

Todd County Extension

Family & Consumer Sciences

Newsletter



Todd County Extension
240 Pond River Road
Elkton, KY 42220
270-265-5659
todd.ca@uky.edu

June/July 2024

Safe Handling of Flour

Most people think of meat and eggs when they hear the word raw. But did you know that flour is a raw ingredient too? Flour is not a ready-to-eat food, meaning you cannot open the package and eat it. You should cook flour before eating it. It has a risk of contamination from bacteria such as *E. coli* and *salmonella*, which can cause foodborne illness (make people sick) if you eat it raw.

There have been several foodborne outbreaks in recent years associated with eating raw flour. *E. coli* and *salmonella* illnesses have been linked to raw flour in cookie dough and cake mixes. This furthers the importance of cooking all doughs and batters before eating. This includes “licking the spoon.” It only takes a small amount of bacteria to cause illness, and children ages 4 and younger are more likely to get sick from contaminated food than adults.

Follow safe food-handling practices when baking at home to keep your family safe. Wash your hands before and after handling flour. Do not eat uncooked cookie dough or cake batters. Do not add dry baking mixes to smoothies. Wash all utensils and surfaces after baking to avoid cross-contamination. Flour can spread easily and contaminate other foods or areas in the kitchen.

If possible, use commercially processed, heat-treated flour when baking. It will be labeled “Heat Treated” on the package.

For more information on safe baking practices contact The Todd County Extension Office.

Reference: UGA Cooperative Extension <https://newswire.caes.uga.edu/story/10213/flour-recall.html>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist



Dos and Don'ts of Handling Flour

- Follow cooking directions for correct temperatures and times.
- Keep raw ingredients like flour separate from ready-to-eat foods.
- Refrigerate doughs according to package directions.
- Clean up carefully after handling raw ingredients like flour.
- Do not eat or allow children to play with raw dough.
- Do not use raw cookie dough in ice cream.
- Do not use products that contain raw flour to make milkshakes.
- Do not keep recalled flour.

Source: U.S. Food and Drug Administration



What Do We Know About New Weight Loss Drugs?

Semaglutides have been all over the news and social media lately. You may recognize them by their brand names like Ozempic, Wegovy, or Rybelsus. Ozempic and Wegovy are once-weekly injections while Rybelsus is a pill you take once daily. These drugs act like a hormone that your body usually releases in response to eating. These medications increase the amount of insulin the pancreas produces. They also slow the movement of food through the stomach leading to a feeling of fullness, decreased appetite, and potentially leading to weight loss.

Ozempic and Rybelsus were originally developed for and are used to treat Type 2 diabetes. Wegovy was developed by the same company that makes Ozempic but is approved for use in weight loss. Doctors who prescribe Wegovy encourage their patients to make lifestyle and dietary changes to promote and maintain their weight loss. Wegovy and Ozempic are the same medication, but Wegovy is a higher dose than Ozempic. Ozempic is not approved for use in weight loss.

Some people use Ozempic off-label for the purpose of weight loss. This has created a severe shortage of this drug on the market. This makes it difficult for those who really need the drug to get it and manage their Type 2 diabetes.

While these drugs have been used for a few years now, we are just now starting to learn some of the side effects of long-term use. Common side effects mostly impact the gut and include nausea, vomiting, and abdominal cramps with other side effects being fatigue and headache. More serious side effects include gastric paralysis, but this seems to affect less than 1% of the users.

Because these drugs take away your appetite, it is important to get the right nutrition. Try to get enough nutrients with each meal and snack

by focusing on lean protein; high-quality carbohydrates like whole grains, fruits, and vegetables; and heart healthy fats from olive oil, avocados, and nuts and seeds. If you notice that the amount of food you typically eat has decreased, try separating beverages, like water, from mealtimes. Lastly, put an emphasis on high-fiber foods to encourage proper movement through the gut and to prevent constipation. If you are regularly using these medications, consider working with a registered dietitian nutritionist (RDN) to ensure you are meeting your personal nutrition needs.

