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.”

continued on page 6
### CALENDAR OF EVENTS

**March 2024**
- 5th: IEHA District Spring Meeting—Adams County
- 11th: Extension Homemakers Executive Council, 2:00 PM, Comm. Center, 4-H Park
- 11th: Extension Homemakers President’s Council, 3:00 PM, Comm. Center, 4-H Park
- 29th: Good Friday—County Offices Closed

**April 2024**
- 15th: Dehydrating 101, Session 1, Washington Park Pavilion, 2 PM
- 18th: Volunteer Community Support Work Day, Community Center, 4-H Park, 9:00 AM—11:30 AM
- 22nd: Dehydrating 101, Session 2, Washington Park Pavilion, 2 PM

**May 2024**
- 6th: Cooking With an Air Fryer, Washington Park Pavilion, 2 PM
- 12th: Happy Mother’s Day!
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### DEHYDRATING 101

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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**

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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!

Objectives
- Basics of Air Frying and different air fryer models
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- Recipes
- Demonstration and Samples

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Workshop is Free!
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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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

Changing the Brain
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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.

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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.

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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
Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm
Wells County Fairgrounds
Expo Hall in Community Center
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Bluffton, IN 46714

Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
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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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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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
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Community Learning Center
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Kendallville, IN 46755

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

Online Registration
https://cvent.me/yywPm2

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

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*continued on page 6*
Health & Human Science News

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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

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Washington Park Pavilion
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• Explore how dehydrated foods enhance a healthy diet
• Sample healthy dehydrated snacks

COOKING WITH AN AIR FRYER

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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?
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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.

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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.

continued on page 4
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.

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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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First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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Wednesday, April 3
2 – 5 pm

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Getting Better Sleep
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Source: National Institutes of Health
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FOOD PRESERVATION

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**Good Sleep for Good Health**
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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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“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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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.”

continued on page 6
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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
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• Choosing healthy foods to dehydrate
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• Hands-on demonstration of the process

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• Sample healthy dehydrated snacks
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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 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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Source: National Institutes of Health
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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!

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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Continued from Page 1

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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
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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!

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!
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*
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.

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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First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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Wednesday, April 3 2 – 5 pm

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Scan for more information and to register

INDIANA IMMUNIZATION COALITION #VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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

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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
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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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.

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 Nedlygaard, 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.

Nedlygaard 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.”

continued on page 6
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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Source: National Institutes of Health
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FOOD PRESERVATION

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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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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

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.

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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register

#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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

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.

Purdue University Extension - Health and Human Sciences
FOOD PRESERVATION
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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
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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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.”

continued on page 6
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
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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Source: National Institutes of Health
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Continued from Page 1

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Good Sleep for Good Health
Get the Rest You Need

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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

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Both Workshops are FREE!

Session 1 of 2
April 15, 2024, 2:00 PM
Washington Park Pavilion
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Call 824-6069 to register

Objectives
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- Choosing healthy foods to dehydrate
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- Hands-on demonstration of the process

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- 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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*continued on page 4*
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Source: National Institutes of Health
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INdiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
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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
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- Pressure Canning
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Mastering Home Food Preservation Notebook Included.
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260-636-2111; creigh@purdue.edu
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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.

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continued on page 6
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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.

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Call 824-6069 to register  

Objectives  
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- Learn effective storage methods for long-term preservation.  
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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.

continued on page 4
Dejunking Your Diet  
Continued from Page 3

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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.

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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
Health Screenings, Community Resources, Vaccines, Giveaways and More!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community Health Fair

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Scan for more information and to register

Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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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
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Kendallville, IN 46755

Training

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

Online Registration

https://cvent.me/yyyyPm2

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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Notebook Included.
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PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
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.

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continued on page 6
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Call 824-6069 to register

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continued on page 6
**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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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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Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Good Sleep for Good Health
Continued from Page 1

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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
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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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“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.”

continued on page 6
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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?**

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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.

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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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Source: National Institutes of Health
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FOOD PRESERVATION

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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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**Sleep for Repair**

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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
Health Screenings, Community Resources, Vaccines, Giveaways and More!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community Health Fair

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Bluffton, IN 46714

Scan for more information and to register.

Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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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

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

Online Registration

https://cvent.me/yyyyPm2

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
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- Freezing & Dehydrating
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PURDUE UNIVERSITY

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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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“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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“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.”

*continued on page 6*
# Calendar of Events

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- **22**  Dehydrating 101, Session 2, Washington Park Pavilion, 2 PM

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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**
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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?
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
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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Source: National Institutes of Health
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Extension - Health and Human Sciences

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Health & Human Science News

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Washington Park Pavilion
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Call 824-6069 to register

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Dejunking Your Diet
Continued from Page 3

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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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Health & Human Science News

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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.

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.

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

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.

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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.

“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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INdiana Immunization Coalition #VaccinateIndiana
Good Sleep for Good Health
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Source: National Institutes of Health
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Training

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9 AM – 5 PM EST

Online Registration

https://cvent.me/yywPm2

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

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TOPICS COVERED

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Pressure Canning
Pickling & Fermenting
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continued on page 6
March—April 2024

**Health & Human Science News**

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- Cooking/Food Safety Tips
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- Recipes
- Demonstration and Samples

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DEJUNKING YOUR DIET:
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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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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

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.

