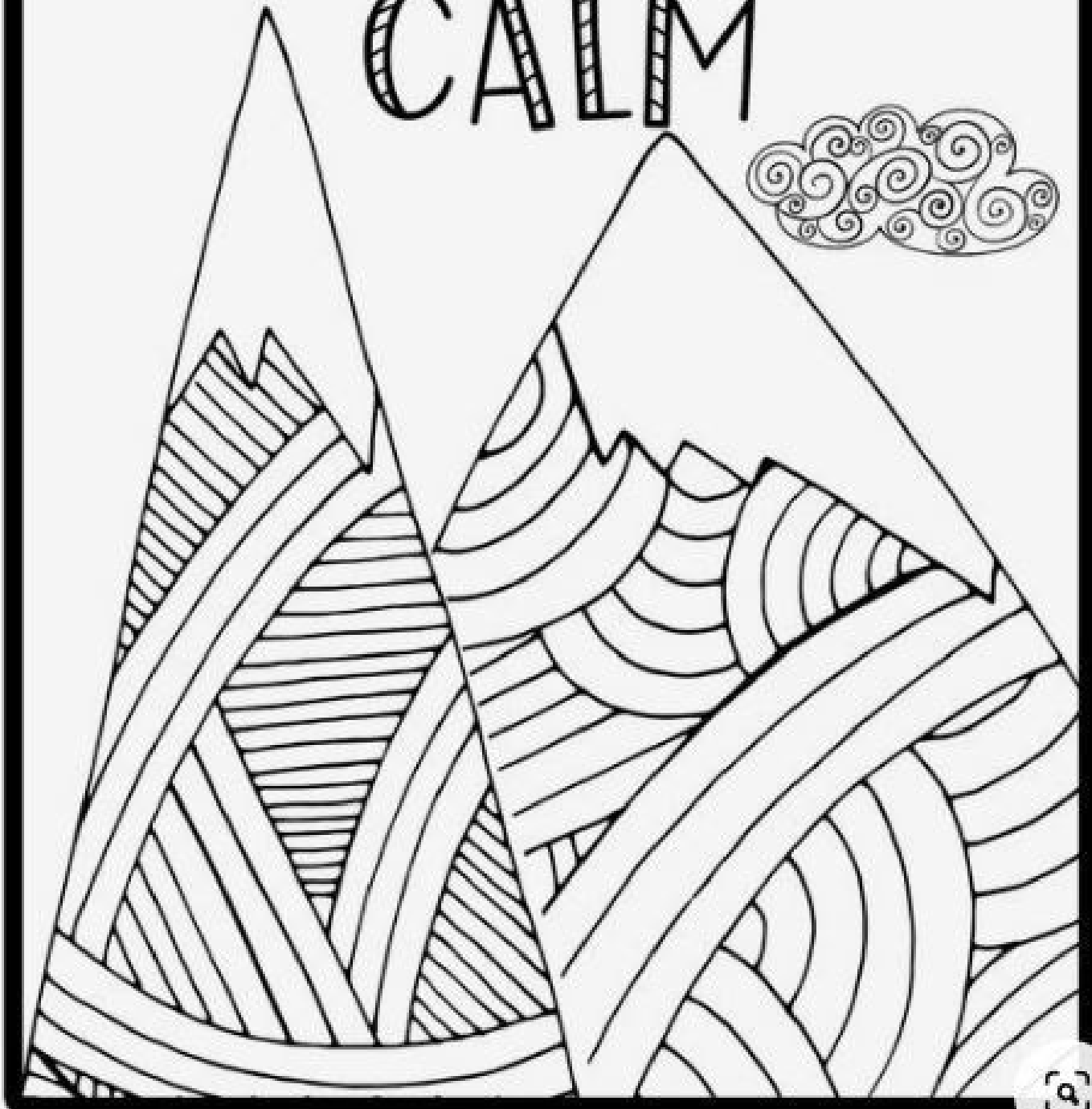
Ask your local Extension Agent about coming and doing a program for your worksite.

- Health Talk Express
- Be Well, Live Well
- Dinner Tonight Cooking School
- Do Well be Well with Diabetes,
- Do Well be Well with heart health
- Do Well be Well with hypertension
- Food Preservation
- Food Handlers
- Food Protection management
- Families Reading Every Day
- Maintain No Gain
- Money Boot Camp for the college bound
- Passenger safety education
- Walk Across Texas

CREATE

Your own

CALM



TEXAS A&M
AGRI LIFE
EXTENSION

Freezer Meal Workshop

OCTOBER 6TH 5:30-7:30PM

COST - \$15 INCLUDES 2 FREEZER MEALS
each meal serves four

RSVP TO 806 468 5543
by October 5th

RANDALL COUNTY EXTENSION
OFFICE
200 N. BROWN RD.

This Month: Bring 1 lb or 1 pkg of your favorite breakfast meat
i.e. bacon, sausage or ham (cooked in advance or cook on site)

Meal 1: Breakfast Scramble (makes 4 omelets or 8 burritos)

Meal 2: French Toast Sticks

RSVP SOON! Class is limited to the first 20 participants

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

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Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Chelsey Rash is the Family and Community Health Agent with Texas A&M AgrLife Extension Randall County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, passenger and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community.

Path to Plate

Chicken & Broccoli Pasta



Ingredients:

- 1 large chicken breast, cubed (about one cup)
- 2 tablespoons oil
- 2 tablespoons flour
- 1 ¾ cups chicken broth
- 1 ¾ cups nonfat or 1% milk
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried basil
- 3 cups dry penne pasta
- 1 cup grated parmesan cheese
- 2 cups broccoli, chopped (fresh or frozen)

Servings: 8 Serving Size: ¾ cup

Instructions:

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.
6. Refrigerate leftovers within 2 hours.

Nutritional Facts (per serving): 220 calories, 22g carbohydrate, 8g total fat, 15g protein, 1g fiber, 320mg sodium, 4g sugar