



# The DJJ Healthy Way

An exploration of health and wellness in and around our community.

October 2015

## October is Breast Cancer Awareness Month

Starting October 1st, a sea of pink ribbons will float around us, on shirts, cars, even billboards, all in effort to focus our attention on breast cancer. Other than skin cancer, breast cancer is the most common cancer among women, with an estimated 1- in - 8 women diagnosed in their lifetime. Breast cancer awareness has become one of the most successful information campaigns of any known disease. Its widespread promotion and robust fundraising efforts have led to advancements in the detection and treatment of breast cancer, and have increased rates of participation in preventative care. The five year survival rate of breast cancer patients has increased from 72.5% in 1975 to 91% in 2007. When detected and treated early, the 5-year survival rate for localized breast cancer is 99%.

Breast cancer awareness month isn't just about statistics. It's also about increasing knowledge of your own risk factors to better understand how it relates to your personal health. There are numerous risk factors which are out of our control, such as gender, age, genes, family history, race, and density of breast tissue. However, there are also several risk factors that are within our control. Risk factors that increase our risks of breast cancer include drinking alcohol, being overweight or obese, physical inactivity, and certain hormone replacement therapies. Talking with your doctor about your risk factors, both controllable and not, is an excellent way to develop a plan for prevention and early detection. Males should also assess their risk, as breast cancer can also affect men, although at a much lower rate. For more information about the risks and survival of breast cancer, please visit [www.cancer.com/cancer/breastcancer](http://www.cancer.com/cancer/breastcancer) .



## Relays and Smoothies: Breaking a Sweat at Bob Richards RYDC

Bob Richards RYDC is setting an excellent example of getting youth involved in all aspects of wellness this year. Based on the theme: "Healthy Food, Healthy Mind, Healthy Life," the Bob Richards Staff is showing youth the importance of focusing on whole body health. Over the summer their wellness events included relay races, smoothie tastings, healthy popsicle tastings, and a mental health day. The RYDC Staff also invited several guest presenters to speak about nutritious eating, physical activity, and mental health. In the mental health relay event youth connected with the Mental Health Staff over games of jeopardy, chess and checkers. After the games, the youth enjoyed a guest lecturer who spoke about how to cope with anger and other strong emotions.

The Bob Richards Wellness Team and Staff shows notable dedication to the health of DJJ youth. We appreciate their hard work!



## Getting to Know Our Staff: Patricia Hill

Patricia is our volunteer coordinator and wellness ambassador at Sumter YDC

**I've been with the DJJ for:** 15 years

**My Hometown is:** Americus, Georgia

**My favorite part of my job is:** : Being in support of the facility and working with the youth

**My advice for my coworkers:** Celebrate every day!

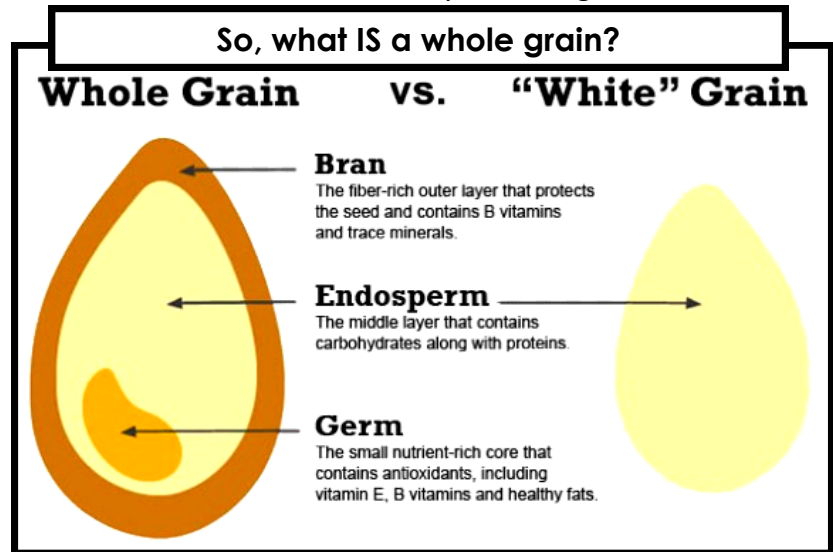
**A song I'll never get tired of hearing:** Happy

**My guilty pleasure television program:** Any program on Home and Garden TV

# Spotlight on Food Trends: The Good Grains



Whole grains have worked hard to become a food trend, and they're finally getting their spot on the plate. They're heavily researched and strongly evidenced as being an irrefutably healthy part of a balanced diet—reducing risk of stroke, diabetes, heart disease, inflammatory disease, gum disease, colorectal cancer, and more. But they get a bad rep of being boring. Typically, when we ask what whole grains people are eating, we get an unenthusiastic response of “Brown rice and whole wheat bread.” So, what are our exciting options? Below is a table of grains and a few notes about each so that you can determine which to try next. Remember those bulk bins from the last issue? Those are a great place to find a few of these whole grains.



## Amaranth

Protein packed! It gets a bit sticky after cooking, so rinsing the cooked grain through a strainer is recommended. Make it as a breakfast cereal, in soups, atop salads, or pop it like popcorn!

## Hulled Barley

Goes perfectly in soups, mixed with roasted root vegetables, or on its own as a side dish. Be sure to steer clear of ‘pearled’ barley— it is not a whole grain.

## Bulgur Wheat

Great in breads, salads, and side dishes. It’s most popular use is in the Middle Eastern salad tabbouleh.

## Oats

Rolled or steel cut, oats are a great whole grain. They can be used as a breakfast dish or in baked goods and desserts. They can also be used as a binder in meat loafs or meatballs!

## Quinoa

One of few plant based foods that is a complete protein, meaning it contains all 9 essential amino acids. Pronounced “keen-wah”.

## Brown Rice

Anything but boring! Brown rice tastes great beneath a stir fry or as a side dish. It has a mild chew to it with a slightly nutty flavor.

## Wild Rice

Quite beautiful and makes a wonderful pilaf. Chewier than brown rice but typically has a nuttier flavor. It’s also popular in broth based soups.

## Recipe of the Month:

### **Collard and Apple Salad**

*It's green leafy vegetable season in Georgia! Cooking your greens? Try “marinating” instead!*

#### **Ingredients**

- 2 lbs fresh collard greens
- ½ cup golden raisins
- 3 tablespoons peanut oil
- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic, minced
- 1/2 cup apple cider vinegar
- 2 tablespoons walnut pieces, toasted
- 2 red apples, julienned (sliced into matchsticks)

#### **Directions**

Thoroughly wash greens in water. Take 5-10 leaves and roll up lengthwise. Cut from tip of roll in very thin strips. Place into large bowl with raisins and apples. In a separate bowl, whisk oils, vinegar, and garlic together. Pour over salad and toss well with apples. Allow to sit in the refrigerator for 3 hours, or overnight. This allows the dressing to add flavor to the collards. Shortly before serving, add toasted walnuts.