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.

“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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2 – 5 pm

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Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
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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.

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

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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FOOD PRESERVATION
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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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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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.

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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.”

continued on page 6
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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**

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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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**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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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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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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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

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.”

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Source: National Institutes of Health
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Good Sleep for Good Health
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Source: National Institutes of Health
Mastering Home Food Preservation Workshop

Community Learning Center
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Training
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Online Registration
https://cvent.me/yywPm2

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

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Mastering Home Food Preservation Notebook Included.
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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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**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
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**Session 2 of 2**

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- Basics of Air Frying and different air fryer models
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- Recipes
- Demonstration and Samples

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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.

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- Recipes
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#VACCINATEINDIANA
Good Sleep for Good Health
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- Basics of Air Frying and different air fryer models
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- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

Call 824-6069 to register  
Workshop is Free!
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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.

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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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.

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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INdiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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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.”

Source: National Institutes of Health
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Community Learning Center
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Training
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Online Registration
https://cvent.me/yywPm2

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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
- Jams and Jellies

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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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Extension - Health and Human Sciences

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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.

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.

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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.”

continued on page 6
# 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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Dejunking Your Diet
Continued from Page 3

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Source: National Institutes of Health
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Training
April 30 - May 3, 2024
9 AM – 5 PM EST

Online Registration
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FOOD PRESERVATION

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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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Source: National Institutes of Health
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#VACCINATEINDIANA
**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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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.

Gett[img]

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*Source: National Institutes of Health*
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- Pickling & Fermenting
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Call 824-6069 to register

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Training

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Online Registration

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THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
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Call 824-6069 to register

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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.

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**Health & Human Science News**

**March—April 2024**
**Dejunking Your Diet:**
**The Drawbacks of Ultra-Processed Foods**

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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.

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continued on page 4
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.

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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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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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Source: National Institutes of Health
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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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“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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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.

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Source: National Institutes of Health
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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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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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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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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Source: National Institutes of Health
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Good Sleep for Good Health  
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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.

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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.

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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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.
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Training

April 30 - May 3, 2024
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Online Registration

https://cvent.me/yywPm2

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

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TOPICS COVERED

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- Pickling & Fermenting
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- Jams and Jellies

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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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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
- Air Fryer Safety Tips
- Recipes
- Demonstration and Samples

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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.

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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

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.

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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#VaccinateIndiana
**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.

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.

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*
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Extension - Health and Human Sciences

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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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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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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.”

continued on page 6
Health & Human Science News

CALENDAR OF EVENTS

March 2024
5  IEHA District Spring Meeting—Adams County
11  Extension Homemakers Executive Council, 2:00 PM, Com. Center, 4-H Park
11  Extension Homemakers President's Council, 3:00 PM, Com. 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

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
• Demonstration and Samples

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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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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.

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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.

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.”

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.

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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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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2 – 5 pm

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INDIANA IMMUNIZATION COALITION
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Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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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 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.

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/yyyyPm2

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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Mastering Home Food Preservation
Notebook Included.
Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.

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Extension - Health and Human Sciences

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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.

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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“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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Both Workshops are FREE!

Session 1 of 2
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Washington Park Pavilion
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Call 824-6069 to register

Objectives
• Basic methods and techniques for dehydration
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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
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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Dejunking Your Diet
Continued from Page 3

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Continued from Page 1

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Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
Jams and Jellies

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**Sleep for Repair**

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*continued on page 6*
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### DEHYDRATING 101

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### Both Workshops are FREE!

#### Session 1 of 2
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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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### 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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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

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

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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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register

#VACCINATEINDIANA
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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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.”

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.
SAVE THE DATES!

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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.

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.”

continued on page 6
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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.

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**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
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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Source: National Institutes of Health
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FOOD PRESERVATION
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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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Both Workshops are FREE!

Session 1 of 2
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Washington Park Pavilion
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Call 824-6069 to register

Objectives
• Basic methods and techniques for dehydration
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• Hands-on demonstration of the process

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Call 824-6069 to register

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• 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
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March—April 2024

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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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Health & Human Science News

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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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Indiana Immunization Coalition
VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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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
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for additional details.

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Extension - Health and Human Sciences
Food Preservation

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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.

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continued on page 6
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Objectives
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- Choosing healthy foods to dehydrate
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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!

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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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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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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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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Health & Human Science News

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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.

continued on page 4
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.

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*continued on page 4*
Dejunking Your Diet
Continued from Page 3

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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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Indiana Immunization Coalition
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**Good Sleep for Good Health**

**Continued from Page 1**

**Sleep Myths and Truths**

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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.

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Also find us on: 

Purdue Extension Wells County
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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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Dejunking Your Diet
Continued from Page 3

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Good Sleep for Good Health
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Community Learning Center
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Training
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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!

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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.

Purdue University
Extension - Health and Human Sciences

FOOD PRESERVATION

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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.”

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Both Workshops are FREE!

