



LIVE WELL WORK WELL

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Mental Health Issues Increased Significantly in Young Adults Over Last Decade

The percentage of young Americans experiencing certain types of mental health disorders has risen significantly over the past decade according to research published by the American Psychological Association.

“More U.S. adolescents and young adults in the late 2010s, versus the mid-2000s, experienced serious psychological distress, major depression or suicidal thoughts, and more attempted suicide,” said lead author Jean Twenge, PhD, professor of psychology at San Diego State University.

Twenge and her co-authors analyzed data from the National Survey on Drug Use and Health. They looked at survey responses from more than 200,000 adolescents age 12 to 17 from 2005 to 2017, and almost 400,000 adults age 18 and over from 2008 to 2017.

“Cultural trends in the last 10 years may have had a larger effect on mood disorders and suicide-related outcomes among younger generations compared with older generations,” said Twenge, who believes this trend may be partially due to increased use of electronic communication and digital media, which may have changed modes of social interaction enough to affect mood disorders. She also noted research shows that young people are not sleeping as much as they did in previous generations.

The increase in digital media use may have had a bigger impact on teens and young adults because older adults’ social lives are more stable and might have changed less than teens’ social lives have in the last ten years, said Twenge.

“These results suggest a need for more research to understand how digital communication versus face-to-face social interaction influences mood disorders and suicide-related outcomes and to develop specialized interventions for younger age groups,” she said.

Given that the increase in mental health issues was sharpest after 2011, Twenge believes it’s unlikely to be due to genetics or economic woes and more likely to be due to sudden cultural changes. If so, that may be good news, she said. “Young people can’t change their genetics or the economic situation of the country, but they can choose how they spend their leisure time.” she said. “Overall, make sure digital media use doesn’t interfere with activities more beneficial to mental health such as face-to-face social interaction, exercise and sleep.”

American Psychological Association. “Mental health issues increased significantly in young adults over last decade: Shift may be due in part to rise of digital media, study suggests.” ScienceDaily. www.sciencedaily.com/releases/2019/03/190315110908.htm (accessed May 16, 2019).

Fuel Your Workout the Right Way

You have to put gas in your car to make it go, right? The same concept can be applied to your body and working out. Just like you can't expect your car to get you from point A to point B without fuel, you can't expect your body to get you through a workout if it's not properly fueled. Here's what you should be eating before, during, and after a workout for optimal results.

Before Your Workout: Nutritionists agree that the best way to fuel your workout is to eat 1-4 grams of carbs per every 2.2 pounds of your weight about an hour before your workout. Some examples of a good pre-workout snack include a piece of whole-grain toast with peanut butter and banana slices, fruit and Greek yogurt, or a peanut butter and banana protein smoothie. You should also make sure you're hydrated before you start your workout.

During Your Workout: If your workout lasts less than 45 minutes, you really only need to focus on replenishing the fluids you're sweating out. If your workout is focused on endurance, like an extended run or lengthy lifting session, consume 30-60 grams of carbs per hour to fuel your workout.

After Your Workout: What you eat after your workout is just as important as what you eat before. Make sure to consume 15-25 grams of protein within one hour of finishing your workout to replenish the muscle glycogen you exerted during your workout. Continue to hydrate and consume protein to help keep muscle soreness at bay. If you had a particularly intense workout, consider drinking water or sports drinks enriched with electrolytes to fully replenish your body.

People Under 40 Diagnosed With Type 2 Diabetes Face Excess Risk of Cardiovascular Disease, Death

People under age 40 who are diagnosed with Type 2 diabetes are more likely to have or die from cardiovascular disease than those of a similar age without diabetes, and the excess risks were more pronounced in younger women, according to new research in the American Heart Association's journal *Circulation*.

"Our study shows the differences in excess diabetes risk are tied to... how old the person is when they are diagnosed with Type 2 diabetes," said Naveed Sattar, M.D., Ph.D., lead author of the study and professor of Metabolic Medicine at the University of Glasgow in the United Kingdom.

Obesity rates have steadily increased in high-income countries and in young people over the last 30-40 years. As a result, more adolescents and young adults are being diagnosed with Type 2 diabetes than ever before, according to the study.

Using data from the Swedish National Diabetes Registry, researchers monitored 318,083 Type 2 diabetes patients and 1,575,108 age, sex and county-matched people as a control group from 1998 to 2013 for heart disease-related conditions. Death resulting from heart disease or any other cause was followed from 1998 to 2014.

Patients with Type 2 diabetes and similar aged controls had their risk for developing heart disease, heart attack, stroke, hospitalization from heart failure, and atrial fibrillation assessed. Researchers also evaluated death from cardiovascular disease and any other conditions.

"This suggests we need to be more aggressive in controlling risk factors in younger Type 2 diabetes populations and especially in women," Sattar said. "Furthermore, our work could also be used to encourage middle-aged people at elevated diabetes risk to adopt lifestyle changes to delay their diabetes by several years."

The study followed a mostly white European population, so additional studies examining the role of cardiovascular disease in non-white populations who have Type 2 diabetes are needed."

American Heart Association. "People under 40 diagnosed with type 2 diabetes face excess risk of cardiovascular disease, death." ScienceDaily. www.sciencedaily.com/releases/2019/04/190408080205.htm (accessed May 16, 2019).

Summer Picnic Safety Tips

At some point in the summer, most of us will spend time outside with family and friends at a picnic or backyard cookout. If you aren't careful about handling foods during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.

Stay safe with these simple tips:

- Wash cooking equipment, dishes, and utensils between uses. Be sure to clean the grill's surface after each use and to wash cutting boards after cutting raw meat.
- Store all perishables in a cooler with ice on top, not just underneath. Use one cooler for drinks and one for food. Never eat anything that has been left out of a refrigerator or cooler for more than two hours.
- Invest in a meat thermometer so you can make sure all meat is cooked to the proper internal temperature.

Food Safety Tips to Know

Danger Temperature Zone: 41° - 135° F
This is the range where the most rapid bacteria growth occurs.

Safe Temperature Zones: 41° - 135° F

Cold Foods: 40° F and Below

Hot Foods: 140° F and Above



June Recipe

Ham and Green Onion Quiche

Crust:

- 1 cup wheat flour
- ½ cup parmesan cheese
- 4 Tbs. light butter or margarine, softened
- 2 Tbs. skim milk

Filling:

- 8 egg whites plus 1 yolk
- ½ cup fat free cottage cheese
- 8 oz chopped lean ham (omit for vegetarian)
- ¼ cup chopped green onion
- 1 clove of garlic, minced
- ½ tsp. black pepper
- ¼ tsp. salt



For crust, pre-heat oven to 375 degrees Fahrenheit. Combine all crust ingredients with a hand mixer until large lumps start to form. Press dough into a pie pan evenly. Cover with tin foil and set in oven while preheating, until egg mixture is ready.

Whisk all filling ingredients together. Remove crust from oven and take off foil. Add mixture into pie pan. Cook for 45 minutes to an hour, or until the top of the quiche pops up. Other variations: Add ¼cup broccoli, chopped spinach, or asparagus.

Yield: 6 servings. Each serving provides: Calories- 255, Carbs- 16g, Protein- 23g, Fat-7g.

Jared and Amanda Hansen. "A Light Quiche." Staylean Blog. August 14, 2009. Accessed May 16, 2019
<http://staylean.blogspot.com/2009/08/light-quiche.html>

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