

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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for additional details.



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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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SAVE THE DATES!

Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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continued on page 4

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Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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Training

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<https://cvent.me/yywPm2>

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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Bluffton, IN 46714

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Dejunking Your Diet

Continued from Page 3



Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

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The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. “But we rely on ultra-processed foods too much to get rid of them,” Hall says. “They’re tasty, they’re convenient, and it doesn’t take much time or effort or skill to prepare them.”

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Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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continued on page 4

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

continued on page 4

Dejunking Your Diet

Continued from Page 3



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Source: National Institutes of Health



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COMMUNITY RESOURCES,
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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

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Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
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Jams and Jellies

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

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Save the Date Extension Homemaker Events	Page 8

Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

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- 11 Extension Homemakers Executive Council, 2:00 PM,
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April 2024

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April 15, 2024, 2:00 PM

Washington Park Pavilion

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Call 824-6069 to register

Objectives

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

Dejunking Your Diet

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Continued from Page 1

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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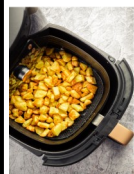


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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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SAVE THE DATES!

Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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continued on page 4

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Source: National Institutes of Health



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Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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Training

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<https://cvent.me/yywPm2>

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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Sleep Myths and Truths

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Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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Dejunking Your Diet

Continued from Page 3



Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

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continued on page 4

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The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

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Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

continued on page 4

Dejunking Your Diet

Continued from Page 3



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Source: National Institutes of Health



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Good Sleep for Good Health

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
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Session 2 of 2

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Health & Human Science News

CALENDAR OF EVENTS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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or *Molly Hoag-Purdue Extension*

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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Annual Homemakers Festival

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Training

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<https://cvent.me/yywPm2>

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

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"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

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The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Continued from Page 3



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Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

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Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

continued on page 4

Dejunking Your Diet

Continued from Page 3



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Source: National Institutes of Health



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COMMUNITY RESOURCES,
VACCINES, GIVEAWAYS
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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

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This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

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Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Cost: \$275.00

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260-636-2111; creigh@purdue.edu
for additional details.



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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

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April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

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Session 2 of 2

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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or *Molly Hoag-Purdue Extension*

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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Training

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Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
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Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

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Bluffton, IN 46714

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

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Continued from Page 1

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Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

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continued on page 4

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Air Fryer Safety Tips
- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Jams and Jellies

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
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USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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continued on page 4

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Jams and Jellies

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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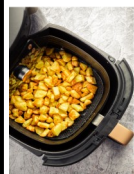


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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

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continued on page 4

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Air Fryer Safety Tips
- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Valuable Resources, In-depth Lectures, Interactive Discussions,
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Jams and Jellies

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Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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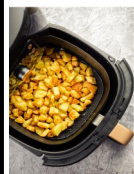


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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Air Fryer Safety Tips
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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Continued from Page 3



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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Jams and Jellies

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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continued on page 4

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Mastering Home Food Preservation Workshop

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Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

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USDA Home Food Preservation recommended procedures are taught.
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Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Purdue Extension Wells County
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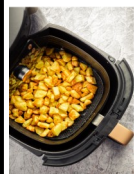


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Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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SAVE THE DATES!

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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continued on page 4

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The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
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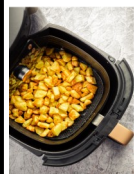


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Bluffton, IN 46714

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

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2 – 5 pm**

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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Source: National Institutes of Health

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<https://cvent.me/yywPm2>

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If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

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continued on page 4

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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continued on page 4

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Source: National Institutes of Health



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Continued from Page 1

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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

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- 27 Memorial Day—County Offices Closed

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
4-H Park, Bluffton

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
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USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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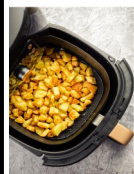


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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. “But we rely on ultra-processed foods too much to get rid of them,” Hall says. “They’re tasty, they’re convenient, and it doesn’t take much time or effort or skill to prepare them.”

