



September is National Preparedness Month – “Disasters Don’t Plan Ahead. You Can.”

We are in the heart of Hurricane season and it is of the utmost importance to prepare for a disaster ahead of time. Here are some useful tips on making sure you and your loved ones are prepared when disaster strikes:

- Know your hurricane risk
- Make an emergency plan
 - Know the local evacuation routes
 - Have a plan for where you can stay
 - Make a Family Communication Plan
 - Put together a “go-bag” – disaster supply kit, including a flashlight, batteries, cash, first aid supplies, medications, and copies of your critical information
- If you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads
- Consider buying flood insurance

Visit www.ready.gov/hurricanes for more information on preparing for a hurricane or other natural disaster.

Live Better Louisiana

Thank you to everyone who participated in the Live Better Louisiana program this year. The deadline for the 2020 premium credit discount has passed and we will begin working with Blue Cross and Catapult to notify those of you who qualified. If you did not participate this year, we are in the process of scheduling clinics for the 2021 plan year credit. Stay tuned for more information!

Live Better Louisiana Health Capsule – It’s Time to Give Your Cholesterol and Overhaul!

September is National Cholesterol Education Month. It’s a great time to get your cholesterol checked and take steps to lower it if it is high. High cholesterol usually doesn’t have any symptoms. As a result, many people do not know that their cholesterol levels are high. More than 102 million American Adults have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease. Click on the image below to test your knowledge on cholesterol and how to lower it.



National Childhood Obesity Awareness Month

One in 5 children in the U.S. is obese. Childhood obesity puts kids at risk for health problems that were once only seen in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Here are some simple steps you can take:

- **Eat together as a family** – Studies have found that families who eat dinner together have children that are less likely to be obese and more likely to have healthier eating habits.
- **Offer healthy food options** – Be sure to provide lots of fruits and vegetables. Kids may turn up their noses at some options at first, but don't give up.
- **Limit high fat and high sugar foods** – These may be the foods many kids prefer, but they tend to run low on nutrition and high in calories. Try making healthier versions of their favorite snacks.
- **Serve appropriate portions** – The biggest issue we face in America is our excess food consumption. Be sure that you are providing your kids with portion sizes that are appropriate for their age.
- **Promote physical activity** – It is recommended that kids partake in 60 minutes of moderate-to-vigorous activity most days of the week. Take time as a family to be active.
- **Limit screen time to 2 hours or less** – Screen time can have a negative impact on children's' development in a variety of ways. One critical impact is an increase in obesity risks with higher screen time.
- **Be a role model** – Kids learn by example and will often pick up the behavior of adults in their life. Being active and healthy as a family is a great way to support each other and set the stage for success.

Buffalo Mac N' Cheese Bites



Ingredients

- | | |
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| 1 pkg macaroni and cheese dinner kit | 6 cups water |
| 2 tbsp 2% milk | 2 tbsp process cheese sauce |
| 1 tbsp butter | ¼ c Louisiana hot sauce |
| 1 large egg, beaten | 1 can (6 ounces) French-fried onions, crushed |
| Blue cheese salad dressing | 1 cup all-purpose flour |

Directions

1. Set cheese packet from dinner mix aside. In a large saucepan, bring water to boil. Add macaroni; cook until tender, 8-10 minutes. Drain. Stir in the contents of the cheese packet, milk, cheese sauce and butter.
2. Press 2 tablespoons into greased miniature muffin cups. Refrigerate for 3 hours or overnight.
3. Place hot sauce, flour, egg and onions in separate shallow bowls. Remove macaroni bites from cups. Dip in hot sauce and flour, then coat with egg and onions. Place 2 inches apart on a lightly greased baking sheet.
4. Bake at 400° until golden brown, 12-15 minutes. Serve with dressing.

yields 2 dozen

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