

# Healthy Congregation Resources

## CHURCH BULLETIN WEEKLY HEALTH TIPS

### January

In a study of more than 30,000 men & women, just 60 minutes of exercise weekly protected against depression. Am. J. Psychiatry, Oct. 2017

Regularly consuming sugary drinks increase risk for hypertension, heart disease, diabetes, prediabetes, obesity in many research studies. J of Endocrine Soc 11/17

A small handful of nuts can be 200 calories. People eating them only once/week often experience less weight gain over time. Tufts Health & Nutrition Let., 1/18

Changing diets doesn't require major overhaul in 18 steps. Small steps work. Try adding more whole fruits, veggies, unprocessed foods. Harvard Heart Let., 1/18

Prolonged loneliness can have serious health effects (depression, sleep deprivation, incr. BP, incr. death). Same as smoking 15 cigarettes/day. UCLA Healthy Years V

### February

Exposure to trees, birdsongs, sky & nature reduced stress, increased well-being especially in persons at greater risk of mental health issues. Mind, Mood, Memory 3/18

People with the highest number of chronic health conditions benefit the most from physical activity and live longer than those not exercising. Mayo Clinic Proc 3/20

60-80% of patients do not give honest answers to their physician regarding exercise, diet, following instructions, possibly jeopardizing their health. JAMA Net 12/18

Vitamin D deficiency was associated with a 75% greater depression risk in a study of 4,000 adults ages 50+. Spend more time in the sun! JAMDA December 2018

Study of older women with <40 minutes of moderate exercise and sedentary for 10 or > hours daily had shorter telomeres in their cells, associated with faster aging. Am. J. Epidem. 2/17

Discourage inflammation! Eat more whole foods compared to processed foods. Omit sugar, saturated fat; add more fruits, veggies, whole grains. Environmental Nutrition 1/19

### March

Even a single bout of exercise may protect your heart right away by inducing ischemic preconditioning. JAMA Cardiology, Nov 29, 2017

Two animal studies show cholesterol plays an important role in inflammation of nerve brain cells leading to symptoms of Multiple Sclerosis. Neurology Today, 2.22.18

It's OK to eat whole soy foods: Soymilk, tofu, edamame moderately. Decrease ones made with textured protein, powders or isoflavones. Harvard Health Letter 3/18

Stress Response can worsen depression, anxiety, high blood pressure, diabetes, heart disease, and even worsen allergies. Harvard Health Letter Mar 2018

### April

Whole grains contain nutrients that dampen the oxidation and inflammation that contribute to many chronic diseases. Harvard Health Letter, April 2018.

Eating 4 servings of whole grains a day lowers risk of dying from heart disease by 23% compared to those who eat few or none. Harvard Heart Letter 4/18

In an Australian Randomized Controlled Trial (RCT), dietary increase of plant foods was better than social support in improving depression. BMC Jan 2017

Some people with gum disease have 2-3 times the risk of heart attack, stroke or other cardiovascular events. Harvard Heart Letter, 3/18

## May

Chronic inflammation as well as diets low in fiber linked to higher risk of colorectal cancer, 3rd most common cancer in U.S. Tufts Health & Nutrition Letter, 6/18

Avoiding gluten is not healthy if there is no celiac disease or true gluten sensitivity and may make it more difficult to get enough fiber. Environmental Nutrition, 6/18

A large study in Japan of 60,000 persons found people who ate slowly compared to those who gulped down food were 42% less likely to be obese. BMJ Open, 2/18

High levels of insulin (but not sugar) seem to promote cancer growth, but high levels of sugar promote secretion of insulin! Environmental Nutrition, Jun 2018

Vitamin K may protect against osteoarthritis, with foods such as green leafy vegetables, broccoli & Brussel sprouts, not supplements. Tufts Health/Nutrition Letter 5/18

## June

Nearly half of added sugars come from sugar-sweetened soda, fruit drinks, sports/energy drinks, sweetened teas & coffee. Environmental Nutrition. Jun 2018

Americans get 61% of calories from highly processed food. Each 10% increase leads to 12% increased risk of cancer. Environmental Nutrition June 2018

Even short bouts of exercise - 5-10 min accumulated during the day improves health & mortality rates. Journal of the American Heart Assoc. (JAHA) 3/20/18

People active in reading/writing/similar activities had 32% lower memory decline than those who didn't. (R. Wilson, Ph.D., Rush Alzheimer's Disease Center, Chicago.)