Session 1 of 2
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Call 824-6069 to register

Objectives
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• Explore how dehydrated foods enhance a healthy diet
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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.

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.

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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.

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continued on page 4
Dejunking Your Diet  
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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.

“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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Extension - Health and Human Sciences

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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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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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• Cooking/Food Safety Tips
• Air Fryer Safety Tips
• Recipes
• Demonstration and Samples

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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.

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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*

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**Workshop is Free!**

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**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
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**May 2024**
- 6: Cooking With an Air Fryer, Washington Park Pavilion, 2 PM
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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.

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

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.

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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.

Source: National Institutes of Health
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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
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Both groups of people gained weight with lack of
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On the flip side, more sleep isn’t always better, says
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Sleep Disorders
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hard they try. These problems are called sleep
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This happens despite having the time to sleep and a
proper sleep environment. It can make you feel
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Insomnia can be short-term, where people struggle
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more people have been experiencing this during
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Sleep apnea is another common sleep disorder. In
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If you regularly have problems sleeping, talk with
your health care provider. They may have you keep
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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
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Treatments are available for many common sleep
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many people with insomnia get better sleep.
Medications can also help some people.

Many people with sleep apnea benefit from using a
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For everyone, “as best you can, try to make sleep a
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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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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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“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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DEHYDRATING 101
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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

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for additional details.

Purdue University Extension - Health and Human Sciences
Food Preservation
An Equal Access/Equal Opportunity University
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Also find us on: 

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or Molly Hoag-Purdue Extension

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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
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• 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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• 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
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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!

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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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

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.

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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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
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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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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.”

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
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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
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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
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.”

continued on page 6
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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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- 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!
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

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.

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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Wednesday, April 3
2 – 5 pm

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Scan for more information and to register

#VACCINATEINDIANA
Good Sleep for Good Health
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Sleep Myths and Truths
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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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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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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

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TOPICS COVERED
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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
- Jams and Jellies

REGISTER EARLY!
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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.

PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

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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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“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.”

continued on page 6
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### DEHYDRATING 101

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#### Session 1 of 2
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Washington Park Pavilion
710 S Mulberry St., Bluffton, IN 46714

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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
- Sample healthy dehydrated snacks

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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
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Health & Human Science News

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• 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!
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.
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.”

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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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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.

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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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#VACCINATEINDIANA
Good Sleep for Good Health
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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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continued on page 6
March—April 2024

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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**Good Sleep for Good Health**  
*Continued from Page 1*

**Sleep Myths and Truths**

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**Getting Better Sleep**

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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 Learning Center
401 E. Diamond St.
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Training

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

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https://cvent.me/yywPm2

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continued on page 6
## 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

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710 S Mulberry St., Bluffton, IN 46714

Call 824-6069 to register

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

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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 6
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
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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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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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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

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.”

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#VACCINATEINDIANA
Good Sleep for Good Health
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Source: National Institutes of Health
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or Molly Hoag-Purdue Extension
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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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 6
Health & Human Science News

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Call 824-6069 to register

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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.

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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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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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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.

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THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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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continued on page 4
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Source: National Institutes of Health
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Getting Better Sleep
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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.

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Sleep for Repair

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continued on page 6
March—April 2024

**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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**Both Workshops are FREE!**

**Session 1 of 2**

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Call 824-6069 to register

Objectives
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- Hands-on demonstration of the process

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continued on page 4
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Good Sleep for Good Health
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TOPICS COVERED
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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
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Mastering Home Food Preservation Notebook Included.
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260-636-2111; creigh@purdue.edu for additional details.

Purdue University
Extension - Health and Human Sciences

FOOD PRESERVATION
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SAVE THE DATES!

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Wells County Community Center
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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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Health & Human Science News

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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
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

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Source: National Institutes of Health
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continued on page 4
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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.

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Good Sleep for Good Health
Continued from Page 1

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FOOD PRESERVATION

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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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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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Good Sleep for Good Health
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Training

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9 AM – 5 PM EST

Online Registration

https://cvent.me/yywPm2

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

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PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

Purdue University is an equal access/equal opportunity university.
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continued on page 6
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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Session 1 of 2
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Call 824-6069 to register
Objectives
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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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**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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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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*continued on page 4*
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.”

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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#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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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.

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
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- Jams and Jellies

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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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**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**
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Washington Park Pavilion
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Call 824-6069 to register

Objectives
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- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks

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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**

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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Source: National Institutes of Health
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INDIANA IMMUNIZATION COALITION
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Good Sleep for Good Health
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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
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continued on page 6
March—April 2024

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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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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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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.”

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Source: National Institutes of Health
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Good Sleep for Good Health
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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
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continued on page 6
**Health & Human Science News**

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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**

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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

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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!

Objectives
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- Recipes
- Demonstration and Samples

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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.

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continued on page 4
Dejunking Your Diet
Continued from Page 3

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Source: National Institutes of Health
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INdiana Immunization Coalition
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Good Sleep for Good Health
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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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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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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
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.

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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.

Source: National Institutes of Health
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2 – 5 pm

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Scan for more information and to register

INFORMATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

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

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Community Learning Center
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Training

April 30 - May 3, 2024
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https://cvent.me/yywPm2

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PURDUE UNIVERSITY
Extension - Health and Human Sciences

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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.

