Special Giveaway Today!

Today’s Guide For A Healthy Conversation

Be respectful and open of others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today’s session will be recorded and will be posted to our

Living Well Wednesday web page:
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Contact us at livingwell@ksu.edu for questions or accommodations.
Mental health/illness is an individual and complex condition. And while there are strong connections being made between nutrition and mental health (nutrition psychiatry) this program is not to imply it’s a “cure all”. Always seek medical advice from your doctor, psychologist, psychiatrist or social worker for treatment.
What’s the Connection?

• It’s a complex issue for starters.
• “You are what you eat.”
• Food is fuel for our bodies and that includes the brain.
• The quality of the food you eat *can* impact your overall physical and brain health and therefore your mental wellness.
Heart Healthy Eating = Brain Healthy Eating

- MIND Diet
- Mediterranean-Style Diet, [https://medinsteadofmeds.com/](https://medinsteadofmeds.com/)
- Decrease saturated fats and trans-fats.
- Reduce sugary foods and drinks.
- Increase good gut bacteria. (See next slide.)
- Don’t skip breakfast.
- Stay hydrated.
Healthy Eating…Brain & Gut Connection

- Eat a diverse range of foods.
- Eat plenty of veggies, fruits, beans and legumes.
- Eat fermented foods.
- Avoid artificial sweeteners.
- Eat probiotic foods.
- Breastfeed at least 6 months.
- Eat whole grains.
- Consider more plant-based foods on your plate.
- Eat foods rich in polyphenols.

## MIND Diet

### INCLUDE
- Green leafy vegetables
- Other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

### LIMIT
- Red meats
- Butter and stick margarine
- Cheese
- Pastries & sweets
- Fried or fast food

Source: Martha Clare Morris, ScD, Rush Institute for Healthy Aging, Rush University Medical Center
Defining Processed Foods

• Minimally Processed

• Heavily Processed
Nutrients to Keep in “Mind”

- Omega 3 Fatty Acids
- B Group Vitamins (Folate, Vitamin B12)
- Vitamin D
- Zinc
- Vitamin C
- Beta-carotene
- Selenium
- Magnesium
Tips at the Store

• Be a perimeter shopper.
• Bring on the veggies!
• Whole grains goodness.
• Be a Nutrition Facts reader, 5/20 rule.
• Double-duty…reduce food waste with frozen and canned produce.
“Achieving a healthier brain and reducing your risk of developing dementia can be as straightforward as adopting a healthier lifestyle, including healthier food choices.”

Source: David Lipps, MD (Neurologist & Culinary Medicine Specialist)
10 Ways to Love Your Brain

• Break a sweat.
• Hit the books.
• Butt out.
• Follow your heart.
• Heads up.
• Fuel it right.
• Catch some Zzzz’s.
• Buddy up.
• Take care of your mental health.
• Stump yourself.

Source: Alzheimer’s Association

Learn more about this disease and brain health from the Alzheimer’s 101 fact sheet, ksre-learn.com/ MF3365
“Exercise” Your Brain

• Maintains good blood flow to your brain.
• Releases endorphins.
• Brain exercises = cognitive function.
Walk Kansas 2022

Lifestyle for a healthy mind!
March 27 – May 21, 2022; www.walkkansas.org
Registration opens March 1

- 8-week health initiative provided by KSRE (since 2021)
- Based on PA Guidelines; Move Your Way (all activity counts)
- Focus on increasing physical activity; also healthy eating, getting adequate sleep and managing stress
- Participate in a team of six or choose a solo trail
- Teams select a goal/challenge for physical activity: 2 ½, 4 or 6 hours of moderate PA/week.
- Cost is $10 and includes: weekly newsletter, online tracking system, education webinars and resources, some local events
- State of Kansas employee? Free participation, 4 HealthQuest pts

Drawing for Walk Kansas Team Registration
Health Benefits of Physical Activity for Adults

**IMMEDIATE**

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- **Sleep**
  - Improves sleep quality

- **Less Anxiety**
  - Reduces feelings of anxiety

- **Blood Pressure**
  - Reduces blood pressure

**LONG-TERM**

Regular physical activity provides important health benefits for chronic disease prevention.

- **Brain Health**
  - Reduces risks of developing dementia (including Alzheimer’s disease) and reduces risk of depression

- **Heart Health**
  - Lowers risk of heart disease, stroke, and type 2 diabetes

- **Cancer Prevention**
  - Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

- **Healthy Weight**
  - Reduces risk of weight gain

- **Bone Strength**
  - Improves bone health

- **Balance and Coordination**
  - Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.


Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit https://www.cdc.gov/physicalactivity/everyone/adults/benefits-of-physical-activity-for-adults.html

August 2020
POWER 9®

Nine healthy lifestyle habits shared by people who have lived the longest.

DOWN SHIFT
- Improve your overall wellness by finding a stress-relieving strategy that works for you.

PURPOSE
- Wake up with purpose each day to add up to 7 years to your life.

PLANT SLANT
- Put less meat and more plants on your plate.

WINE @ 5
- Responsibly enjoy a glass of wine with good friends each day.

FAMILY FIRST
- Invest in spending time with family and add up to 6 years to your life.

80% RULE
- Eat mindfully and stop when 80% full.

MOVE NATURALLY
- Find ways to move more! You’ll burn calories without thinking about it.

RIGHT TRIBE
- Surround yourself with people who support positive behaviors.

BELONG
- Belong to a faith-based community and attend services 4 times a month to add 4 – 14 years to your lifespan.

https://www.bluezones.com/
Resources

- Healthy Diet: Eating with Mental Health in Mind; Mental Health America
- Nourish Your Brain with a Healthy Diet; NDSU Extension
- The Role of Nutrition on Mental Health; Taylor Counseling Group
- Food for Thought: Mental health and nutrition briefing; Mental Health Foundation
- Foods to Uplift Your Mood; NOURISH by WebMD
- Rush University Medical Center
- Today’s Geriatric Medicine, The MIND Diet- Fighting Dementia with Food
- Benefits of Physical Activity, CDC
- Learn about Mental Health, CDC
- Healthy eating advice: Trust your gut; KSRE News
Think about this…

• Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. *World Health Organization*

• A healthy outside starts from the inside. *Robert Urich*

• To keep the body in good health is a duty otherwise we shall not be able to keep our mind strong and clear. *Buddha*

• The key to a healthy life is having a healthy mind. *Richard Davidson*
Thank you for joining!

For more information, contact:

Lori Wuellner  
K-State Research & Extension, Wyandotte County  
1216 North 79th Street  
Kansas City, KS  66112  
913-299-9300  
luellne@ksu.edu

Sharolyn F. Jackson, M.S.  
K-State Research and Extension, NE Region  
1007 Throckmorton Hall, 1712 Claflin Rd.  
Manhattan, KS 66506  
785-770-7828  
sharolyn@ksu.edu
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Please take a few seconds to complete our Living Well Wednesday survey.

Scan the QR code with your camera phone or follow this link: https://bit.ly/LWW-MIND

Recording of presentations and handouts will be posted on our Living Well Wednesday website. https://bit.ly/KSRELivingWellWebinars

Join us on March 9th!