March 2016

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Greetings

In our January issue I shared my preparations for the graduate course I am facilitating this semester, history and philosophy of Family and Consumer Sciences. Now that we are approaching the midpoint to our semester I find I am reflecting on what I have learned from the students in this course. That may sound strange to hear what “I have learned.” My learning and professional growth has definitely been enhanced by my interaction with these students along with other experiences over the past several months.

I have learned:

1. Family and Consumer Sciences does have a, and is the, future.
2. We have, however, fallen short of instilling the foundations of our discipline in our students at the undergraduate and graduate level.
3. When students start to learn and examine that foundation there is a pride they start to develop in being part of the discipline.
4. We as Family and Consumer Sciences professionals are still struggling with communicating who we are and what we offer individuals, families and communities for improvement in the quality of their lives.
5. Many of us have struggled with our own perceptions of the discipline and have often allowed ourselves to buy into the perceptions of others.
6. It is time we find our voice and tell our story, time to separate the profession/discipline of family and consumer sciences from homemaking. And, homemaking is not a bad word; it is a noble career which can be fulfilled by women and men.
7. We do make a difference in people’s lives, individually and collectively. We impact people’s lives. We just need to find a better way of expressing it.

The graduate students submitted papers this past week on their own perceptions of Family and Consumer Sciences when they entered the School.

They were to research the “founders” and reflect on what they discovered. Reading their comments about these 19th and early 20th century women brought back a since of personal pride in the discipline that I think I may have buried. Many commented on the strong, independent, outspoken, intelligent women who are credited with our beginnings. However these students also learned from previous assignments that segments of our discipline were already in existence before the First Lake Placid Conference. Some of you may want to check out some of the 19th century writings on what we know today as our specializations. If you have not explored Cornell University’s online library (includes AAFCS archives), http://hearth.library.cornell.edu, I encourage you to do so. You will find just how far we have advanced in human development, nutrition, apparel care, relationships, housing, family economics, family resource management and real estate principles.

By the way, concerning my second lesson learned in the list above, we realize it is time to change a few things in our curriculum. Without any nudging on my part (honest!!) the graduate students started sharing with me the same thing that several on campus faculty and I have felt for some time. We need to reintroduce a class which covers our history and philosophy including the land grant system.
and what it means. Work has started on redesigning a course we have not offered for a while so that we do just that.

The timing for my lessons learned could not have come at a better time. I had the pleasure of meeting one-on-one with Dean Parrella earlier this week. He is meeting with all of the unit heads within CALS. I am looking forward to working with him and the rest of CALS Leadership as we move toward the future. I told him that “I believe with a bit more effort, the Margaret Ritchie School of Family and Consumer Sciences can become one of the best small to mid-sized FCS programs nationwide.” I hope many, if not all, of you are on board with me in that belief. We have incredible faculty at the county and campus level. There are amazing volunteers who help us carry out our goals. We are all Rock Stars!

Annual Conference is fast approaching. It is an event I look forward to, especially when we can spend time together and share our kudos! Start thinking and planning for kudos night. Here is just a sampling of what I hope to share:

I just returned from the Council of Administrators in Family and Consumer Sciences meeting held in Las Cruces, NM, home of New Mexico State University. We spent all day Thursday on the NMSU campus participating in a variety of tours, leadership workshops and the NMSU Games Lab. It was really special to be sitting in the presentation from the Games Lab and hear Idaho being singled out as one of the labs many success stories, “Night of the Living Debt.”

Nancy Deringer received the following message last week: 
Congratulations! Your AFCPE® Approved University Program renewal application has been approved. After review of your application, we have determined that the University of Idaho’s current Undergraduate curriculum meets the educational requirements for AFC® certification. Students that successfully complete the required coursework will qualify to sit for the AFC Exam at the reduced student rate.

That is a very short sample of what I hope we will be sharing with one another on the evening of April 4th here in Moscow.