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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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“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

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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

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### 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!
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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Health & Human Science News

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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.

“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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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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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.

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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
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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

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9 AM – 5 PM EST

Online Registration

https://cvent.me/yywPm2

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

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

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Register Online: https://cvent.me/yywPm2
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Mastering Home Food Preservation Notebook Included.
Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu for additional details.
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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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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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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!

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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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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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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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

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.”

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Source: National Institutes of Health
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Source: National Institutes of Health
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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 6**
**Health & Human Science News**

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DEJUNKING YOUR DIET:
The Drawbacks of Ultra-Processed Foods

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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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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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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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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
Continued from Page 3

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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.

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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.

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Source: National Institutes of Health
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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.

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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.

TOPIICS COVERED

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

REGISTER EARLY!

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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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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

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

#### 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

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## 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**
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- Recipes
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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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Dejunking Your Diet  
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Good Sleep for Good Health
Continued from Page 1

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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
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• 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!

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

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.

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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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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.

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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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First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Wells County Community HEALTH FAIR

Wednesday, April 3 2 – 5 pm

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Scan for more information and to register

INdIaNA IMmUNIZATION COALITION
#VaccinateIndiana
Good Sleep for Good Health
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Sleep Myths and Truths
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Some people have conditions that prevent them from getting enough quality sleep, no matter how hard they try. These problems are called sleep disorders.

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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

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

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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Email: mhoag@purdue.edu
Webpage: www.extension.purdue.edu/wells
Also find us on: Purdue Extension Wells County or Molly Hoag-Purdue Extension

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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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*Source: National Institutes of Health*
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Notebook Included.
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Health & Human Science News

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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
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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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.
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.”

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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.

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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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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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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
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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.

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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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
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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/yyyyPm2

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

REGISTER EARLY!

Register Online: https://cvent.me/yyyyPm2
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Notebook Included.
Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu
for additional details.

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Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
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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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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“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.”

continued on page 6
**Health & Human Science News**

**CALENDAR OF EVENTS**

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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
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•  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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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

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.”

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“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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**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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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**

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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.

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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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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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• 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
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.

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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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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INDIANA IMMUNIZATION COALITION #VACCINATEINDIANA
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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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.

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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
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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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continued on page 6
**Health & Human Science News**

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*continued on page 4*
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Training
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Online Registration
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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!

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!
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

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.

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
All services are free.

Health screenings, community resources, vaccines, giveaways and more!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community Health Fair

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Bluffton, IN 46714

Scan for more information and to register

Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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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.”

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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4-H Park, Bluffton

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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.”

continued on page 6
Health & Human Science News

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#VACCINATEINDIANA
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Source: National Institutes of Health
Wells County Community

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Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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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
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Extension - Health and Human Sciences

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Call 824-6069 to register

Objectives
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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!
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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• 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!

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• 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!
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 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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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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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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*continued on page 4*
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INDIANA IMMUNIZATION COALITION
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Good Sleep for Good Health
Continued from Page 1

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Source: National Institutes of Health
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Online Registration
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Purdue University Extension - Health and Human Sciences
Food Preservation

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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.

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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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continued on page 6
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DEJUNKING YOUR DIET:
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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!
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

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.

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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2 – 5 pm
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Scan for more information and to register

INdiana Immunization Coalition
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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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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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!
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Cost: $275.00
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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  
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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.

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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.”

continued on page 6
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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.

“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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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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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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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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#VACCINATEINDIANA
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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.”

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Pressure Canning
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March—April 2024

Health & Human Science News

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continued on page 4
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.

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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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Source: National Institutes of Health
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

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

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TOPICS COVERED

- Food Safety
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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
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260-636-2111; creigh@purdue.edu for additional details.

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
SAVE THE DATES!

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May 16, 2024
Wells County Community Center
4-H Park, Bluffton

Volunteer Community Work Day
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continued on page 6
March—April 2024

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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Both Workshops are FREE!

Session 1 of 2
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Call 824-6069 to register

Objectives
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- Hands-on demonstration of the process

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- Explore how dehydrated foods enhance a healthy diet
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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.

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continued on page 4
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Source: National Institutes of Health
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Good Sleep for Good Health
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Training

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https://cvent.me/yywPm2

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TOPICS COVERED

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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
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continued on page 4
Dejunking Your Diet
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#VACCINATEINDIANA
**Good Sleep for Good Health**

*Continued from Page 1*

### Sleep Myths and Truths

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TOPICS COVERED

- Food Safety
- Boiling Water Canning
- Pressure Canning
- Pickling & Fermenting
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REGISTER EARLY!

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Cost: $275.00
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Notebook Included.
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260-636-2111; creigh@purdue.edu for additional details.

FOOD PRESERVATION

PURDUE UNIVERSITY Extension - Health and Human Sciences
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Health & Human Science News

CALENDAR OF EVENTS

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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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Source: National Institutes of Health
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continued on page 4
Dejunking Your Diet
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INdiana Immunization Coalition
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Good Sleep for Good Health
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TOPICS COVERED
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Pressure Canning
Pickling & Fermenting
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Health & Human Science News

CALENDAR OF EVENTS

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Call 824-6069 to register

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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!

