



WHAT IS CIVIC HEALTH?

by Kaitlin Enneking

When we think about the health of a community, we often think of its economy, the health of its citizens, or even its crime rate. What's sometimes most important is the civic health of a community. Civic health looks at how involved members of a community are in making their neighborhoods and towns thriving places.

There are a number of ways to measure civic health. Communities with strong civic health rate high on the following measurements:

Service and Volunteering: Communities have a high number of citizens stepping forward and engaging in service for and with fellow community members.

Group Membership: Communities have a high number of citizens joining organizations and other groups that meet on a regular basis.

IN THIS ISSUE

- 2 Tips for Volunteering
- 3 Staying Healthy During Football Season
- 4 Harvest of the Month: Spaghetti Squash

Connecting to Information: Communities have a high number of informed citizens. They have ample access to news through print, broadcast, and online sources, as well as by talking with neighbors and friends about political issues.

Social Connectedness: Communities have a high number of citizens inclined to interact with neighbors, working together informally to make things better.

The communities we live in have an effect on our personal health. Are you working to make your community a better place – a place with strong civic health?

SMART FACTS

62 Million

Americans volunteered through an organization from 2007 to 2009.

125 Million

Americans exchanged favors with their neighbors at least once a month on average from 2008 to 2009.

35%

of Americans age 18 and over participate in one or more groups.

FINANCIAL CORNER WITH PETE THE PLANNER

I'm a firm believer you should never take more from your community than you give. Giving to charity should be a priority, yet so many of us put it off until we are in a better financial spot.

"When I pay off debt I'll donate." "When I save a down payment I'll start donating." These are excuses. Giving to your community is a lot like other financial behaviors: you need to develop the habit.

Assess your budget and determine how much you can give. Start an automatic monthly deduction to your charity of choice. Though giving back doesn't always have to come in the form of monetary contributions. If your budget is tight or you're working toward a financial goal, you can donate time or things. The important part is you are looking outside of yourself. Want a happy and healthy financial life? Start giving your money to a good cause.

Don't forget community and social wellness this football season! If you see your favorite team play live, check to see if the football stadium is hosting any sort of donation or drive that day—many NFL teams support donations at the game including drives for children's books, backpacks, and winter coats.

STAY HEALTHY IN FOOTBALL SEASON

by *Mechelle Meadows*

For many people, football season can be the precursor to holiday weight gain. We go from active lifestyles in the summer to six months of sitting and watching football on TV, consuming game favorites like nachos, wings, and beer.

Before we know it, the holiday season is upon us – a time that proves to be difficult to maintain weight. However, our health doesn't have to take this downhill slide!

Most football games don't begin until lunch time. If you aren't already a morning workout person, then switch your exercise routine to get it in before the big game starts, and before your body starts to feel sluggish from sitting and eating less healthy food.

If you are hosting a football get-together, provide plenty of fruits and vegetables as snacks, or try a healthier version of a favorite game dish, such as nachos with salsa and black beans instead of heavy cheese.



HEALTHY AGING MONTH SEPTEMBER

This September, for Healthy Aging Month, encourage older loved ones to continue weight-bearing and balance exercises. Balance and muscle reaction skills become more important as we age to prevent slips, trips, and falls. The World Health Organization reports that 37.3 million falls requiring medical attention occur each year.

Source: who.int/mediacentre/factsheets/fs344/en/. Accessed 17 August 2015.

HARVEST OF THE MONTH: SPAGHETTI SQUASH

by Laura Lubus, MPH

General Intro

During the fall, your grocery store starts to carry many different types of squash. Sometimes it is hard to keep them all straight. The one that looks like a perfect, yellow oval is spaghetti squash. It is easy to prepare, delicious to eat, and makes a perfect substitution for pasta!

How to Select

It can be challenging to know how to select a squash and to identify how one is different from the other. Look for a spaghetti squash that has a nice yellow color and does not have any punctures, indentations, or dark spots.

How to Store

Uncut spaghetti squash stays well in a cool, dry place for up to a month.

How to Prepare

Spaghetti squash is easy and fun to prepare. The most challenging part is to cut it in half lengthwise. Similar to other squash you will need to scoop out the seeds and middle. Lay both sides on a baking sheet (rind side down), rub with a little olive oil and sprinkle with salt and pepper.



Bake it in a 450 degree oven for 25 minutes. You will know the squash is done when you poke the middle with the fork and it slides through easily. Take the squash out of the oven and allow to cool until you can easily handle it. Use a fork to scrape the squash and it will come out of the rind looking like spaghetti!

RECIPE OF THE MONTH:

Roasted Spaghetti Squash with Parmesan & Herbs

Ingredients

- 2 tablespoons olive oil
- 2 shallots, diced
- 2 garlic cloves, diced
- 1 teaspoon chopped thyme leaves
- $\frac{3}{4}$ teaspoon chopped rosemary leaves
- 6 cups roasted spaghetti squash (prepared as listed above)
- $\frac{1}{4}$ cup chopped fresh parsley
- 2 tablespoons parmesan cheese for garnish

Directions

1. Warm olive oil in skillet
2. Add shallots and garlic to skillet and cook until soft, about 7 minutes.
3. Stir in thyme and rosemary and cook until fragrant, about 1 minute.
4. Add spaghetti squash and toss to combine. Cook until warmed through
5. Plate the squash and garnish with parsley and cheese

Makes 7-9, $\frac{1}{2}$ cup servings

PER SERVING: 75 calories, 1g fat, 10g carbohydrates, 2g protein