Although these medications were approved for use in the past two to five years, learning about all potential side effects takes much more time. Experts also need more time to learn what might happen when someone stops using the medication and what happens when someone takes the medication for a long time. When considering weight loss drugs like semaglutides, remember body size is not the best indicator of overall health. Body weight is only one piece of the health puzzle. Rather than focusing on a specific number on the scale, think about quality of life and overall health.

References:

MedlinePlus. (2022, August 15). Semaglutide Injection: MedlinePlus Drug Information. Medlineplus.gov. <https://medlineplus.gov/druginfo/meds/a618008.html>

Center for Drug Evaluation and Research. (2023). Medications Containing Semaglutide Marketed for Type 2 Diabetes or Weight Loss. FDA. <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-an...>

Semaglutide (Subcutaneous Route) Side Effects - Mayo Clinic. (2023, October 1). Wwww.mayoclinic.org. <https://www.mayoclinic.org/drugs-supplements/semaglutide-subcutaneous-ro...>

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

Hope you will join us for upcoming activities!

Sincerely,

Jill Harris

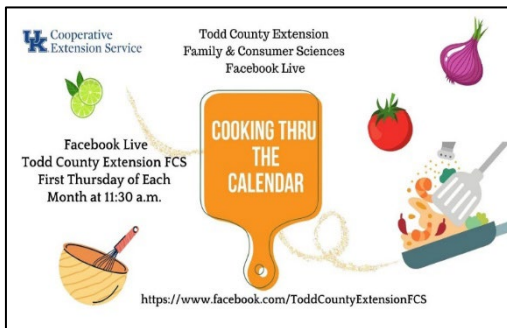
Jill Harris
County Extension Agent for
Family & Consumer Sciences



Upcoming Classes & Activities

Cooking Thru the Calendar

The next two Cooking thru the Calendars will be **Wednesday, July 3** (change due to holiday) and **Thursday, August 1, 11:30 a.m.** You can watch live or watch the recording at your convenience on Todd Co. Extension Family & Consumer Sciences Facebook page <https://www.facebook.com/ToddCountyExtensionFCS>. Recipe calendars are available at the Todd County Extension Office, 240 Pond River Road, Elkton, KY.



New Homemaker Club Organizational Meeting

Are you interested in joining a homemaker club? If so, we have a meeting on Monday, **June 10, 5:30 p.m.**, at the Todd County Extension Office, 240 Pond River Road, Elkton, to discuss organizing the After Five Homemaker Club. If you are interested in attending or finding out more information, contact Cherie Morris, 270-604-2777, or call the Todd County Extension Office, 270-265-5659. Light refreshments will be served. Hope to see you!

Food As Health

Learn more about food and how it is related to health in these **FREE** upcoming classes. They are open for anyone to attend.

June 24, 5:00 p.m. - Food as Health for Hypertension

June 27, 5:00 p.m. - Food as Health for Diabetes.

Each class will have a healthy meal provided. Pre-register by calling the Todd County Extension at 270-265-5659 so I know how much food to prepare. You may sign up for one or both classes. Hope you will join me to learn more about using food for health.

A flyer for the "Food as Health for Hypertension" class. It features a blue and white color scheme with a "FOOD AS HEALTH" logo at the top left. The text includes the date and time: "Monday, June 24, 5:00 p.m.", the location: "Todd County Extension Office, 240 Pond River Road, Elkton, KY", and a description: "Learn what blood pressure is, the basics of high blood pressure, and explore how nutritious food choices play a role. A light, healthy meal will be provided. Pre-register by June 17." Registration information: "To register, call 270-265-5659 or email todd.ext@uky.edu". The Cooperative Extension Service logo is in the top right, and "An Equal Opportunity Organization" is at the bottom right.

A flyer for the "Food as Health for Diabetes" class. It features a blue and white color scheme with a "FOOD AS HEALTH" logo at the top left. The text includes the date and time: "Thursday, June 27, 5:00 p.m.", the location: "Todd County Extension Office, 240 Pond River Road, Elkton, KY", and a description: "Learn about the basics of diabetes and explore how nutritious food choices play a role. A light, healthy meal will be provided. Pre-register by June 20." Registration information: "To register, call 270-265-5659 or email todd.ext@uky.edu". The Cooperative Extension Service logo is in the top right, and "An Equal Opportunity Organization" is at the bottom right.