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

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continued on page 4

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
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- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Pressure Canning
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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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Bluffton, IN 46714

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Good Sleep for Good Health

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

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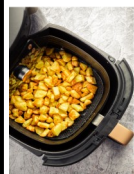


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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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TOPICS COVERED

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Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Jams and Jellies

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Register Online: <https://cvent.me/yywPm2>

Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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continued on page 4

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

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It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Air Fryer Safety Tips
- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Jams and Jellies

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

Annual Homemakers Festival

May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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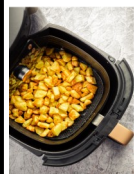


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The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety
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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

REGISTER EARLY!

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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IMMUNIZATION
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

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Dejunking Your Diet

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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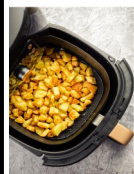


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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

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But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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continued on page 4

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Source: National Institutes of Health



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Continued from Page 1

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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

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- 27 Memorial Day—County Offices Closed

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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Extension

GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

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Jams and Jellies

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

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260-636-2111; creigh@purdue.edu
for additional details.



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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



Volunteer Community Work Day

April 18, 2024

Wells County Community Center
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This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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Cost: \$275.00

**Mastering Home Food Preservation
Notebook Included.**

Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.



Extension

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SAVE THE DATES!

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May 16, 2024

Wells County Community Center
4-H Park, Bluffton



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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



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If you regularly have problems sleeping, talk with your health care provider. They may have you keep a sleep diary to track your sleep for several weeks. They can also run tests, including sleep studies. These look for sleep disorders.



Getting Better Sleep

If you're having trouble sleeping, hearing how important it is may be frustrating. But simple things can improve your odds of a good night's sleep.

Treatments are available for many common sleep disorders. Cognitive behavioral therapy can help many people with insomnia get better sleep. Medications can also help some people.

Many people with sleep apnea benefit from using a device called a CPAP machine. These machines keep the airway open so that you can breathe. Other treatments can include special mouthguards and lifestyle changes.

For everyone, "as best you can, try to make sleep a priority," Brown says. "Sleep is not a throwaway thing—it's a biological necessity."

Source: National Institutes of Health

Mastering Home Food Preservation Workshop

Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755



Training

April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration

<https://cvent.me/yywPm2>

Valuable Resources, In-depth Lectures, Interactive Discussions,
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USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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Good Sleep for Good Health

Continued from Page 1

Sleep Myths and Truths

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night.

There are many misunderstandings about sleep. One is that adults need less sleep as they get older. This isn't true. Older adults still need the same amount. But sleep quality can get worse as you age. Older adults are also more likely to take medications that interfere with sleep.

Another sleep myth is that you can "catch up" on your days off. Researchers are finding that this largely isn't the case.

"If you have one bad night's sleep and take a nap, or sleep longer the next night, that can benefit you," says Wright. "But if you have a week's worth of getting too little sleep, the weekend isn't sufficient for you to catch up. That's not a healthy behavior."

In a recent study, Wright and his team looked at people with consistently deficient sleep. They compared them to sleep-deprived people who got to sleep in on the weekend.

Both groups of people gained weight with lack of sleep. Their bodies' ability to control blood sugar levels also got worse. The weekend catch-up sleep didn't help.

On the flip side, more sleep isn't always better, says Brown. For adults, "if you're sleeping more than nine hours a night and you still don't feel refreshed, there may be some underlying medical issue," she explains.

Sleep Disorders

Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

The most common sleep disorder is insomnia. "Insomnia is when you have repeated difficulty getting to sleep and/or staying asleep," says Brown.

This happens despite having the time to sleep and a proper sleep environment. It can make you feel tired or unrested during the day.

Insomnia can be short-term, where people struggle to sleep for a few weeks or months. "Quite a few more people have been experiencing this during the pandemic," Brown says. Long-term insomnia lasts for three months or longer.

