

WTNS Radio OSU Extension Update for February 13, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about body image, and as always look at some upcoming programs from OSU Extension.

If you could change one thing about yourself, what would it be? I have a feeling that you might answer that question differently depending on your stage in life. An older, more mature you may respond with a character quality you'd like to improve. But for many young people, the answer to that question would relate to their physical appearance.

According to the National Eating Disorder Association (NEDA), "body image" can be defined as our thoughts, perceptions, and attitudes about one's physical appearance. This can be negative or positive. Positive body image acknowledges that our body has little to do with character or value as a person. Negative body image includes feeling shame, anxiety, or self-consciousness about one's shape as well as a distorted perception of physical appearance.

Theresa Ferrari, OSU Extension Specialist for Youth Healthy Living, says that we compare our image of ourselves to what we think is the "ideal" image. She reminds us that the media shapes attitudes and beliefs that contribute to what we view as the ideal body. It is important for young people to become critical viewers of media messages. Question the images you see on television, in magazines, and on the internet and social media. Don't internalize the message that equates being thin with beauty, success, and health.

Tim Jahn, Human Development Specialist, Cornell Cooperative Extension has some suggestions for parents to promote healthy body image in their children and teens.

Be positive about your own body. Watch what you are modeling for your children. If you are obsessed with your appearance, children will learn from your example. Also, avoid conflicts over food. Trying to control how much and when your children eat may teach them not to respect their own biological cues for hunger and fullness. Insisting that children "clean their plates" may begin a connection between eating and parental approval and love.

The most important thing is to give your children unconditional love and acceptance. Focus on what children can do with their bodies, rather than what their bodies look like. Jahn reminds us

that even if you compliment a child's appearance, you may be sending the message that how he looks is more important than what he can do.

And now let's look at some upcoming programs from OSU Extension. In just two days we celebrate Family and Consumer Sciences Educator Day! If a teacher made a difference in your life by helping to teach you life skills related to cooking, nutrition, personal finances, or positive family relationships – take a moment this week to thank that person!

Whether you have been living with diabetes for years or are just beginning your journey, come and learn about healthy choices that taste good. I will be teaching a “Healthy Eating with Diabetes” program on Thursday, February 23 at 11:00 AM at the Coshocton Senior Center. I will share diabetes management strategies and a healthy snack.

OSU Extension is hosting a three-part webinar series on “Starting a Food Business,” to help producers wanting to sell home-based and farm-raised foods directly to consumers and retailers. I hope you'll join me for the next in this free webinar series *Selling Home-Based Foods* on February 29. Find details and the registration link at go.osu.edu/foodbusiness.

Also, registration is open for the East Ohio Women in Agriculture Conference. This year's conference will be in Wooster on Friday, March 24. This year's keynote speaker is Rebecca Miller, editor of Farm and Dairy. There will be 16 breakout sessions on a variety of livestock, crop, and business topics as well as those relating to home, family, and communication. Visit our Facebook page, OSU Extension Coshocton County, for more information.

Also, several other programming dates for 2023 have been set. If you are interested in food safety training, eating with diabetes, or personal and family finances, be sure to check out our website, coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and 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!