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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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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FOOD PRESERVATION

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Dejunking Your Diet  
Continued from Page 3

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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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Source: National Institutes of Health
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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
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FOOD PRESERVATION

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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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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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Call 824-6069 to register

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- Demonstration and Samples

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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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THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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Source: National Institutes of Health
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Good Sleep for Good Health
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Purdue University Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
SAVE THE DATES!

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May 16, 2024  
Wells County Community Center  
4-H Park, Bluffton

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DEJUNKING YOUR DIET: THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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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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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Dejunking Your Diet
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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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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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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.

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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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register
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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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.

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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.

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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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

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

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.

PURDUE UNIVERSITY Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
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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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.

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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.”

continued on page 6
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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?

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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.

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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.

continued on page 4
Dejunking Your Diet
Continued from Page 3

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Indiana Immunization Coalition
#VaccinateIndiana
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Also find us on: 

Purdue Extension Wells County 
or Molly Hoag-Purdue Extension
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continued on page 6
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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Both Workshops are FREE!

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Call 824-6069 to register

Objectives
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• Hands-on demonstration of the process

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• 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
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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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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#vaccinatetravelindiana
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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.”

continued on page 6
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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.

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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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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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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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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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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16   Extension Homemaker’s Festival, 6:00 PM, Community Center, 4-H Park
27   Memorial Day—County Offices Closed

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Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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This isn’t true. Older adults still need the same
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“If you have one bad night’s sleep and take a nap,
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On the flip side, more sleep isn’t always better, says
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Insomnia can be short-term, where people struggle
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Sleep apnea is another common sleep disorder. In
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For everyone, “as best you can, try to make sleep a
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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.

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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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.

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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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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.

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

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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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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
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Training
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Extension - Health and Human Sciences

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May 16, 2024  
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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.”

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continued on page 6
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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
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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!

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March—April 2024

Health & Human Science News

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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 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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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  
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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.

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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.

Source: National Institutes of Health
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COALITION
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Good Sleep for Good Health
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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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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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

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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.

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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
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4-H Park, Bluffton

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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.”

continued on page 6
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Both Workshops are FREE!

Session 1 of 2
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Washington Park Pavilion
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Call 824-6069 to register

Objectives
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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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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.

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Get the Rest You Need

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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
Health Screenings, Community Resources, Vaccines, Giveaways and More!

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Wednesday, April 3
2 – 5 pm

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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.”

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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.”

continued on page 6
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continued on page 4
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Continued from Page 1

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Get the Rest You Need

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continued on page 6
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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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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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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continued on page 4
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. DiFulceantonio’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. DiFulceantonio 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.

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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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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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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

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
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Call 824-6069 to register

Objectives
- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
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- Hands-on demonstration of the process

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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

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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.

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
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.

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Getting Better Sleep
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Purdue University Extension - Health and Human Sciences

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An Equal Access/Equal Opportunity University
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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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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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continued on page 6
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

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Both Workshops are FREE!

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Call 824-6069 to register
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• Sample healthy dehydrated snacks

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• Cooking/Food Safety Tips
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• Recipes
• Demonstration and Samples

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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.

continued on page 4
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.”

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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Source: National Institutes of Health
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Community Learning Center
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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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Mastering Home Food Preservation Notebook Included.
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PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION
SAVE THE DATES!

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May 16, 2024
Wells County Community Center
4-H Park, Bluffton

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continued on page 6
March—April 2024

Health & Human Science News

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Good Sleep for Good Health
Continued from Page 1

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continued on page 4
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Source: National Institutes of Health
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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.

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continued on page 6
**Health & Human Science News**

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**Session 1 of 2**

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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
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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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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.

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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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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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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.

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Source: National Institutes of Health
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continued on page 6
March—April 2024

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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
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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.

“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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**Objectives**
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- Choosing healthy foods to dehydrate
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- Hands-on demonstration of the process

**Session 1 of 2**

**Session 2 of 2**

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March—April 2024

Health & Human Science News

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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

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.
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

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TOPICS COVERED
- Food Safety
- Boiling Water Canning
- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
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Purdue University Extension - Health and Human Sciences

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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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continued on page 6
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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.

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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.

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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.

continued on page 4
Dejunking Your Diet  
Continued from Page 3

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INdiana Immunization Coalition
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*continued on page 6*
March—April 2024

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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Call 824-6069 to register

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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!

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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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.

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
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Online Registration

https://cvent.me/yywPm2

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TOPICS COVERED

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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.”

*continued on page 6*
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- Sample healthy dehydrated snacks
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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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
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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.

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Good Sleep for Good Health
Continued from Page 1

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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.

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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.

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continued on page 6
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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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!

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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continued on page 4
Dejunking Your Diet  
Continued from Page 3

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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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“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.”

continued on page 6
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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!

  Objectives
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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.

