WTNS Radio OSU Extension Update for January 26, 2025
Healthy People. Healthy Finances. Healthy Relationships.

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

How often do you consider the tiny, butterfly-shaped gland that influences our metabolism, energy levels and even our mood? Our thyroid produces two main hormones that are together called the thyroid hormone. The thyroid is part of our amazing and complex endocrine system.

January is Thyroid Awareness Month. We don't hear a lot about thyroid disease until we know someone who is diagnosed. The American Thyroid Association estimates that 20 million Americans have some form of thyroid disease.

Because the thyroid regulates metabolism, problems with our thyroid interfere with how our body transforms the food we consume into energy for our cells to carry out their important functions. There are many thyroid problems, but the most common are hypothyroidism and hyperthyroidism.

Hypothyroidism means the thyroid is not producing enough thyroid hormone for the body to get the energy it needs. The result is fatigue, weigh gain, and depression.

The opposite is true for hyperthyroidism, when too much thyroid hormone is released. This leads to rapid weight loss, increased heart rate, and anxiety.

It is worth nothing the connection between thyroid health and mental health. Many individuals with thyroid disorders experience mood swings, anxiety, and depression.

The American Thyroid Association has excellent educational resources on their website thyroid.org. If you have concerns about any symptoms you have that might be thyroid related, be sure to talk with your healthcare provider.

And now let's see what else is new from OSU Extension.

The ServSafe® Manager Food Safety Training course will be offered on Tuesdays March 4-18, with the proctored exam Tuesday, March 25. The ServSafe® Manager training meets Ohio Department of Health requirements by providing in-depth food safety and safe food handling

education for owners, managers, and operators within the food service industry. Registration information is now available at coshocton.osu.edu.

Also, registration is now open for the next series of Dining with Diabetes classes. OSU Extension and Coshocton Regional Medical Center collaborate to teach Dining with Diabetes, which is a cooking school and nutrition education program designed for people with diabetes, pre-diabetes, and their family members. In a series of four classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes discussion with a dietitian about skills to manage diabetes. Dining with Diabetes will be held on Thursday evenings April 10 through May 1.

And registration is now open for the 2025 East Ohio Women in Agriculture Conference. This year's conference will be on Friday, March 21 from 9:00 am – 4:00 pm at Shisler Event Center on The Ohio State University's Wooster Campus. The conference will feature 24 break-out sessions in 6 tracks including: Plants, Animals, Business & Marketing, Home & Family, Special Interest, and Personal Development. We are thrilled to have international speaker, author, and farm coach, Elaine Froese, at our conference this spring. She's on a mission to guide farm families, across North America, to get unstuck, communicate better, find harmony through understanding, and secure a profitable farm legacy. Find registration on our Facebook page.

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, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day!