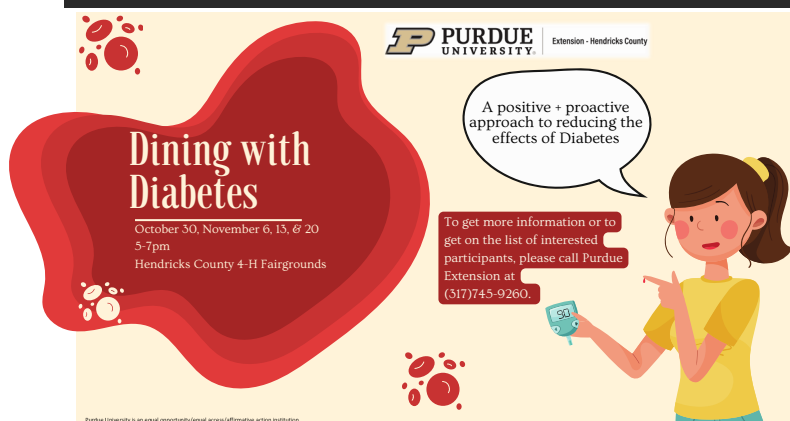




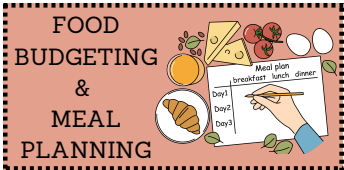
HHS HAPPENINGS

HEALTH & HUMAN SCIENCES NEWSLETTER



Dining With Diabetes is a program for individuals with Diabetes, those at risk for Diabetes and caregivers of those with diabetes. The program is a positive approach in reducing the effects of diabetes. Registration is not yet open, but to ensure we have enough interest to hold the class please contact Purdue Extension Hendricks County at **317-745-9260** or hendrces@purdue.edu to pre-register. You can participate as an individual or couple.

PROGRAMMING & LESSONS

CLASS	DESCRIPTION	DATE AND TIME	LOCATION
COOKING WITH HERBS 	Participants in this lesson will gain the knowledge in using herbs and spices to enhance flavors in your everyday meals without consuming the added sugars and salts contained in many seasoning packets. We will also be learning about the health benefits of each herb and spice used in the demonstration, along with proper storing and preparation techniques. Come join this culinary experience to enhance your flavor pallet and increase your overall health!	September 10th, 2024 10:00 AM September 12th, 2024 6:00 PM	Hamilton County Danville Public Library 101 S Indiana St, Danville, IN 46122
A MATTER OF BALANCE 	A Matter of Balance is a fall prevention program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance is an evidence-based program that enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.	Look for Matter of Balance in Hendricks County this Spring!	
FOOD LABEL READING 	Interested in learning how to identify primary components of food labels, marketing claims and understanding how to make informed food decisions? This 1 hour lesson will give you the tools and take-home handouts to do just that!	September 19th, 2024 6:00 PM	Brownsburg Library 450 S Jefferson St, Brownsburg, IN 46112
FOOD BUDGETING & MEAL PLANNING 	The Purdue Extension's Food Budgeting and Meal Planning program empowers individuals and families to manage food costs and prepare nutritious meals efficiently. Through workshops, meal planning guidance, and supportive resources, participants learn to create budgets, shop smartly, and reduce food waste while improving their overall health. This program is designed for Hendricks County residents seeking to enhance their financial and nutritional well-being.	September 5th, 2024 6:00 PM	Brownsburg Library 450 S Jefferson St, Brownsburg, IN 46112

TEST YOUR PRESSURE CANNER AND GAUGE

Has it been more than a year since you've had your pressure canner or gauges tested? HHS Educator, Amanda Marciano-Feutz is now testing Presto canners and gauges!

Cost: \$5 per canner
call office to schedule a date and time.
317-745-9260





ADAPTED FROM:



“COGNITIVE HEALTH: WHAT’S GOOD FOR THE BODY IS GOOD FOR THE BRAIN”

Densie Webb, PhD, RD

Today’s Dietitian

Vol. 24 No. 8 P. 10

Cognitive decline, although concerning to some, is a natural component of the aging process. However, research has shown that the following five factors *can* reduce the risk of cognitive decline.