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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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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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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
All services are free

Health screenings, community resources, vaccines, giveaways and more!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Wells County Community Health Fair

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2 – 5 pm

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Scan for more information and to register

Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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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/yyyyPm2

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/yyyyPm2
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Mastering Home Food Preservation Notebook Included.
Contact: Abigail Creigh
260-636-2111; creigh@purdue.edu for additional details.
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March—April 2024

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
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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

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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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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INdiana IMMUNIZATION COALITION
#VACCINATEINDIANA
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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!

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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.

PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
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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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continued on page 6
Health & Human Science News

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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?
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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.

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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.

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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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Good Sleep for Good Health
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Extension - Health and Human Sciences

FOOD PRESERVATION

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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.

“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

## CALENDAR OF EVENTS

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<td>Extension Homemaker’s President’s Council, 3:00 PM</td>
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<td>16</td>
<td>Extension Homemaker’s Festival, 6:00 PM, Community Center, 4-H Park</td>
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<td>27</td>
<td>Memorial Day—County Offices Closed</td>
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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!**
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

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.

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
ALL SERVICES ARE FREE

HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
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Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
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.

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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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!
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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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SAVE THE DATES!

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

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continued on page 4
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or  
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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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“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.”

continued on page 6
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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• Hands-on demonstration of the process

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• Explore how dehydrated foods enhance a healthy diet
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COOKING WITH AN AIR FRYER

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• Cooking/Food Safety Tips
• Air Fryer Safety Tips
• Recipes
• Demonstration and Samples

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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

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.

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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register

#VACCINATEINDIANA
Good Sleep for Good Health  
Continued from Page 1

Sleep Myths and Truths  
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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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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.”

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!
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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.

Purdue University Extension - Health and Human Sciences
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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
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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continued on page 6
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continued on page 4
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Source: National Institutes of Health
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Indiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

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TOPICS COVERED

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- Pressure Canning
- Pickling & Fermenting
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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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continued on page 6
March—April 2024

Health & Human Science News

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Dejunking Your Diet
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Source: National Institutes of Health
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INdiana Immunization Coalition
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Good Sleep for Good Health
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continued on page 6
March—April 2024

Health & Human Science News

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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.

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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.

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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.

continued on page 4
Dejunking Your Diet
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Good Sleep for Good Health

Continued from Page 1

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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!

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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continued on page 6
Health & Human Science News

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Dejunking Your Diet  
Continued from Page 3

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Source: National Institutes of 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.

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

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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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# Health & Human Science News

## CALENDAR OF EVENTS

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**Both Workshops are FREE!**

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Call 824-6069 to register

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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.

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
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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.

“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
Wells County Community
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First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

ALL SERVICES ARE FREE

HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!
Good Sleep for Good Health  
Continued from Page 1

Sleep Myths and Truths
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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.

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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
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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.

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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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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TOPICS COVERED

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

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260-636-2111; creigh@purdue.edu
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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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INdiana Immunization Coalition
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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
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Mastering Home Food Preservation Notebook Included.
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260-636-2111; creigh@purdue.edu for additional details.

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Extension - Health and Human Sciences

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Purdue Extension Wells County  or  Molly Hoag-Purdue Extension
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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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.”

continued on page 6
### 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

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**
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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!

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!
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
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.

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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register

#VACCINATEINDIANA
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.

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 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/ywPm2

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.

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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
- Jams and Jellies

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Register Online: https://cvent.me/ywPm2
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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Extension - Health and Human Sciences

FOOD PRESERVATION
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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
Wells County Community Center
4-H Park, Bluffton

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continued on page 6
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DEJUNKING YOUR DIET:
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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.

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Boiling Water Canning
Pressure Canning
Pickling & Fermenting
Freezing & Dehydrating
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
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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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Also find us on: 

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or Molly Hoag-Purdue Extension

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“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.”

continued on page 6
**Health & Human Science News**

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**Both Workshops are FREE!**

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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.

continued on page 4
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.”

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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.

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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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INdiana Immunization Coalition
#VaccinateIndiana
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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Purdue University Extension - Health and Human Sciences
FOOD PRESERVATION

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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.

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continued on page 6
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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?
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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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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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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

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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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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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continued on page 4
Dejunking Your Diet
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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**

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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**
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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!
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

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.”

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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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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.

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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
ALL SERVICES ARE FREE

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Wednesday, April 3
2 – 5 pm

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Bluffton, IN 46714

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INdiana Immunization Coalition
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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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.”

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!
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Mastering Home Food Preservation Notebook Included.
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260-636-2111; creigh@purdue.edu for additional details.
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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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
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Food Preservation
Purdue University Extension - Health and Human Sciences
An Equal Access/Equal Opportunity University
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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?
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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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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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Good Sleep for Good Health
Continued from Page 1

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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 6
HEALTH & HUMAN SCIENCE NEWS

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Dejunking Your Diet: The Drawbacks of Ultra-Processed Foods

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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.

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

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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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.

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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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Scan for more information and to register

INdiana IMMUNIZATION COALITION
#VACCINATEINDIANA
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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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.”

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

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TOPICS COVERED
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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
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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.

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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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“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.”

continued on page 6
Health & Human Science News

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Call 824-6069 to register

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Sleep Myths and Truths

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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*
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.