Mental Health First Aid

Do you want to learn how to identify, understand and respond to signs of mental health and substance use challenges among adults? If so, you will want to attend this Mental Health First Aid training on **Tuesday, July 30, 8:30 a.m. to 3:30 p.m.**, at the Todd County Extension Office, 240 Pond

River Road in Elkton. The \$20 registration fee includes all materials and lunch; let us know if you need an invoice. To register, scan the bar code on the flyer or call the Extension Office.



Mental Health FIRST AID
Join NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person to help.
- Use self-care tools and techniques.

Join the more than 2.6 MILLION First Aiders who have chosen to be the difference in their community.

REGISTER TODAY!

Limit 30 Participants

Delivery Format:
In person (you will receive an email of our registering)

\$20 registration fee (includes lunch and materials)

Date and Time:
July 30, 2024 8:30 a.m. - 4:00 p.m. CST

Location:
Todd County Extension Office: 240 Pond River Road, Elkton, KY

Where to Register:
Scan the QR Code on the right to register, or call 270-265-5659

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

1. Assess for risk of suicide or harm.
2. Listen non-judgmentally.
3. Give reassurance and information.
4. Encourage appropriate professional help.
5. Encourage self-help and other support strategies.

For more information contact:
Todd County Extension Service
240 Pond River Road
Elkton, KY 42220
270-265-5659

Cooperative Extension Service
For more information, visit MHFA.org

Food Preservation Classes

Are you interested in learning how to can foods? If so, we have 2 more upcoming food preservation classes—one on using a pressure canner and the other on using a boiling water canner. Each class is part hands-on and part informational. There is a fee of \$5.00 per person, which holds your spot and covers the cost of the class. To pre-register, contact the Todd County Extension Office at 270-265-5659 (pre-register at least one week in advance, minimum of 5 people per class, max 20).

June 18, 5:00 p.m. – Pressure Canning (Vegetables)

July 16, 5:00 p.m. – Boiling Water Canning (Salsa)

Summer Ice Cream Social

Save the date—**Thursday, July 18, 5:00 p.m.**, for the Todd County Homemaker Ice Cream Social. Location—Todd County Extension Office, 240 Pond River Road, Elkton. Please RSVP at your June Homemaker Club meeting or by calling the Todd County Extension Office at 270-265-5659.




FOOD PRESERVATION Workshops

Learn basics of boiling water and pressure canning.



June 18 – Pressure Canning (Vegetables)

July 16 – Boiling Water Canning (Salsa)

5:00 p.m.
Todd County Extension Office
240 Pond River Road, Elkton
\$5.00 per class

Pre-register by contacting the Extension Office at 270-265-5659
Limit 20 Adults Per Class, Minimum 5.



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
Expanded programs of Kentucky's Cooperative Extension Service benefit regardless of ethnicity or race/ethnicity and are available to all citizens of Kentucky. All programs are open to all citizens of Kentucky. All programs are open to all citizens of Kentucky. All programs are open to all citizens of Kentucky. All programs are open to all citizens of Kentucky.

TODD COUNTY HOMEMAKERS INVITE YOU TO

Ice Cream Social

JULY 18, 5:00 TO 7:00 PM

TODD COUNTY EXTENSION OFFICE
240 POND RIVER ROAD
ELKTON, KY



Make Reservations at your June Homemaker meeting or by calling the Extension Office, 270-265-5659, by July 12, 2024



HEALTH LITERACY FOR THE WIN!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

BE PREPARED TO TALK TO YOUR HEALTH-CARE TEAM

Questions List

Here are some questions that you might want to ask your health-care team. Use this list to help you decide which questions you need to ask. Consider asking at least three questions at your next medical appointment.

