WTNS Radio OSU Extension Update for May 6, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about No Diet Day, and as always look at some upcoming programs from OSU Extension.

Today is International No Diet Day. This began in 1992 as an encouragement to reject diet culture and promote healthy relationships with food, movement, and body image. Eating disorders are quite complicated. The general accepted view is that people who are genetically prone to eating disorders have a greater risk when surrounded by social influences like dieting for a certain weight and body shape.

According to the National Eating Disorder Association, eating disorders are mental and physical illnesses. This is most common in adolescents and young females. An estimated 1 in 12, or maybe even 1 in 10, Americans have eating disorders.

The most common types of eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder. These conditions can be serious and life-threatening. Over time, long-term eating disorders can result in substantial harm to a person's physical, biological, and social health and functioning. Of all mental health conditions, anorexia nervosa has the highest death rate.

Eating disorders can involve more than nutrition. Besides our food intake, physical activity also affects our weight and body shape. Therefore, excessive exercise can be another characteristic of eating disorders.

According to University of California Davis Health, the top risk factors for eating disorders include females aged 15-19 having previously shown concerns about weight, and having a history of other mental health concerns, like anxiety and obsessive-compulsive disorder (OCD). They may participate in elite or individual sports. (Research shows that team sports tend to be more protective.) They may display a desire for perfection in all they do. Transition times such as changing schools, moving to a new house, family conflict, or generally feeling neglected can contribute.

The core of much of what surrounds eating disorders is a desire for control. Especially when other parts of life seem out of control, being able to manipulate food intake and physical activity

gives a sense of power that brings peace to the individual. But this is at a great cost that ultimately is very unhealthy. Supportive and close relationships can help prevent eating disorders. Especially for the young girls and women in your life, help them to focus on their character rather than what their bodies look like.

And now let's see what else is new from OSU Extension. Coshocton County 4-H has opportunities for youth to learn, make connections, and have fun this summer! Cloverbud Camp is for youth ages 5 and in kindergarten through 8 and in second grade as of January 1. Cloverbud Camp will be June 8 at Lake Park from 9 a.m. – 2 p.m. Cost is free and includes lunch and snack. Registration is due to OSU Extension by May 31.

4-H Junior Camp is July 5–9 at 4-H Camp Ohio. Junior Camp is for youth ages 8 and in the 3rd grade on January 1 through those in 7th grade on January 1. Camp creates an experience of a lifetime for the campers, including new learning experiences, friendships, skills, and fun. Cost for Junior Camp is $135 for all campers. We thank the Coshocton County Youth Financial Support Committee for their support of both camping programs. Please contact OSU Extension with any questions at coshocton.osu.edu or 740-622-2265.

Plan now to attend food preservation classes this summer. I'll be offering a Freeze Drying class on July 16 and a Canning Basics class on August 7. Both programs will be held at Schumaker Farms. You can email me or call me at the office with any food preservation questions you may have or to have your canner dial gauge tested.

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