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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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2 – 5 pm

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Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
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Continued from Page 1

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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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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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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!

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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Wells County Community Center
4-H Park, Bluffton

Volunteer Community Work Day
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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.”

*continued on page 6*
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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
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- Learn effective storage methods for long-term preservation.
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- 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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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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**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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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.

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.

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 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.”

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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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.

PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
SAVE THE DATES!

Annual Homemakers Festival
May 16, 2024
Wells County Community Center
4-H Park, Bluffton

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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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### 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

---

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### DEHYDRATING 101 Workshop Details

**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

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Call 824-6069 to register

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- Learn effective storage methods for long-term preservation.
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---

### 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
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Health & Human Science News

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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
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• Choosing healthy foods to dehydrate
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• Hands-on demonstration of the process

Session 2 of 2
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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!

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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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.

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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.

continued on page 4
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.”

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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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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

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Training

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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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Extension - Health and Human Sciences

FOOD PRESERVATION

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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
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!

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

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.

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.

“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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Wells County Community HEALTH FAIR

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Scan for more information and to register
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.

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 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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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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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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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.”

continued on page 6
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continued on page 4
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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
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Pressure Canning
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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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FOOD PRESERVATION
SAVE THE DATES!

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Wells County Community Center  
4-H Park, Bluffton

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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.

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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

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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.

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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
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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
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Community Learning Center
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9 AM – 5 PM EST

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

FOOD PRESERVATION

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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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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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DEHYDRATING 101

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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

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• Choosing healthy foods to dehydrate
• Learn to safely preserve food through dehydration
• Hands-on demonstration of the process

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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

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Source: National Institutes of Health
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Community Learning Center
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Training
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https://cvent.me/yywPm2

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- Pressure Canning
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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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.

PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

An Equal Access/Equal Opportunity University
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.

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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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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“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.”

continued on page 6
Health & Human Science News

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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.

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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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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

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.

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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.

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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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Source: National Institutes of Health
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INDIANA IMMUNIZATION COALITION #VACCINATEINDIANA
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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.”

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

Purdue University Extension - Health and Human Sciences

Food Preservation

An Equal Access/Equal Opportunity University
SAVE THE DATES!

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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Extension Educator
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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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“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.”

continued on page 6
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.

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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!
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

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.

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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
Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Explo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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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.

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

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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.

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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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TOPICS COVERED
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- Pickling & Fermenting
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Good Sleep for Good Health
Get the Rest You Need

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continued on page 6
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Session 1 of 2
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• Hands-on demonstration of the process

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THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
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Source: National Institutes of Health
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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Scan for more information and to register

#VACCINATEINDIANA
Good Sleep for Good Health

Continued from Page 1

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TOPICS COVERED

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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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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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“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.”

continued on page 6
Health & Human Science News

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continued on page 4
Dejunking Your Diet
Continued from Page 3

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Notebook Included.
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Health & Human Science News

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Source: National Institutes of Health
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First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
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Purdue University Extension - Health and Human Sciences

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Molly M. Hoag, Editor
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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.

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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 6
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Both Workshops are FREE!

Session 1 of 2
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Call 824-6069 to register

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INDIANA IMMUNIZATION COALITION
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Continued from Page 1

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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.”

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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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.
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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continued on page 6
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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DEJUNKING YOUR DIET:  
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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*Source: National Institutes of Health*
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

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TOPICS COVERED
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Pressure Canning
Pickling & Fermenting
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Jams and Jellies

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Mastering Home Food Preservation Notebook Included.
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An Equal Access/Equal Opportunity University

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Health & Human Science News

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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?
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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.

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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.

continued on page 4
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**Source:** National Institutes of Health
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Good Sleep for Good Health
Get the Rest You Need

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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

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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
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Health & Human Science News

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Dejunking Your Diet
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- Pickling & Fermenting
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Health & Human Science News

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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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Good Sleep for Good Health
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**continued on page 6**
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Call 824-6069 to register

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*continued on page 4*
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HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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Wells County Community
HEALTH FAIR

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Scan for more information and to register

INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
**Good Sleep for Good Health**

**Continued from Page 1**

**Sleep Myths and Truths**

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Training
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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.

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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
- 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.
SAVE THE DATES!

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Email: mhoag@purdue.edu
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Health & Human Science News

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Pressure Canning
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Freezing & Dehydrating
Jams and Jellies

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Health & Human Science News

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DEJUNKING YOUR DIET:  
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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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.

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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.

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#VACCINATEINDIANA
Good Sleep for Good 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.

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Good Sleep for Good Health
Get the Rest You Need

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- **11** Extension Homemakers Executive Council, 2:00 PM, Comm. Center, 4-H Park
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#### 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!
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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**
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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

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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!

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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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

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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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
Wells County Community
HEALTH FAIR

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HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

ALL SERVICES ARE FREE
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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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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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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Community Learning Center
401 E. Diamond St.
Kendallville, IN 46755

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Online Registration
https://cvent.me/yywPm2

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

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Extension - Health and Human Sciences

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Health & Human Science News

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continued on page 4
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#VACCINATEINDIANA
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Email: mhoag@purdue.edu
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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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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
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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!

