

WTNS Radio OSU Extension Update for August 14, 2023
Healthy People. Healthy Finances. Healthy Relationships.

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

A couple of weeks ago, we wrapped up our latest series of Dining with Diabetes classes in partnership with Coshocton Regional Medical Center and support from Coshocton Public Health District. Over four weeks, we prepared and ate meals together and learned about managing diabetes well.

It is not always the case, but often people diagnosed with type 2 diabetes are overweight. According to the American Diabetes Association, over 85 percent of people with type 2 diabetes are overweight or obese. The CDC says that losing 5% to 10% of body weight can improve health and well-being. In many cases, weight loss makes blood sugar levels easier to manage and may even reduce the need for medication.

We don't focus on weight loss specifically in the Dining with Diabetes classes, but we do talk about healthy habits and lifestyle changes that can result in weight loss over time. Two of those habits are decreasing portion sizes and increasing physical activity.

Portion Size: The USDA has charts upon charts that estimate the number of calories we should consume each day. These are broken down by age and gender and physical activity level. In most cases, we really don't need as many calories as we think we might. Once we reach adulthood our caloric needs decrease as we age.

One chart suggests that once women reach age 50, they need about 200 fewer calories each day—a total of 1,800 calories if they are moderately active. For men, the decrease begins in their mid-twenties and again in their mid-forties. A 50-year-old man needs about 2,400 calories per day if they are moderately active.

We encourage the MyPlate method when thinking about portion sizes for a meal. First off, start with a smaller plate. When our eyes see all that empty space on a big plate, our brains tell us we should add more food. Then aim to fill half your plate with non-starchy vegetables. The more

colors the better- red peppers, orange carrots, yellow summer squash, green broccoli, purple beets, etc.

Next add protein to a quarter of the plate. Stretch the possibilities here. Eat beans and eggs as well as lean cuts of meat and poultry. Then add a starch to the other quarter like potatoes, peas, corn, pasta, or bread, and avoid adding sauces or a lot of butter. Adding low-fat dairy products and fresh fruit is another way to make sure you are getting important nutrients.

Physical Activity: This is about so much more than weight management. The latest Physical Activity Guidelines for Americans, by the US Department of Health and Human Services, continues to encourage adults to get at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days each week.

New evidence shows that physical activity helps prevent eight types of cancer (bladder, breast, colon, endometrium, esophagus, kidney, stomach, and lung) and reduces the risk of dementia, heart disease, stroke, high blood pressure, type 2 diabetes, and depression. For older adults, physical activity also lowers the risk of falls and injuries from falls.

There is also evidence to suggest that physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease. Lots of reasons to get moving!

And now let's look at what's new from OSU Extension.

We are pleased to announce the hiring of our new Agriculture and Natural Resources Educator, Chris Allen. Today is Chris's first day! We are excited to have him as a part of our Extension team. You will begin hearing Chris's weekly agriculture updates soon here on WTNS.

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!