Oh and back to the graduate class, I am still waiting to hear from all of you with answers to the questions I asked in the January issue:

1. What caused you to select FCS/Home Economics as a major? undergraduate and/or graduate
2. At what point did we and the general population start confusing Home Economics with homemaking? Yes they are related, but are they the same?
3. How do you see the future of FCS?

Have a wonderful March!
Probiotics? Prebiotics?

Sometimes I have been asked what probiotics and prebiotics are and what are the differences between the two. Some of you may have heard of probiotics. Probiotics are, in simple words, “good bacteria.” These bacteria help your digestive system keep healthy and functional by controlling growth of harmful bacteria such as *Helicobacter pylori* that cause severe stomach ulcers. You could find these good live bacteria in various fermented foods such as yogurt, sauerkraut, miso, etc. There are also a number of probiotics tablets or pills available in the health supplement product markets. On the other hand, prebiotics are plant fibers that nourish probiotics already in your large bowel or colon.

**Probiotics**

Our body is full of bacteria, both good and bad and probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy. The term probiotic is currently used to describe "ingested microorganisms" associated with beneficial effects to humans and animals. In 2001 a joint Food and Agricultural Organization (FAO) of the United Nations and World Health Organization (WHO) expert defined probiotics as "live microorganisms which, when administered in adequate amounts, confer a health benefit on the host." When you lose "good" bacteria in your body (like after you take antibiotics), ingested probiotics can help replace them and balance your "good" and "bad" bacteria to keep your body working like it should.

Many types of bacteria are classified as probiotics. They all have different benefits, but most come from two groups.

- **Lactobacillus**: This may be the most common probiotic. It’s the one you’ll find in yogurt and other fermented foods. Different strains can help with diarrhea and may help with people who can’t digest lactose, the sugar in milk.
- **Bifidobacterium**: You can also find it in some dairy products. It may help ease the symptoms of irritable bowel syndrome (IBS) and some other conditions.

The history of probiotics can be traced to the first use of cheese and fermented products that were well known to the Greeks and Romans who recommended their consumption. The fermentation of dairy foods represents one of the oldest techniques for food preservation. The first commercially sold dairy-based probiotic was Yakult, a fermented milk with added *Lactobacillus casei* Shirota, in 1935. Since then, many more probiotic foods have come on the market, mostly in the form of dairy products. Recently, nondairy and unfermented probiotics have been produced, including breakfast cereal and snack bars, whereas other probiotic products include kefir, yogurt, kombucha, kimchi, sauerkraut and other fermented foods and beverages.

Some people claim that probiotics have beneficiary effects including the decrease of potentially pathogenic gastrointestinal microorganisms; the reduction of gastrointestinal discomfort; the strengthening of the immune system; the improvement of the skin's function; the improvement of bowel regularity; the strengthening of the resistance to cedar pol-
len allergens; the decrease in body pathogens; the reduction of flatulence and bloating; the protection of DNA, proteins, and lipids; and the maintaining of individual intestinal microbiota in subjects receiving antibiotic treatment. However, it is also true that scientific evidence to date has been insufficient to substantiate any anti-disease claims or health benefits from consuming probiotics since these live bacteria can be killed or ineffective by heat or stomach acids before reaching the digestive system. Recently there has been research conducted to deliver these live bacteria to the digestive system safely by new nano-encapsulation technologies.

Prebiotics

Prebiotic is a specialized plant fiber that beneficially nourishes the good bacteria already in the large bowel or colon. While probiotics introduce good bacteria into the gut, prebiotics are typically non-digestible, fiber-compounds that pass undigested through the upper part of the gastrointestinal tract and stimulate the growth or activity of advantageous bacteria that colonize the large bowel by acting as substrate for them.

Although all prebiotics are fiber, not all fiber is prebiotic. Classification of a food ingredient as a prebiotic requires scientific demonstration that the ingredient:

- Resists gastric acidity, hydrolysis by mammalian enzymes, and absorption in the upper gastrointestinal tract
- Is fermented by the intestinal microflora
- Selectively stimulates the growth and/or activity of in-testinal bacteria potentially associated with health and well-being

It is well known that inulin and oligofructose (OF), lactulose and resistant starch (RS) meet all aspects of the definition, including the stimulation of Bifidobacterium, a beneficial bacterial genus. Other isolated carbohydrates and carbohydrate-containing foods, including galactooligosaccharides (GOS), transgalactooligosaccharides (TOS), polydextrose, wheat dextrin, acacia gum, psyllium, banana, whole grain wheat and whole grain corn also have prebiotic effects.

