

# MIND Diet & Walk Kansas 2022



Leri Wueller  
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**  
© 2022 Research and Extension Webinars Series

Special Giveaway Today!





In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD 3027, USDA Program Discrimination Complaint Form, which can be obtained online, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410, or

**fax:**  
(833) 256-1665 or (202) 690-7442;

**email:**  
program.intake@usda.gov

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles. (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD 3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410, o

**fax:**  
(833) 256-1665 o (202) 690-7442;

**correo electrónico:**  
program.intake@usda.gov

Esta institución ofrece igualdad de oportunidades.

# Kansas State University is an affirmative-action, equal-opportunity employer.

K-State Research and Extension programs and materials are open to all, without regard for race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status.

**K-STATE**  
Research and Extension  
Family & Consumer Sciences

Contact us at [livingwell@ksu.edu](mailto:livingwell@ksu.edu) for questions or accommodations.



**K-STATE**  
Research and Extension





# MIND Diet and Walk Kansas 2022

## Exploring Mental Health and Nutrition

### Presented by:

*Lori Wuellner*

Health, Nutrition, Food Safety Educator  
K-State Research & Extension, Wyandotte County

*Sharolyn Flaming Jackson, M.S.*

Extension Specialist, NE Region  
Family and Consumer Sciences

*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.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

# 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.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

# 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.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

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

# 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

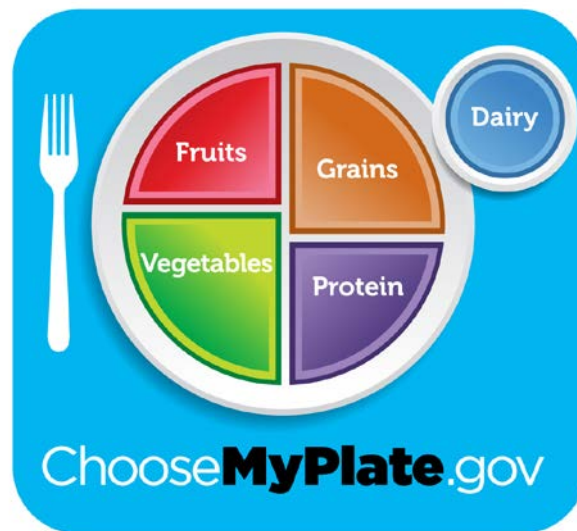


# Defining Processed Foods

- 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.



# 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)



# 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](https://ksre-learn.com/MF3365)

Source: Alzheimer's Association



# “Exercise” Your Brain

- Maintains good blood flow to your brain.
- Releases endorphins.
- Physical Activity Guidelines for Americans, 2<sup>nd</sup> Edition, [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)
- Brain exercises = cognitive function.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

# Walk Kansas 2022

## Lifestyle for a healthy mind!

March 27 – May 21, 2022; [www.walkkansas.org](http://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

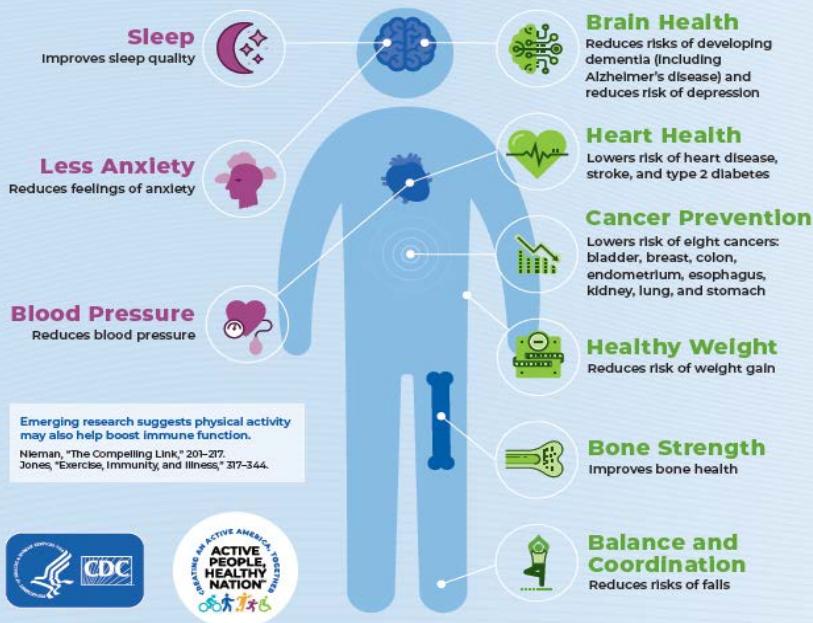


## IMMEDIATE

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

## LONG-TERM

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



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



**K-STATE**  
Research and Extension

# POWER 9<sup>®</sup>

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:**

**Lori Wuellner**

K-State Research & Extension, Wyandotte County

1216 North 79<sup>th</sup> Street

Kansas City, KS 66112

913-299-9300

[lwuellne@ksu.edu](mailto:lwuellne@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](mailto:sharolyn@ksu.edu)



**K-STATE**  
Research and Extension

# Thank you for attending!

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>

**K-STATE**  
Research and Extension

Family & Consumer  
Sciences

Find your local Extension office at [ksre.kstate.edu](http://ksre.kstate.edu)

## Join us on March 9th!

### PREPARING YOUR FINANCES FOR TIMES OF DISASTER

March 9th

12:15-1pm

via Zoom



**K-STATE**  
Research and Extension  
K-State Research and Extension is an equal opportunity provider and employer.

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



*Jay Miller*

Family Resource Management  
Southwind District

#### Register at:

<https://bit.ly/LivingWellWednesdaySeries>



**LIVING WELL WEDNESDAY**  
K-State Research and Extension Webinar Series

Contact us at [livingwell@ksu.edu](mailto:livingwell@ksu.edu) for questions, or visit our website: <https://bit.ly/KSRELivingWellWebinars>



**K-STATE**  
Research and Extension