Sleep apnea is another common sleep disorder. In sleep apnea, the upper airway becomes blocked during sleep. This reduces or stops airflow, which wakes people up during the night. The condition can be dangerous. If untreated, it may lead to other health problems.

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Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

Source: National Institutes of Health



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When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Dejunking Your Diet

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Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.

"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain.

DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

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continued on page 4

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft



drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

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Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

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drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

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The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

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Source: National Institutes of Health



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Health & Human Science News

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DEHYDRATING 101

Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714



Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

Objectives

- Basics of Air Frying and different air fryer models
- Cooking/Food Safety Tips
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register

Workshop is Free!

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Ever wonder about dehydrating foods? Whether you're thinking about getting a dehydrator or have one but need guidance, this class is for you! Make sure to sign up for both sessions of this 2 part workshop.

Both Workshops are FREE!

Session 1 of 2

April 15, 2024, 2:00 PM

Washington Park Pavilion

710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

Objectives

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstration of the process

Session 2 of 2

April 22, 2024, 2:00 PM

Washington Park Pavilion

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Objectives

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks



COOKING WITH AN AIR FRYER

May 6, 2024, 2:00 PM

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Considering whether an air fryer would be beneficial for your kitchen or do you already have an air fryer, but aren't sure how to use it? Join us!

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- Basics of Air Frying and different air fryer models
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- Recipes
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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

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continued on page 4

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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

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But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

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People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

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Everything from blood vessels to the immune system uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

"There are certain repair processes that occur in the body mostly, or most effectively, during sleep," he explains. "If you don't get enough sleep, those processes are going to be disturbed."

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Health & Human Science News

CALENDAR OF EVENTS

March 2024

- 5 IEHA District Spring Meeting—Adams County
- 11 Extension Homemakers Executive Council, 2:00 PM,
Comm. Center, 4-H Park
- 11 Extension Homemakers President's Council, 3:00 PM,
Comm. Center, 4-H Park
- 29 Good Friday—County Offices Closed



April 2024

- 15 Dehydrating 101, Session 1, Washington
Park Pavilion, 2 PM
- 18 Volunteer Community Support Work Day,
Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22 Dehydrating 101, Session 2, Washington Park
Pavilion, 2 PM

May 2024

- 6 Cooking With an Air Fryer, Washington Park
Pavilion, 2 PM
- 12 Happy Mother's Day!
- 13 Extension Homemaker's Executive Council, 2:00 PM
- 13 Extension Homemaker's President's Council, 3:00 PM
- 16 Extension Homemaker's Festival, 6:00 PM,
Community Center, 4-H Park
- 27 Memorial Day—County Offices Closed

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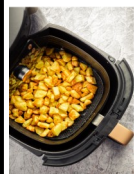


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GOOD SLEEP FOR GOOD HEALTH GET THE REST YOU NEED

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream.

But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

There's more to good sleep than just the hours spent in bed, says Dr. Marishka Brown, a sleep expert at NIH. "Healthy sleep encompasses three major things," she explains. "One is how much sleep you get. Another is sleep quality—that you get uninterrupted and refreshing sleep. The last is a consistent sleep schedule."

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress can disrupt our normal sleep routines. But there are many things you can do to improve your sleep.



Sleep for Repair

Why do we need to sleep? People often think that sleep is just "down time," when a tired brain gets to rest, says Dr. Maiken Nedergaard, who studies sleep at the University of Rochester.

"But that's wrong," she says. While you sleep, your brain is working. For example, sleep helps prepare your brain to learn, remember, and create.

Nedergaard and her colleagues discovered that the brain has a drainage system that removes toxins during sleep.

"When we sleep, the brain totally changes function," she explains. "It becomes almost like a kidney, removing waste from the system."

Her team found in mice that the drainage system removes some of the proteins linked with Alzheimer's disease. These toxins were removed twice as fast from the brain during sleep.

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