Researchers now also focus on the distinction between short-chain, long-chain, and full-spectrum prebiotics.

**Short-chain prebiotics**: Oligofructose, contain 2–8 links per saccharide molecule, and are typically fermented more quickly in the ascending colon of the colon providing nourishment to the bacteria in that area.

**Longer-chain prebiotics**: Inulin, contain 9-64 links per saccharide molecule, and tend to be fermented more slowly, nourishing bacteria predominantly in the descending colon.

**Full-spectrum prebiotics**: Oligofructose-Enriched Inulin (OEI), full range of molecular link-lengths from 2-64 links per molecule, and nourish bacteria throughout the colon. The majority of research done on prebiotics is based on full-spectrum prebiotics, typically using OEI as the research substance.

**Prebiotic Vs. Probiotic**

<table>
<thead>
<tr>
<th>Prebiotic</th>
<th>Probiotic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special form of dietary fiber that acts as a fertilizer for good bacteria in your gut</td>
<td>Live bacteria in yogurt, dairy products and pills; many probiotic species available</td>
</tr>
<tr>
<td>Not affected by heat, cold, acid or time</td>
<td>Killed by heat, stomach acid or simply die with time</td>
</tr>
<tr>
<td>Provide a wide range of health benefits to the healthy person</td>
<td>Not clearly known to provide health benefits to the otherwise healthy</td>
</tr>
<tr>
<td>Nourish the good bacteria that everyone already has in their gut</td>
<td>Compete with over 1000 bacteria species already in the gut</td>
</tr>
<tr>
<td>May be helpful for several chronic digestive disorders or inflammatory bowel disease</td>
<td>Helpful for childhood diarrhea, irritable bowel disease and for recurrence of certain bowel infections</td>
</tr>
</tbody>
</table>


Keywords: bacteria, health, fiber.
Aging on Her Own: Poverty and Solo Senior Women

More and more adults are entering their golden years alone, either through gray divorce, or by choosing to stay unmarried, and for older women, Social Security benefits often aren’t enough to stave off poverty. Investigators I-Fen Lin, Susan Brown, and Anna Hammersmith, used data from the 2010 Health and Retirement Study (HRS) to look at various marital biographies, examining three indicators of economic well-being for solo women over 62: Social Security receipt, Social Security benefit levels, and poverty status.

Among senior women aging on their own, Lin and Brown found gray divorced women suffered the most economically, with a whopping 27 percent of them classified as poor. Just 11 percent of gray divorced men are in poverty. Never-married women also suffer economically in their later years, with 25 percent living in poverty.

“Gray divorced and never-married women face considerable economic instability. Their Social Security benefits are typically low and their poverty rates are quite high, indicating Social Security alone is not sufficient to prevent them from falling into poverty. By comparison, those who were widowed late in life are the most advantaged singles,” Brown said.

Lin and Brown point out that prior research on economic well-being in later life did not take into account gray divorce, which is on the rise.

“Those who divorce later have fewer years of working life remaining and may not be able to fully recover economically from a gray divorce. In fact, gray divorce appears to diminish wealth more than an earlier divorce,” according to Lin.

Couples who divorce can access Social Security spousal benefits provided they were married at least 10 years and do not remarry before age 60. But the share of divorced women who qualify for spousal benefits is projected to decline in the coming years. Recent studies show lowering this 10-year marriage rule by just a few years would substantially reduce poverty levels among low-income divorced women.

Social Security was designed during an era when most elders were married, a scenario that is less common today and is likely to be even less typical in the future. In fact, the decline in marriage is linked to reduced spousal and survivor benefit eligibility for Social Security among women. “Given the broader retreat from marriage, fewer older women may be eligible for spousal or survivor benefits, whether because they divorced less than 10 years into their marriage, they did not remarry, or they never married in the first place,” Brown noted.

