



Special Giveaway Today!



MIND Diet & Walk Kansas 2022



Lori Wuehlner

Nutrition, Food Safety & Preservation
Wyandotte County



Sharolyn Flaming-Jackson
FCS Specialist
Northeast Region

Today's Guide For A Healthy Conversation

(We will begin at 12:15pm)

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:
<https://bit.ly/KSRELivingWellWebinars>



**LIVING WELL
WEDNESDAY**
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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

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email:
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Form AD-375-A - Revised Final Revised July 2010
Web: www.usda.gov

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Contact us at livingwell@ksu.edu for questions or accommodations.



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MIND Diet and Walk Kansas 2022

Exploring Mental Health and Nutrition

Presented by:

Lori Wuellner

Health, Nutrition, Food Safety Educator
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Extension Specialist, NE Region
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*Reviewed by Sandy Procter PhD, RD/LD
State Extension Nutrition Specialist and Assistant Professor (retired)*



CAUTION

- Mental health/illness is a 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.



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Heart Healthy Eating = Brain Healthy Eating

- MIND Diet
- Mediterranean- Style Diet, <https://medinsteadofmeds.com/>
- DASH Diet, <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
- Decrease saturated fats and trans-fats.
- Reduce sugary foods and drinks.
- Increase good gut bacteria. (See next slide.)
- Don't skip breakfast.
- Stay hydrated.



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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.
- <https://www.ksre.k-state.edu/news/stories/2021/07/gut-health-aids-digestion-mood-and-thoughts.html>



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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



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Defining Processed Foods

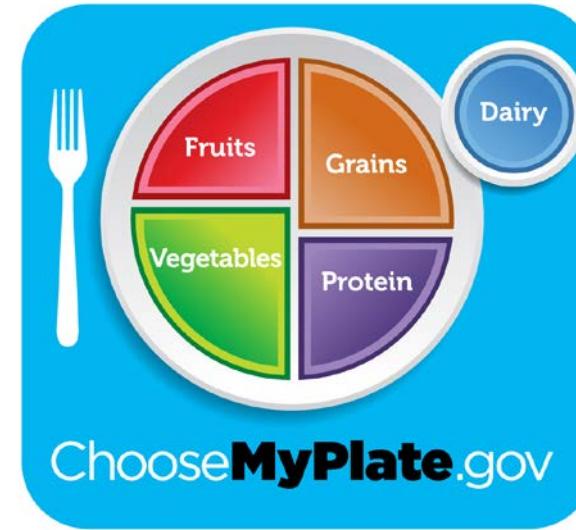
- Minimally Processed
- Heavily Processed





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.





The Big Picture

“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)



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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.

Learn more about this disease and brain health from the Alzheimer's 101 fact sheet, [ksre-learn.com/ MF3365](http://ksre-learn.com/MF3365)

Source: Alzheimer's Association

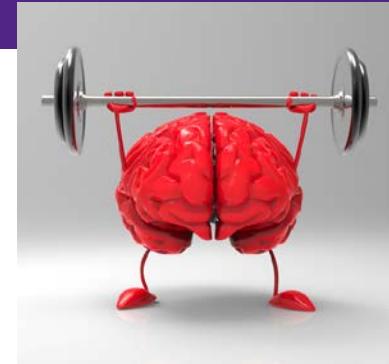


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“Exercise” Your Brain

- Maintains good blood flow to your brain.
- Releases endorphins.
- Physical Activity Guidelines for Americans, 2nd Edition, https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
- Brain exercises = cognitive function.



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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



Emerging research suggests physical activity may also help boost immune function.
Nieman, "The Compelling Link," 201-217.

Jones, "Exercise, Immunity, and Illness," 317-344.

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



Source: *Physical Activity Guidelines for Americans*, 2nd edition

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

August 2020



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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.



Adapted from The Blue Zones Project by Healthways

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:

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

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Find your local Extension office at ksre.kstate.edu

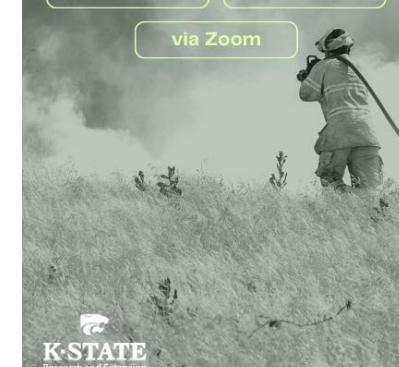
Join us on March 9th!

PREPARING YOUR FINANCES FOR TIMES OF DISASTER

March 9th

12:15-1pm

via Zoom



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If you think your household finances are not vulnerable to disaster, think again. Just one flood, fire, earthquake, or tornado can wipeout a lifetime of savings. Learn steps you can take to help protect your family and business finances from unexpected events of nature.

Presenters:



Deb Wood

Family Resource Management
Central Kansas District



Jy Miller

Family Resource Management
Southwind District

Register at:

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