

April

Marion County FCS Extension Newsletter

Upcoming Dates:

April 1st: Homemaker Leader Lesson ballots due to the Extension Office

April 7th: Postmark deadline for 2025 KEHA State Meeting

April 10th: Baking Class 6-8PM

April 21st: Final postmark deadline for 2025 KEHA State Meeting

April 22nd: Danielle Hagler from Nelson County will teach a Homemaker Leader Lesson on Composition in Photography at 10:30AM

April 22nd: Homesteading Series - Going Green, DIY cleaning product at 6:00PM

April 29th: KEHA workday in Hardin County at 10AM

May 6-8th: KEHA State Meeting in Lexington

May 13th: Homemaker Meeting at Extension Office at 3:30PM

April is National Kidney Month. Kidneys are vital and play a significant role in our bodies. They filter out waste, balance fluids, and other nutrients, and produce hormones that regulate blood pressure.

35.5 million people are affected by chronic kidney disease, which can cause strokes, heart attacks, and kidney failure. Keeping your kidneys healthy includes monitoring your blood pressure and glucose, maintaining a healthy weight, getting adequate sleep, avoiding NSAIDs, reducing stress, and being physically active.

Rachel Mattingly
Family & Consumer Science Agent

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KEHA News and Notes

State Meeting Details

Hyatt Regency Lexington
401 West High Street, Lexington
May 6 - 8, 2025



- Agenda highlights include the opening luncheon at 11:30am Tuesday, the business meeting at 10am on Wednesday, the general session featuring the choir at 5pm Wednesday, and the awards luncheon at 11:30am Thursday. All times are Eastern time.
- **Silent Auction:** Each county is encouraged to bring an item for the silent auction. Proceeds will benefit the 4-H Foundation. Please bring only new items.
- **Raffle Basket:** Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the proposed 2026 Leadership Academy. As always, thank you for your generosity and help in providing these items for the conference!
- **Quilt Square Auction and Showcase:** Members are invited to make a 12-inch finished quilt square for entry. Details are available in the KEHA State Newsletter. Proceeds will help offset the costs associated with KEHA State Meeting.
- **Cultural Arts:** Check-in will be from 8:30-11am Tuesday in five groups of areas. Checkout will be 4-5pm Wednesday in two groups. Details are outlined in the KEHA State Newsletter.
- Raising Hope will provide free health screenings Tuesday 9am to 3:30pm and Wednesday 8am to 4pm. Look for more information on site and in your program.

Things to Bring -- The following are a few things you might want to bring to State Meeting:

- Bring your device (tablet or laptop) if you want help with social media or other computer assistance. A **Tech Help Lounge** will be open Tuesday and Wednesday during set hours to offer one-on-one help.
- Bring donations you want to share, such as auction items or quilt squares.
- Bring cash or checks for those quilt squares, raffle, and auction items you might purchase!
- Support our vendors! New this year, Snippy Jim will be sharpening scissors and garden tools, so (safely) bring your dull items for a sharpening fee.
- Wear the colors of jewels to the opening luncheon to show your enthusiasm for meeting theme and keynote speaker.
- Bring a sweater, as venue temperatures can vary.



Dates to Remember

- **March 31** - KEHA Showcase forms due to 1st Vice President (see State Meeting webpage).
- **April 1** - Area lesson schedules for 2025-26 due to KEHA State Advisor.
- **April 5** - Postmark deadline for state officer and chair credentials.
- **April 7** - Reservation deadline for conference rate at State Meeting hotel.
- **April 7** - Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21** - Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6-8** - KEHA State Meeting in Lexington, Ky.

Living with Alpha-gal Syndrome webinar will take place on Thursday, May 29th from 7:00-8:30pm EDT. Register at: ukfcs.net/AgS or using the QR code below. Those who register for the webinar will be emailed the Zoom login information directly.