There are also concerns about the expected rise in the number of adults experiencing gray divorce due to the aging of the population, which would result in a larger share of singles at risk for economic hardship. “In short, more older Americans are economically insecure, without an adequate safety net to respond to major life events, such as the onset of disability or chronic disease, that can be financially devastating,” said Lin.


Keywords: Senior, divorce, marriage, women, poverty.

Managing Work and Family: Availability of Paid Time Off

Nearly all U.S. employers with 50 or more employees (99%) have some form of time off with pay for their full-time employees, according to national data released today by the Families and Work Institute.
The study – *Paid Time Off, Vacations, Sick Days, and Short-Term Caregiving in the United States* – also found that only about one-third of employers provide at least five days of paid leave for caregiving and roughly 25 percent provide paid leave to part-time employees.

The study is based on findings in the 2014 National Study of Employers. It found no significant differences between large employers and small employers (50 to 99 employees) in offering any of the three types of paid leave – sick days, vacation time, or general paid time off, known as PTO.

Overall, few employers offer their paid leave options to part-time employees – whether they are hourly (24%) or salaried (32%). Among employers with PTO programs, large employers were more likely to offer it to their part-time salaried and hourly employees than small employers.

“While most full-time employees have access to paid leave, the changing nature of work, where more individuals are working multiple jobs or are working part-time positions because they can’t find full-time work, can pose economic and work-life challenges for these employees,” said Kenneth Matos, senior director of research for FWI and author of the new report.

In terms of what type of paid leave is provided, vacation time was at the top of the list, provided by 58% of organizations. It was followed by sick days (52%) and PTO (41%). A growing number of employers are using the PTO designation, putting all paid leave in one PTO bucket and giving employees the choice of whether to use the time for vacation, illness or any other reason.

**Methodology**

The 2014 National Study of Employers (NSE) surveyed a representative national sample of 1,051 for-profit (67% of the sample) and nonprofit employers (33% of the sample) with 50 or more employees by telephone interviews and web surveys (mode determined by respondent preference) with human resource directors.


Keywords: work and family.

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**Teen Childbearing in Rural America**

A 2013 comparison of rural versus metro America by the National Campaign to Prevent Teen and Unplanned Pregnancy showed that the teen birth rate in rural America was nearly one-third higher than that of urban and suburban youth. Overall teen birth rates have declined notably in the past two decades, but that decline has been slower for rural counties, falling 31 percent between 1990 and 2010, compared to a 50 percent drop in metro areas. A further analysis explored potential sources of those differences.

Several attributes of rural life are linked to early births:

- **Sexual activity**: Rural teen girls are more sexually active than their metro peers, with 55% of rural girls reporting that they have had sex compared to 40% of metro girls.
- **Contraception**: Rural girls are less likely to have used contraception the first time they had sex, though rural contraceptive users are more likely to use the more effective hormonal methods.
- **Economic Prospects**: Teen birth rates are higher in counties in economic downturn and losing population. Rural counties are 26% higher in poverty, with 17% more uninsured people.

Further analyses of the data showed factors especially relevant to rural teen births, showing that:

- Lower rates of college enrollment in the prior year accounted for 20% of the gap between rural and metro teen birth rates.
- Poverty accounted for 19% of the difference in teen childbearing rates.
- Availability of publicly funded clinics offering contraception among other services accounted for another 18% of the rural/urban difference.
- The percentage of uninsured residents and trends of the county to lose or attract residents accounted for 13%.


Keywords: Youth risk taking, teenagers, rural.
Is Fish Brain Food?

The 2015 Dietary Guideline for Americans recommends that most adults consume about 8 ounces per week of a variety of seafood. This provides an average consumption of 250 mg per day of two omega-3-fats, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which have a variety of health benefits against heart disease.