Questions about a prescription

A prescription is a medicine that your doctor must order so that you can take it. You cannot buy these without having the doctor recommend them.

- What is the name of the medicine?
- How do you spell the name?
- Can I take a generic version?
- What is the medicine for?
- How am I supposed to take it?
- When should I take it?
- How much should I take?
- How long do I need to take it?
- When will it start working?
- Can I stop taking the medicine if I feel better?
- Will I be able to get a refill?
- Are there side effects?
- When should I tell someone about side effects?

- Do I need to avoid food, drinks, or activities?
- Should I stop taking other prescriptions I am taking?

Questions about a diagnosis and treatment

A diagnosis is when a provider looks at symptoms and identifies the illness or condition.

- What is my diagnosis?
- What is the technical name of my disease or condition?
- What is my prognosis (outlook for the future)?
- What changes do I need to make day to day?
- Is there a chance someone else in my family has this same condition?
- Will I need special help at home to manage the condition?



- Is there treatment?
- What are treatment options?
- What do you recommend?
- Is treatment painful?
- What are risks and benefits of treatment options?
- How much does this treatment cost?
- What are the expected results?
- When will I see results from the treatment?
- Are there side effects of the treatment?
- What can be done to manage side effects?
- How soon should I decide about treatment?
- What happens if I choose no treatment at all?

Questions about medical tests or surgery

- What is the test for?
- How is the test done?
- Will the test hurt?
- How accurate is the test?
- Is the test the only way to find out the information?
- What are the benefits and risks of having this test?
- What do I need to do to prepare for the test?
- How many times will the test need to be performed?
- When will I get the results?

- What will the results tell us?
- What is the next step after the test?
- Why do I need surgery?
- What kind of surgery do I need?
- Will you be doing the surgery?
- What are the benefits and risks of having the surgery?
- How successful is this surgery?
- Which location is the best for this surgery?
- Will the surgery hurt?
- Will I need anesthesia?
- How long will the surgery take?
- How long will it take to recover?
- How long will I be in the hospital?
- What will happen after the surgery?

Questions about hospitals or long-term care

- Which hospital has the best care for my condition?
- Does the hospital meet national quality standards?
- How does the hospital compare to others in my area?
- Has the hospital had success with my condition?
- What kind of services do I need?
- What are my care options?
- Will this facility meet my needs?
- How is this care facility rated?

Source: Agency for Healthcare Research and Quality; <https://www.ahrq.gov/questions>

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Good Questions for Your Good Health

Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions to better understand your health.

1

What is my main problem?

2

What do I need to do?

3

Why is it important for me to do this?

When to Ask Questions

You can ask questions when:

- You see your doctor, nurse, or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

What If I Ask and Still Don't Understand?

- Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- You might say, "This is new to me. Will you please explain that to me one more time?"

Who Needs to Ask 3?

Everyone wants help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

The **Ask Me 3** questions are designed to help you take better care of your health. To learn more, visit www.npsf.org/askme3

Your Doctor, Nurse, and Pharmacist Want to Answer 3

Are you nervous to ask your health provider questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- All you can about your condition.
- Why this is important for your health.
- Steps to take to keep your condition under control.

Asking these questions can help me:

- Take care of my health
- Prepare for medical tests
- Take my medicines the right way
- I don't need to feel rushed or embarrassed if I don't understand something. I can ask my doctor again.
- When I **Ask 3**, I am prepared. I know what to do for my health.

Bring your medicines with you the next time you visit your doctor or pharmacist. Or, write the names of the medicines you take on the lines below.

Like many people, you may see more than one doctor. It is important that your doctors know all the medicines you are taking so that you can stay healthy.

Write Your Doctor's Answers to the 3 Questions Here:

1 What is my main problem?

2 What do I need to do?

3 Why is it important for me to do this?

Ask Me 3™ is an educational program provided by the **Partnership for Clear Health Communication at the National Patient Safety Foundation™** – a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy and its effect on safe care and health outcomes.

Partnership for
Clear Health Communication
at the National Patient Safety Foundation™

www.npsf.org/askme3