Chef Salad with Creamy Italian

Herb Dressing

Servings: 6 Serving Size: 1/6 of the recipe Recipe Cost: \$7.04 Cost per Serving: \$1.18



Ingredients:

- * ¼ cup plain nonfat Greek or regular yogurt
- * ¼ cup light mayonnaise
- * ¼ cup low-fat milk
- * ½ teaspoon dried Italian seasoning
- * ¼ teaspoon garlic powder
- * Dash of salt
- 1 large head romaine lettuce, shredded or torn into bite-sized pieces
- ½ cucumber, thinly sliced into rounds
- 1 large tomato, sliced into wedges
- 2 carrots, peeled and grated
- 4 hard-cooked eggs, peeled and sliced into wedges
- ¼ cup bacon bits or pieces
- ½ cup diced grilled chicken or reduced-sodium deli ham or turkey
- ½ cup shredded sharp cheddar cheese

Directions:

1. Wash hands with soap and water.
2. *In a small bowl, combine and whisk yogurt, mayonnaise, skim milk, Italian seasoning, garlic powder, and salt. Cover and refrigerate at least one hour.
3. Wash produce under cool running water. Scrub cucumber and carrots with a produce brush to clean. Dry. Cut to prepare for the recipe.
4. Place lettuce in a large bowl (or divide onto individual plates). Top with cucumbers, tomatoes, carrots, eggs, bacon pieces, grilled chicken, and shredded cheese.
5. Serve with salad dressing on the side.
6. Refrigerate leftovers within 2 hours.

Notes

**Ingredients for salad dressing.*

Source: Sources: Brooke Jenkins, Extension specialist with the Nutrition Education Program, University of Kentucky Cooperative Extension Service, and United States Department of Agriculture What's Cooking, USDA Mixing Bowl. March 2015. [https://www.usda.gov/media/blog/archive/tag/ what%27s-cooking-blog-series](https://www.usda.gov/media/blog/archive/tag/what%27s-cooking-blog-series)

Nutrition facts per serving: 170 calories; 9g total fat; 3.5g saturated fat; 0g trans fat; 145mg cholesterol; 390mg sodium; 11g total carbohydrates; 3g fiber; 6g sugar; 0g added sugars; 13g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

2025-2026 Homemaker Lesson Ballot | Name +/-or Club: _____

Please vote and return this form to your agent by **April 4, 2025**. **If voting as a CLUB** – place the number of people voting for each lesson next to the title. **If voting as an INDIVIDUAL** – place an X or check mark on the line next to the title. **Please don't vote twice**. If you vote individually, don't vote in your club, and vice versa. Members may vote on as many different topics as they want

___ **Laughter is a Must in Life** : Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.

___ **Mental Health Matters**: Mental health is important for overall health at every life stage— from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

___ **Indoor Air Quality + Carbon Monoxide**: This lesson seeks to increase knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement, as well as how to keep safe from carbon monoxide poisoning.

___ **The Big Freeze**: Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

___ **Build a Better Smoothie**: Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

___ **Build a Better Bowl**: Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? This serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

___ **Making Friends with Food**: Can you think of a time that you labeled foods as “good” or “bad”? Or called someone a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might have a big impact on mental and physical health. This lesson discusses the importance of and reframing how we talk about food.

___ **Gardening Safely:** Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

___ **Using Your Air Fryer:** The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

___ **Ribbons + Regift: Choos from Your Home or Thrift:** In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items. Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

___ **The Power of Engagement: Strengthening Communities:** In this session, we'll dive into the power of civic engagement and discover how to shape a more vibrant, inclusive community. We will also discuss the impact of community involvement on local decision-making and share practical steps for staying engaged. This session is designed to inspire action and provide tools for making a positive difference in your community.

___ **Stretching Your Dollar: What to Do When the Ends Don't Meet:** "Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing, and saving when expenses are tight.

___ **Healthy Outdoor Cooking Resources:** Spending time outdoors is always fun, but it can be even more fun when you include food. This lesson includes food safety information, outdoor activities, and recipes that meet the Dietary Guidelines for Americans. Participants will also learn about "shinrin-yoku," a Japanese method of forest meditation.

___ **Selecting Sheets:** Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

****Return to Extension Office on or before April 4, 2025****

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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

THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans or that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.



If your closet is full of clothes you don't wear, this is a good example of the "**Pareto Principle**," otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time**. This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity**. You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.

Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)



IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>
<https://www.simplypsychology.org/pareto-principle.html>

Written by: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms
Designed by: Kelli Thompson | Images by: Adobe Stock

FAMILY CAREGIVER

HEALTH BULLETIN



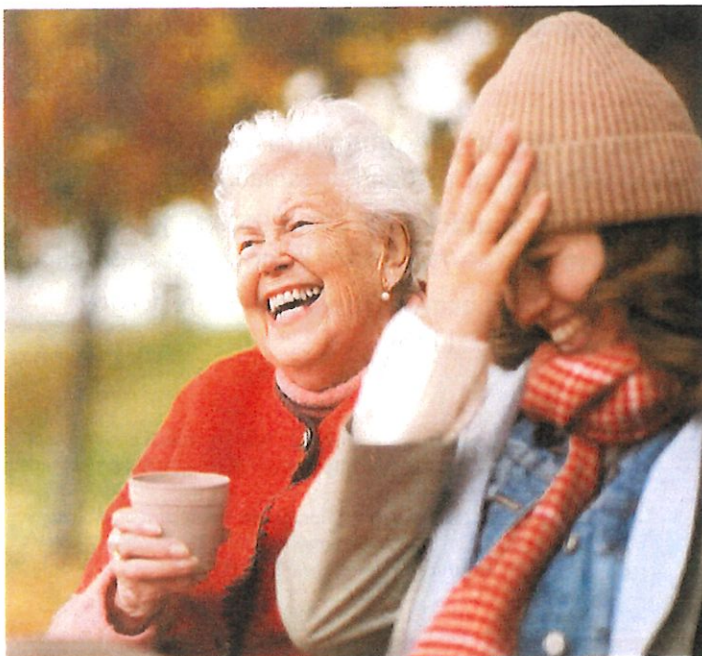
APRIL 2025

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

NAME County
Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

BENEFIT-FINDING IS A POSITIVE FORM OF COPING WITH CAREGIVER STRESS



Caregiving can be rewarding. But it can also be stressful, even for the most resilient people. It is not uncommon for caregivers to have good benefits and negative stress at the same time. According to the Mayo Clinic, caregivers have higher levels of stress than non-caregivers. But the American Psychological Association reports that caregivers who feel more benefits than stress from caregiving report lower levels of depression and overall stress. This sensed level of satisfaction can have benefits even after caregiving has ended.

Finding the rewards of caregiving is a way of coping with the stressful circumstances. Those rewards might include:

- Strengthened relationships,
- A sense of purpose,

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Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset.

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- Happiness at knowing your loved one is getting the right care,
- Modeling caregiving traditions for younger people, and/or
- Giving back to someone who may have cared for you or others.

According to the Mayo Clinic, caregivers report higher levels of emotional and physical stress than non-caregivers. When you're so focused on a loved one's care and well-being, it can be easy to miss the toll on your own health. Steady stress will harm overall health and well-being over time. When you're stressed, you are at greater risk for lack of sleep, poor nutrition, physical inactivity, and feeling depressed or anxious. These lifestyles also increase your risk for chronic health conditions. As a result, caregivers need to care for themselves too.

Try these tips from the Mayo Clinic to help manage and lower caregiver stress:

- Ask for help
- Accept help
- Get in touch with the right resources (call your local Area Agency on Aging, national Eldercare Locator or the state Department for Aging and Independent Living)
- Join a support group (online or in-person) so you know you are not alone
- Focus on your strengths
- Eat a healthy diet
- Be physically active
- Sleep
- Seek sunshine
- Talk to your health-care professional

Take a break. Everybody needs a break. Taking a break from caregiving can be one of the best things you do for yourself and your loved one. It gives everyone a reset. There are many types of respite care including in-home respite, adult care centers, and short-term or



long-term care facilities. Family, friends, and neighbors can also help you take some time off.

Caregiving is an important role. Caregivers provide essential support to those who need it. In return, caregivers need self-care to protect their emotional and physical well-being.

Resources:

- **Area Agency on Aging:** <https://www.chfs.ky.gov/agencies/dail/Pages/aaail.aspx>
- **Department for Aging and Independent Living:** <https://www.chfs.ky.gov/agencies/dail>
- **Eldercare Locator:** <https://eldercare.acl.gov> or 1-800-677-1116

REFERENCES:

- American Psychological Association. (2011). Positive aspects of caregiving. Retrieved February 21, 2025 from <https://www.apa.org/pi/about/publications/caregivers/faq/positive-aspects>
- Mayo Clinic. (2023). Caregiver stress: Tips for taking care of yourself. Retrieved February 21, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



ADULT HEALTH BULLETIN



APRIL 2025

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

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Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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with prior notification.



Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

**ADULT
HEALTH BULLETIN**

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



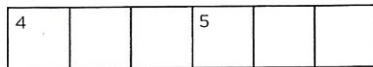
LEADER LESSON

Crossword Puzzle

8 DIMENSIONS OF WELLNESS

DOWN

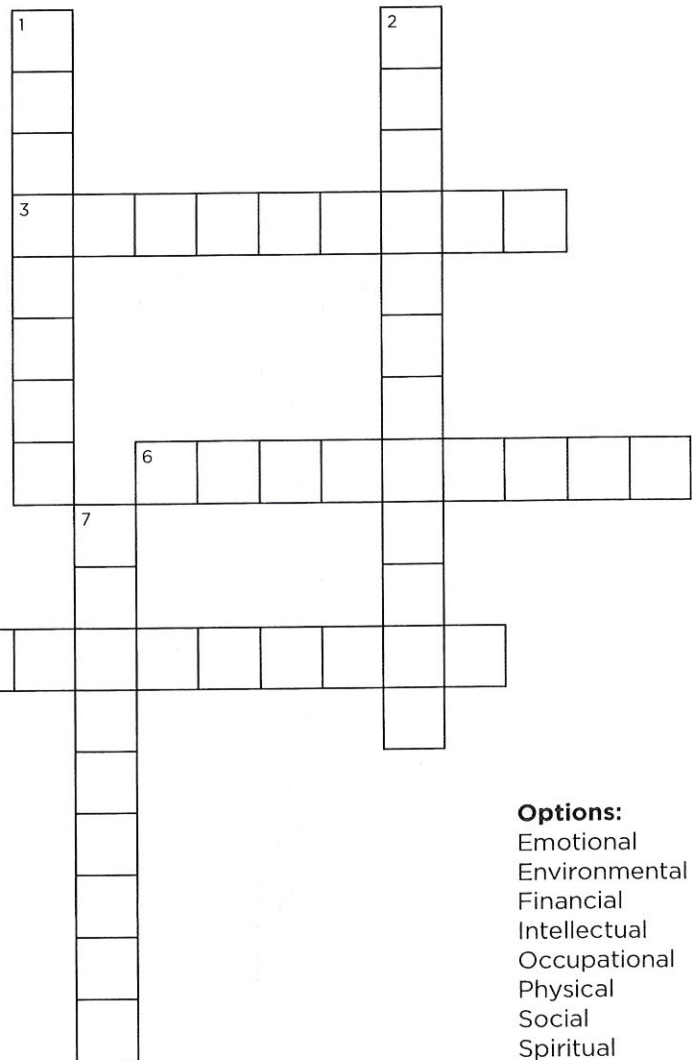
1. Recognizing the need for physical activity, healthy foods, and sleep
2. Personal satisfaction and enrichment from one's work



5. Recognizing creative abilities and finding ways to expand knowledge and skills
7. Satisfaction with current and future financial situations

ACROSS

3. Expanding one's sense of purpose and meaning in life
4. Developing a sense of connection, belonging, and a well-developed support system
6. Coping effectively with life and creating satisfying relationships
8. Enjoying good health by occupying pleasant, stimulating environments that support well-being



- Options:**
 Emotional
 Environmental
 Financial
 Intellectual
 Occupational
 Physical
 Social
 Spiritual