## July

Sugar is not the cause of cancer directly, but it raises blood sugar quickly, producing extra insulin which does stimulate cancer cell growth. Environmental Nutrition, June 2018

Save money! Americans waste 30% of food purchased, mostly fruits & veggies. Buy only what you can eat this week! Environmental Nutrition, Aug. 2018

Recent research confirms that the strengthening, enhancing, and organization of both old and new memories occurs while we sleep. Mind, Mood & Memory 6/18

People who eat leafy greens daily are less likely to have age-related dementia. Neurology, Jan 16, 2018

## August

Feelings of loneliness may increase your risk of heart disease later in life by nearly double. Mind, Mood, Memory, August 2018.

Studies suggest isolated, lonely people have a higher risk of heart attack or stroke. Make new connections, join a class, volunteer! Harvard Heart Letter, 8/18

Chances of dementia after age 70 decrease even with simple activities like playing board games or reading. Watching TV and shopping did not help. JAMA Psychiatry, 5/30/18

Fish oil supplements do little to help patients prevent heart disease, stroke, or dry-eye problems. JAMA Cardiology, Jan. 2018

Stress makes cortisol leading to weight gain, elevated blood sugar, blood pressure, and GI problems. Seniors, athletes and overworked are most affected. Low carbs = cortisol levels stay high. Environmental Nutrition, June 2018

## September

The closer people follow a diet including higher fat, fried food, eggs, processed meats, and sugary beverages, the higher the risk of dying with heart disease. JAMA 7/12/18

"Fit, but fat" is not true! Study of 90,000+ women for 24 years "healthy but obese" women 39% higher risk of cardiovascular disease. Lancet Diabetes & Endocrine., 5/18

Even if a person only smokes occasionally, there is a 1/3 higher mortality rate than if he or she had never smoked. BMJ Open, Dec. 2017

A study in France showed to decrease dementia: exercise regularly, BP < or = 120/80, cholesterol < 200, BMI < 25, no smoking, blood glucose < 100, fruit/vegetables 3x daily. JAMA, 9/18

## October

Tomatoes top list of foods that boost memory due to high antioxidant level of lycopene; also found in grapefruit, watermelon, papaya, and red peppers. Mind, Mood, Memory, 11/18

In a large study of women ages 50-79, obesity increased breast cancer risk by 58% and was more serious and advanced. JAMA Oncology, Aug 2015

In a study over 15 years, people consuming at least one orange per day had a 60% lower risk of age-related macular degeneration. American Journal of Clinical Nutrition, 7/6/18

9 recent trials of 664 people showed vegetarian & vegan diets improved glycemic control, cholesterol, and weight in diabetic patients. Tufts Health & Nutrition Letter, 10/18

Chronic knee pain that limits activities has been found to be a risk factor for depression. Get treatment, or surgery if necessary. Mind, Mood & Memory, 6/18

## November

Reduced risk for dementia: healthy weight - BMI <25, no smoking, high physical activity, healthy diet, BP <120/80, cholesterol <200, fasting blood sugar <100. JAMA 8/18

In a study of more than 300,000 people, antidepressants like Zoloft and Elavil were associated with sustained weight gain. BML, May 2018

An angry argument or tension with a spouse or partner on a given day can make chronic pain worse. Annals of Behavioral Medicine, Vol 52, Oct 2018

## December

Home cooking can be much better for heart health, by using more plant-based meals including legumes and less salt. Harvard Heart Letter, Jan 2019.

Concerned with inflammation? Fill up on fiber, use a variety of spices, lots of fruits and veggies, and whole vs. processed foods. Environmental Nutrition, Jan. 2019

Trying to exercise sometimes is daunting. Try doing 5 min exercise bouts several times throughout the day, including after meals. Harvard Health Letter, December 2018.