1. **Mediterranean, DASH (Dietary Approaches to Stop Hypertension), and MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diets are proven to improve brain health**

The AARP’s Global Council on Brain Health (GCBH) has found that diet does, indeed, impact brain health. According to a 2017 survey on brain health and nutrition conducted by AARP, individuals who consistently eat nutrient-filled and balanced meals report enhanced brain health.

2. **There Is No Such Thing as a ‘Quick Fix’**

Consensus statements provided by the GCBH, in summary, stated that no one food acts as a cure-all for improving brain health. Rather, it’s the combination of a variety of foods and nutrients in *conjunction* that can cultivate those health benefits. Not only can the combination of nutrients help with brain health but it can also help an individual with weight management which has a well-researched correlation with dementia in women (Jacob et al., 2022).

3. **Regular Physical Activity**

Research shows that physical activity helps the brain by influencing genes that could otherwise cause changes leading to cognitive decline. Further, it was found that regular physical activity plays a vital role in slowing the aging of the brain and resulting in improved cognitive function over time. In a research study conducted with adults over age 50, it was found that regardless of cognitive status, cognitive functioning was improved as a result of 45 minutes of physical activity, twice per week (Northey et al., 2018).

4. **Sleep Quality and Quantity**

Past studies have found strong correlations between sleep and brain function in older adults. Evidence has supported that an individual’s sleep quality, in addition to hours of sleep, can impact the rate of cognitive function and decline. A recent study found that cognitive function declined dramatically among those with minimal sleep duration (up to four hours per night) or extensive sleep duration (at least 10 hours per night) in comparison to individuals who slept an average of seven hours per night (Ma et al., 2020).

5. **Stress Management**

Because stress and anxiety can preoccupy the mind from its normal responsibilities, cognitive abilities can weaken in those with long-term stress in terms of decreased brain function, accelerated cognitive decline, and increased occurrence of dementia. Therefore, any activities that can lower stress (i.e., yoga, walking, reading, listening to calming music), can help lower the risk of cognitive decline.

6. **Social Interaction**

Interacting with friends and family can greatly impact cognitive function, as several studies show. One long-term study of 217 older cognitively normal adults found that those who were less socially active experienced faster cognitive decline in individuals with higher levels of amyloid- β in their brains. High levels of amyloid- β proteins are linked to the damage that occurs as a result of Alzheimer’s disease and are known to affect memory and other cognitive functions. However, social interaction was shown to improve cognitive performance regardless of amyloid- β levels (Biddle et al., 2019).

The Bottom Line

The recommendations for delaying cognitive decline with age are the same as those for promoting overall good health: a healthy lifestyle rich in vegetables, fruits, lean proteins, whole grains, and dairy or dairy alternatives, but low in added sugars, sodium, and saturated and trans fats; a minimum of two 45-minute exercise sessions per week; an average of seven hours of sleep per night; and frequent stress-reducing activities along with regular social interaction.

1. Biddle, K. D., d’Oleire Uquillas, F., Jacobs, H. I. L., et al. (2019). Social engagement and amyloid- β -related cognitive decline in cognitively normal older adults. *American Journal of Geriatric Psychiatry*, 27(11), 1247-1256.

2. Jacob, L., Smith, L., Koyanagi, A., Konrad, M., Haro, J. M., Shin, J. I., & Kostev, K. (2022, January 1). Sex-differential associations between body mass index and the incidence of dementia. *Journal of Alzheimer’s Disease*.

<https://content.iospress.com/articles/journal-of-alzheimers-disease/jad220147>

3. Ma, Y., Liang, L., Zheng, F., Shi, L., Zhong, B., & Xie, W. (2020). Association between sleep duration and cognitive decline. *JAMA Network Open*, 3(9), e2013573.

4. Northey, J. M., Cherbuin, N., Pumpa, K. L., Smee, D. J., & Rattray, B. (2018). Exercise interventions for cognitive function in adults older than 50: A systematic review with meta-analysis. *British Journal of Sports Medicine*, 52(3), 154-160.