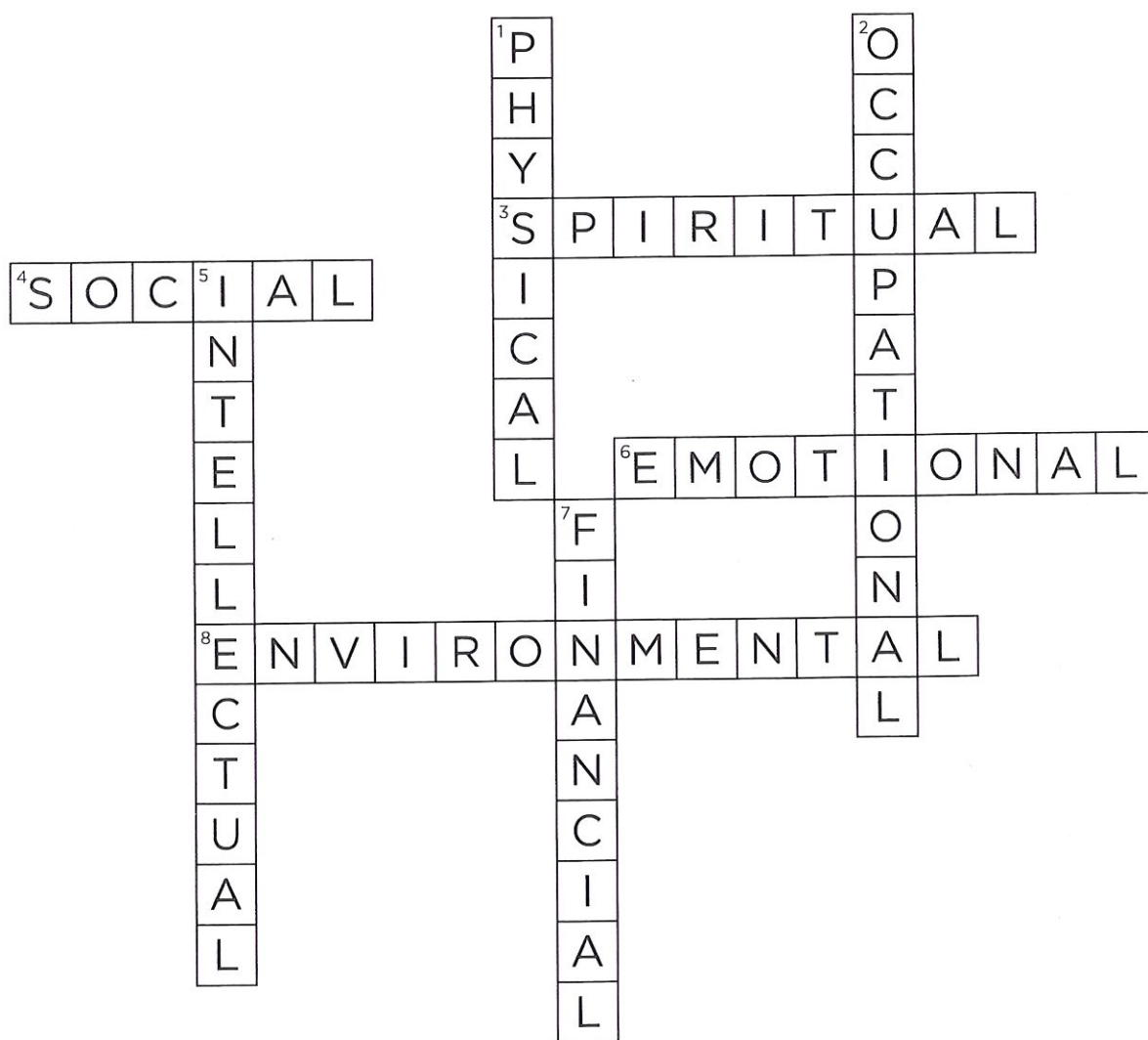
RM0324



LEADER LESSON

Crossword Puzzle Key

8 DIMENSIONS OF WELLNESS



RM0324



Pathways to Wellness Where People Live, Work, and Play

Health organizations and providers recognize that health is more than the absence of illness or disease. Yet, there is no universal definition for health. One holistic way of thinking about health includes eight dimensions of wellness (Table 1). Each dimension affects the other and influences the way in which a person thinks about health. This makes health a complex topic with personal meaning.

Health and wellness are a lifelong journey that can include many detours. Embracing health across the dimensions of wellness helps individuals cope with stress, learn self-management skills, and maintain relationships. Understanding that there may be varying degrees of health within the wellness dimensions helps people realize that health can fluctuate over time and that individuals can optimize health even when confronted with illness.

Table 1. Dimensions of Health and Wellness

Dimension of Wellness	Explanation
Emotional	Coping effectively with life and creating satisfying relationships
Spiritual	Expanding one's sense of purpose and meaning in life
Environmental	Enjoying good health by occupying pleasant, stimulating environments that support well-being
Financial	Satisfaction with current and future financial situations
Intellectual	Recognizing creative abilities and finding ways to expand knowledge and skills
Occupational	Personal satisfaction and enrichment from one's work
Physical	Recognizing the need for physical activity, healthy foods, and sleep
Social	Developing a sense of connection, belonging, and a well-developed support system

Source: Swarbrick, 2006

Lifestyle and Family Factors that Influence Health and Wellness

Low-risk lifestyle factors can promote health and wellness and help prevent and manage chronic disease. Low-risk lifestyle behaviors include eating a healthy diet, getting at least 150 minutes a week of moderate-intensity physical activity, using alcohol in moderation (if at all), and not smoking. Staying hydrated, managing stress, being social, and getting good sleep also contribute to overall health and well-being. Family health history and a variety of generational forces also contribute to health and well-being or the lack thereof. The genes with which people are born and the habits or choices learned as a child influence health across the life span.

