

WTNS Radio OSU Extension Update for January 27, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about risks for obesity and some upcoming programs from OSU Extension.

For better and for worse, we all inherit particular characteristics from our parents. Maybe it's our mother's eyes, or maybe our father's temper. Some of that is directly the result of the DNA we've received, and some of it comes from the influence they exerted in our environment. When it comes to our health and wellness, it can be challenging to determine whether nature or nurture has more of an impact. In some cases, it may not really matter. But when it causes you to feel powerless or apathetic about how much you can change your condition, it definitely matters.

Results of a long-term study were recently published in Journal of the American Medical Association Cardiology. The study tracked data on more than 2,500 Americans who were followed for decades -- from young adulthood in 1985 to 2010. One of their findings is that body mass index (BMI) in youth appears to be the best predictor of long-term obesity risk.

There have been other studies in recent years that have identified certain genes that are believed to be responsible for a person becoming overweight and obese. There are rare inherited causes of obesity, but this is not the case for the majority of the population. This study suggests that daily lifestyle is the more important factor for determining our weight.

When we look at the BMI of children, this is showing the result of genetics as well as environment. The genes we inherit can certainly make us more susceptible to weight gain, but that doesn't mean it is inevitable. Hopefully, this research can empower people to know that being obese doesn't have to be someone's destiny. Their healthy lifestyle choices – the foods they eat, their portion sizes, and physical activity – can result in a better quality of life.

According to the National Heart, Lung, and Blood Institute, being overweight or obese increases your risk of developing heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems and certain cancers. A European study linked obesity to a nearly 6-fold increased risk of developing type 2 diabetes.

If you are looking for ways to learn more about healthy lifestyle choices while managing diabetes, then OSU Extension has some great resources available. I am pleased that we will be partnering with the Coshocton Regional Medical Center this April to offer Dining with Diabetes. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dining with Diabetes will be held the four Monday evenings of April from 5:30-7:30 pm at Coshocton Regional Medical Center. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are encouraged to also register a support person to attend with you for an additional \$5 total. You can find more details and registration information at coshocton.osu.edu.

Also, mark your calendars for two programs I'll be teaching at the Coshocton Public Library in March. The first will be Monday, March 23 called "Declutter Your Life". Research has shown that cluttered environments limit your brain's ability to focus. Clearing the clutter can seem overwhelming but will reap health and wellness benefits that can improve your life. Whether your clutter is in the form of piles that just don't have the perfect home yet or is hidden behind closed doors, this workshop will help identify your organization preferences to provide lasting behavior change.

The second workshop is the following week on Monday, March 30 and is called "Who Gets Grandma's Yellow Pie Plate?" We've all heard those stories about how a death in the family resulted in major arguments or years of silence between descendants. Planning for the transfer of both titled and non-titled property is an important issue that can significantly impact family relations. This workshop will focus on non-titled property – so not the land or buildings or vehicles that have titles- but all the other things we own that don't have titles. Our time together will help you learn about strategies to jumpstart conversations about inheritance, how complex emotional and family relationships impact personal property decisions, and some key decision making factors in non-titled property transfer. Both of these programs are free and you are asked to RSVP to the Coshocton Public Library at 740-622-0956.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!