Many Americans do not meet these seafood recommendations. They may avoid eating seafood due to a metal called mercury, a known neurotoxin, that is found in seafood in varying levels. For most people, the risk from mercury by eating fish and shellfish is not a health concern, but it may harm an unborn baby or young child's developing nervous system. In adults, there has been speculation that mercury could lead to mental decline in adults.

Dr. Martha Clare Morris, professor of nutritional epidemiology at Rush University in Chicago, determined whether seafood consumption was correlated with increased brain mercury levels and whether seafood consumption or brain mercury levels were related to brain neuropathologies (diseases).

There were 286 participants in the study. They were enrolled in Rush's Memory and Aging Project and died between 2004 and 2013. The average age at death was approximately 90 years and 67 percent were women. At enrollment, all were dementia free, and underwent annual neurological evaluations and completed food frequency questionnaire on seafood consumption. Upon death, their brain tissue was analyzed for: (1) mercury concentrations (2) the number of plaques, and tangles in the brain which are indicative of Alzheimer’s disease, and (3) the likelihood of having cerebral macroinfarcts, areas in the brain that die when blood supply is obstructed, which are indicative of strokes.

The results showed that individuals who consumed more than one seafood meal per week had:

- more mercury in their brain but the mercury did not increase their likelihood of developing Alzheimer’s disease.
- significantly fewer plaques and tangles which are symptomatic of Alzheimer’s disease pathology. However, this protective effect from seafood occurred only in individuals who have a specific genetic risk (i.e. are apolipoprotein E carriers) of developing Alzheimer’s disease.
- decreased likelihood of having cerebral macroinfarcts and having a stroke.

The bottom line is to make sure you include at least 8 ounces of seafood in your diet weekly, to help keep your brain healthy.


Keywords: seafood, Alzheimer’s.
Diet Quality Affects Sleep

Three components of a healthy diet include consuming high fiber foods, and having a low intake of saturated fat and sugar. Now researchers, at Columbia University in New York, have found that these three dietary components affect how people sleep.

In this study, there were 26 normal weight adults (between 30-45 years-old), with a history of normally sleeping 7-9 hours per night. They spent five nights in a sleep lab, from 10 p.m. to 7 a.m., and slept, on average, 7 hours and 35 minutes per night. Sleep data was collected nightly, using polysomnography; it records brain waves, oxygen level in the blood, heart rate, breathing, as well as eye and leg movements.

During the first 4 days of the study, participants consumed a controlled diet which was higher in fiber and protein, and lower in saturated fat and sugar. On the fifth day, when participants were allowed to self-select their food intake, they consumed more saturated fat and sugar, and less fiber.

The results showed that on the controlled diet, participants fell asleep faster (17 minutes versus 29 on the self-selected diet) and had a deeper, restorative and less disruptive sleep pattern. The researchers speculated that the higher sugar and fat diet delayed production of melatonin, a hormone that is necessary for sleep.

The bottom line was stated by lead researcher Dr. Marie-Pierre St-Onge, "For a good night's sleep we recommend increasing fruits, vegetables, and whole grains and eating less processed foods."

Source: January 2016 issue of the Journal of Clinical Sleep Medicine.


Keywords: sleep, diet.

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National Nutrition Month®
March 2016

What is National Nutrition Month®?
It is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics annually in March. It focuses on making informed food choices and developing sound eating and physical activity habits.

In 2016, the theme is “Savor the Flavor of Eating Right.” Hopefully, it encourages everyone to take time to enjoy food traditions and appreciate the pleasure, great flavors and social experiences food adds to our lives.

How, when, why, and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods—that’s the best way to savor the flavor of eating right.

Keep this in mind every time you sit down to eat, no matter where you eat — at a table with family and/or friends or in front of the television.

Source: http://www.nationalnutritionmonth.org/nnm.

Keywords: National Nutrition Month.
Preparing Your Finances for Emergencies and Disasters

Life’s emergencies require advance preparation and planning. The first step is organizing your financial information.

1. Do you have an appropriate place for filing your financial documents?
2. Have you told anyone where you keep your vital information?
3. Have you shared your wishes in the event of your death?
4. Are your documents available to “grab and go” in case of an emergency evacuation?