Objectives
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• Cooking/Food Safety Tips
• Air Fryer Safety Tips
• Recipes
• Demonstration and Samples

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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.

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

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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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.

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Good Sleep for Good Health
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Sleep Myths and Truths
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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.

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

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- Pickling & Fermenting
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Register Online: https://cvent.me/yywPm2
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Sleep for Repair
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Training
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Online Registration
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Extension - Health and Human Sciences

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Telephone: 260-824-6412
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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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- Sample healthy dehydrated snacks

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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!

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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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

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.”

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“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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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.

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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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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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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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.

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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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**Continued from Page 1**

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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

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**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!
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
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.

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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card.

Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
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Scan for more information and to register

INdiana Immunization Coalition
#VACCINATEINDiana
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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/yyyyPm2

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

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Cost: $275.00
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Notebook Included.
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260-636-2111; creigh@purdue.edu for additional details.

PURDUE UNIVERSITY | Extension - Health and Human Sciences

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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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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.”

continued on page 6
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continued on page 6
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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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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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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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

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.

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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.

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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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Source: National Institutes of Health
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#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths
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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.

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

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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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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
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Community Learning Center
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Online Registration
https://cvent.me/yywPm2

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TOPICS COVERED
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- Pressure Canning
- Pickling & Fermenting
- Freezing & Dehydrating
- Jams and Jellies

REGISTER EARLY!

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260-636-2111; creigh@purdue.edu for additional details.
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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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continued on page 6
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Call 824-6069 to register

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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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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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continued on page 4
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.”

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“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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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
HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!

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INDIANA IMMUNIZATION COALITION
#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

Sleep Myths and Truths

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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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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 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!
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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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4-H Park, Bluffton

Volunteer Community Work Day
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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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Both Workshops are FREE!

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Call 824-6069 to register

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- Recipes
- Demonstration and Samples

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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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*Source: National Institutes of Health*
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continued on page 4
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HEALTH SCREENINGS, COMMUNITY RESOURCES, VACCINES, GIVEAWAYS AND MORE!
Good Sleep for Good Health
Continued from Page 1

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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.

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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.

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continued on page 6
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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Source: National Institutes of Health
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INdiana Immunization Coalition
#VaccinateIndiana
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Online Registration
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Source: National Institutes of Health
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**Training**

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**Online Registration**

https://cvent.me/yywPm2

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**TOPICS COVERED**

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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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March-April 2024

Health & Human Science News

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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

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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

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**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!
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.

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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
- Sample healthy dehydrated snacks

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### 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!
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
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.”

Source: National Institutes of Health
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Wednesday, April 3
2 – 5 pm

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Bluffton, IN 46714

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INFORMATIONAL COALITION #VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

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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/yyyyPm2

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

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PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION

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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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Health & Human Science News

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DEJUNKING YOUR DIET: 
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
Dejunking Your Diet
Continued from Page 3

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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.

Source: National Institutes of Health
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**Good Sleep for Good Health**

**Continued from Page 1**

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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.

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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.

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continued on page 4
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2 – 5 pm

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Good Sleep for Good Health
Continued from Page 1

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

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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!
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.

PURDUE UNIVERSITY
Extension - Health and Human Sciences

FOOD PRESERVATION
SAVE THE DATES!

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May 16, 2024
Wells County Community Center
4-H Park, Bluffton

Volunteer Community Work Day
April 18, 2024
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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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“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.”

continued on page 6
March—April 2024

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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**
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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
- Sample healthy dehydrated snacks

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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?
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FOOD PRESERVATION

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Molly M. Hoag, Editor
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continued on page 6
**Health & Human Science News**

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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.

continued on page 4
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

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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.

“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
Wells County Community Health Fair

Wednesday, April 3
2 – 5 pm

Wells County Fairgrounds
Expo Hall in Community Center
1240 4-H Park Road
Bluffton, IN 46714

Scan for more information and to register

Indiana Immunization Coalition
#VACCINATEINDIANA
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 thannine 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.”

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!
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Cost: $275.00
Mastering Home Food Preservation Notebook Included.
Contact: Abigail Creigh
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Webpage: www.extension.purdue.edu/wells
Also find us on: Purdue Extension Wells County or Molly Hoag-Purdue Extension

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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.

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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.

“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.

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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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“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.”

continued on page 6
Health & Human Science News

CALENDAR OF EVENTS

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Both Workshops are FREE!

Session 1 of 2
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Washington Park Pavilion
710 S Mulberry St., Bluffton, IN 46714

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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• Recipes
• Demonstration and Samples

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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.

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continued on page 4
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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
Wells County Community HEALTH FAIR

Wednesday, April 3
2 – 5 pm

First 50 people will receive a free hygiene kit (min value $25), a pack of diapers, and a $10 gas card

Scan for more information and to register

#VACCINATEINDIANA
Good Sleep for Good Health
Continued from Page 1

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- Pickling & Fermenting
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**Sleep for Repair**

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DEJUNKING YOUR DIET:  
THE DRAWBACKS OF ULTRA-PROCESSED FOODS

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continued on page 4
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**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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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.

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
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.

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
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