Social Determinants of Health and Wellness

Many factors besides genes and lifestyle impact the health of an individual and even a community or country. The environments in which individuals live, learn, work, and play also affect overall health and wellness. Experts call these circumstances, which can have positive or negative effects, "social determinants of health." Social determinants fall into five categories:

1. Access to health care and the quality of available health care
2. Access to education from early childhood through high school, enrollment in higher education, and the quality of education and job training
3. Social and community context, meaning the values and work of a community to promote well-being of all its members
4. Economic stability, including employment, housing, poverty, and food insecurity
5. Neighborhood and built environment, including access to resources for daily needs, public safety, transportation options, and environmental conditions

Social determinants of health directly and indirectly influence health and behavior. The distribution of money, power, and resources influences the social determinants of health and can create barriers that prevent individuals or communities from reaching their full health potential. For example, people may be at a disadvantage because of racism, socioeconomic status, or the structural failures associated

Figure 1. The multiple levels of influence on health and wellness.



Adapted from Dahlgren and Whitehead, 1991

with certain geographic locations. As a result, the number of deaths attributable to social factors such as lack of education, racial segregation, discrimination, and poverty may be equal to deaths from the country's leading causes of death such as heart disease and cancer.

Figure 1 uses a rainbow to show the multiple levels of influence on a person's health, known as the social ecological model. It also highlights the connections between each of the levels. At the center of the rainbow is the person, complete with their genetic blueprint, family history, lifestyle habits, knowledge, attitudes, beliefs, and personality traits. The rainbow extends to include social networks, neighborhoods and built environment, and community and culture. Interacting layers of social determinants within the areas of living, learning, working, and playing surround the person and show how they influence health. This model highlights the importance of moving beyond a focus on personal behavior and promotes an understanding of the wide range of factors beyond an individual that influences health.

Focus on Social Determinants of Health

Regardless of a person's age, race, ethnicity, religion, education, political beliefs, economic, social, or living circumstances, a high standard of health is a basic right. To achieve this right, all people need access to health services when and where they need them, without suffering financial hardship, stigma, or discrimination. Addressing the social determinants of health like safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-

threatening toxins can help improve overall health and wellness.

In 1979, the Office of Disease Prevention and Health Promotion began a national program to reduce preventable death and injury and improve health and well-being in the United States. The effort is called Healthy People. Now in its fifth edition, Healthy People 2030 aims to:

- Attain healthy, thriving lives and well-being, free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining full potential for health and well-being for all.
- Promote healthy development, healthy behavior, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to act and design policies that improve the health and well-being of all.

All communities and individuals are encouraged to adopt the Healthy People 2030 goals to optimize health and decrease chronic disease. It will take personal effort as well as cooperation across agencies at the local, state, and national levels to make it easier and more accessible for all people to be healthy. Reach out to your local Cooperative Extension office to learn about resources available to support individuals and the community in working toward healthier conditions for all people to live, learn, work, and play.

Conclusion

Social determinants of health influence overall health and well-being across the life span. The rainbow social ecological model demonstrates the power of moving the focus from a person's behavior. The rainbow model also emphasizes how important it is to understand a wider range of social, environmental, and societal factors that affect health and well-being. Coordinated action from agencies, communities, and individuals are needed to change social, environmental, and societal factors in ways that support health for all people.

"Good health begins in the places where we live, learn, work, and play."

- Robert Wood Johnson Foundation

Authors

Amy F. Kostelic, Associate Extension Professor of Adult Development and Aging

Natalie Jones, Family and Consumer Sciences

Angela Baldauff, Nutrition Education Program

Leslie Workman, Family and Consumer Sciences

Karli Giles, Family and Consumer Sciences

Sarah Congleton, Family and Consumer Sciences

Courtney Luecking, senior author; Dietetics and Human Nutrition

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