Taking action now can avoid financial problems later because natural and other disasters can strike suddenly, at anytime, anywhere. Idahoans face many risks and must constantly be prepared for a disaster that could destroy important financial information and documents.

If your house had been in the path of a raging wildfire last summer, could you have protected your important financial documents with as little as 15 minutes notice? Wildfires are not the only risk faced in Idaho. The state’s most financially costly natural disaster is flooding which often occurs soon after a wildfire. Frozen pipes and sewer backups can also destroy important documents including the insurance policies purchased to cover the financial losses from these events. It is also important to note that Idaho ranks fifth in the nation for the most earthquakes in any given year. Two of the largest earthquakes in the continental United States caused damage in Idaho triggering damaging landslides and rock falls.

Any of these disasters can damage or destroy your property, force you to temporarily live somewhere else, cut your flow of wages and other income or ruin valuable financial records. Having access to your important financial documents can help you regain much of your pre-disaster financial health as soon as possible. This includes a record of your financial obligations that you would have to use to demonstrate your discretionary income and to qualify for income-based assistance following a disaster.

Natural disasters, fires, flooding and sewer backups are not the only reason that you need to have your important financial documents easily accessible and up-to-date. Documenting information and plans ahead of time, eases the stress loved ones would face in the case of your sudden incapacitation or death. If you experienced a personal crisis, who would handle your affairs and how would that person gain access to your accounts and important documents? Do they know your trusted financial advisors and how to contact them? Would they have durable power of attorney to act on your behalf? Would they know the passwords to your online accounts?

Even if you never experience loss due to a disaster, having your records organized can save you money and give you peace of mind. Your information will be easily accessible, you will have proof of transactions and you will reduce the number of hours you have to spend searching for information.

Admittedly, it can be overwhelming at first to find and document all of this information, but it can be useful in many ways. You can use the information to give you the big picture of your financial situation and help you develop short- and long-term goals. It can also save you money when you meet with a financial planner or an attorney for estate planning. The more time you spend in their office looking for information means a higher fee that you will pay because their time is your money!
Digital Asset Protection

It is also important to organize, protect and plan for your digital assets: email, online banking and investments, websites, social media accounts, cloud storage, blogs, online stores, frequent flyer programs, video and photo sharing sites, PayPal, gaming and mobile apps for any of these accounts.

If you should die suddenly, an Idaho Law effective in 2011, SB 1044, says Executors may access email accounts, social networking accounts, blogging and micro-blogging accounts and short message services (text messages). However, a will or court order can restrict access to accounts if that is your wish. Leaving your “digital assets” out of your organized records may prove burdensome to your survivors and make an already stressful time even more difficult.

A digital estate, or digital legacy, should list all of your digital accounts and their logins (usernames and passwords), account name, account number (if any) and any other personalized information needed to access the account (such as answers to security questions). Given that this is sensitive information, encrypt or password-protect the file. Documenting your digital assets and providing instructions for loved ones on how to handle your online accounts after you die is more and more important in this digital age. Explain which accounts you want closed and deleted and which accounts you’d like to share with others. Decide what specific information should always remain private and which details you want to share. For example, you may want to transfer your photos or a music collection to someone who would appreciate them, but not your emails. Clearly explain whether the information should be shared with all those interested, limited to only those you name or the one person you designate as your digital account manager.

Resource Alert

In Idaho we have an excellent resource to help you organize and document your important financial information. It is titled, Financial Records Organizer: Preparing for Emergencies and Disasters. It can be downloaded free from UI Extension/CALS Communications publications directly at: www.cals.uidaho.edu/edcomm/pdf/BUL/BUL893.pdf.

If you download the publication and complete the worksheets, it is essential that you always secure and protect those files against unauthorized viewing and access. The methods you use to password protect your files—or to protect the devices that store your files—depend on the computer hardware and software that you use. If you complete and print hard copies of your sensitive financial information, it is vital to carefully secure all copies of the information. Shred important documents that contain sensitive information with a cross-cut shredder.

Keywords: Records, organization, preparation, disasters.