



934TH AIRLIFT WING

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Prevention Connection: Building a Healthier Community

Inside: A Culture of Respect; Month of the Military Child; Re-train Your Brain and Other Helpful Skills; A Lesson for a Rainy Day; What Would You Do?

Alcohol Awareness-What You Might Not Know by Eric Neal

There's a lot of things you might already know about alcohol consumption. Consumption of alcohol can be a positive or negative thing. In moderation, it can be healthy as 1 can of beer per day is good for improving HDL cholesterol (1) and 5 ounces of red wine per day is good for the heart. Consumption of alcohol can also be very addictive and lead to many negative consequences to include car accidents, hypertension, and mistakes made in an altered mind state. Most of us are aware of what I mentioned above, but let me tell you something you might not know.

Many would like to consider alcohol as some type of sleeping aid because it makes them fall asleep easily, but it is actually the opposite. Alcohol imposes a negative impact on sleep because a few hours after the immediate sleep-inducing effect, the alcohol levels in the blood start to fall causing a stimulant or wake-up effect preventing a full night of sleep. (2) *Continued on next page.*

Special points of interest:

For more information on Alcohol Awareness go to:

<https://www.cdc.gov/alcohol/resources.htm>

<https://www.aa.org>

<https://addictiontreatmentmagazine.com/rehab/minneapolis-va-healthcare-system-addiction-recovery-services-ars-minneapolis/>

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Alcohol consumption increases our caloric intake and imposes a negative effect on metabolism. Light beer is typically about 95 calories per 12 ounces, while regular beer runs at 150 calories and wine coolers at 170 calories for the same amount, 80 proof liquor is typically 105 calories without the mix, and wine is 110 calories per 5 ounces. (2) These calories really add up, especially if you want it to taste good by making that 80 proof liquor a margarita or mixed drink and then who wants to stop at 1 when it tastes that good. Do the math and see how many calories you might consume when you and go out to have drinks and how often you have them. It can really add up and have its effects on weight management.

Speaking of weight management, now I'm really getting to something you might not be aware that happens. Alcohol is processed differently than carbohydrates, proteins, and fats and calories from ethanol can't be stored and utilized later. Alcohol interferes with vitamin activation and decreases the body's ability to utilize fat as fuel. "The American Journal of Clinical Nutrition" found that the metabolism of alcohol decreased whole body lipid oxidation by 73%. (3) In addition to the inhibition of using fat as fuel, alcohol increases risk for dehydration, heat illness, and muscle cramping and the excessive intake inhibits body's ability to make protein decreasing immune function. Excessive alcohol can also have negative consequences to our hormones (see table on next page). (4) Considering everything I've covered from weight management, safety, performance, health, and hormones, you might look at alcohol consumption, especially in excess, in a different light if optimal performance is a goal that you value.

1. *American Heart Association, <http://www.americanheart.org/presenter.jhtml?identifier=4422>, accessed 10 Feb 2010*
2. *Better Bodies for Better Lives Slides Orange and Yellow Lessons, 2014*
3. *Sports, Cardiovascular, and Wellness Nutrition (SCAN) Dietetic Practice Group, Nutrition Fact Sheet, Alcohol and Athlete Performance, 2010*
4. *Endocrinol Metab Clin North Am. 2013 Sep; 42(3) 593-615*

Summary of hormonal changes induced by acute and chronic alcohol exposure.

Endocrine Gland	Hormone	Acute alcohol		Chronic alcohol	
		Male	Female	Male	Female
Hypothalamus	CRH	↑	↑	↔	↔
	LHRH	↑	↑	↔	↔
	TRH	↔	↔	↓	↓
	GHRH	↓	↓	↓	↓
	Somatostatin	↔	↔	↔	↔
Anterior Pituitary Gland	ACTH	↑	↑	↓	↓
	LH	↑	↑	↔	↓↔
	FSH	↑	↑	↓	↑
	TSH	↔	↔	↔↓	↔↑
	GH	↓	↓	↓	↓
	Prolactin			↑	↑
Adrenal cortex	Cortisol	↑	↑	↑	↑
Testes	Testosterone	↓	↔	↓	↑
Ovaries	Estrogen	↑	↑	↑	↑
	Progesterone		↓		↓
Thyroid Gland	T4	↔	↔	↓	↓
	T3	↔	↔	↓	↓
Pancreas	Insulin	↓↔	↓↔	↓	↓

A Culture of Respect by Liz Swanson, SARC

April is Sexual Assault Awareness and Prevention Month. According to the CDC, sexual violence is a very real and prevalent problem. It is estimated that 1 in 3 women and 1 in 4 men will experience sexual violence at some point in their lifetime. The military is not exempt from this epidemic. In 2020, the DoD took 7,800 reports of sexual assault. Based on this information, it is estimated that approximately 1 in 16 women and 1 in 143 men will experience sexual assault within the DoD.

After hearing these numbers and looking around to our Air Force brothers and sisters, we can all agree that even just 1 assault is too many. So how do we stop sexual assault and sexual violence before it occurs? It's a big question, but a good place to start is culture. It is a well-known fact that sexual assault thrives in unhealthy environments characterized by inappropriate jokes, gestures, relationships; it values power/status versus its people; and it is not open to conflicting information. In addition, people feel less comfortable speaking up and are less likely to be connected to their peers or loyal to their organization. A healthy environment is just the opposite. It is built on the foundation of respect and every individual is respected for not just what they know but also for who they are. They, in return, respect those around them and work to avoid things like personal conflicts and gossiping. This paves the way for many other healthy attributes like: open communication, collaboration, accountability, personal responsibility, connection, trust, employee engagement and contribution, etc. Not only does a culture like this prevent sexual assault it also has been found to increase productivity, loyalty, innovation and job satisfaction. For us in the military, this translates to strengthen our ability to accomplish the mission.

So here is my call to action. I am asking everyone to not only do their part to stop negative events from happening but to also do their part to create a healthy environment. Let's create an environment where every airmen knows that they are valued and that they matter. Let's respect our Air Force brothers and sisters for who they are as a person as well as what they do. Let's practice respect in every situation until it comes as naturally as breathing. When this is our norm, we will be able to put an end to sexual assault in our ranks.

“None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.”

~ Mother Teresa



**SEXUAL
ASSAULT
AWARENESS &
PREVENTION
MONTH**
APRIL

A Lesson for a Rainy Day by Ch. Cooper

Last fall I heard something I had never heard of before. A farmer took a vacation during harvest. That **NEVER** happens. If there are two times a farmer does not take a vacation, they are at planting time and harvest. The entire year's income depends on these two times. So I was puzzled, that is until I learned why he did it. Then it made sense.

There had been a lot of rain where he lived and more was coming. The ground was too wet to drive on and would be for some time. So he decided he might as well take a vacation. As I thought about this, I began to realize just how important his decision was. What appeared to be a simple decision (It's raining so I might as well go on vacation), was in fact a vital tool for stress management.

During my time farming I never did master the stress that came with the uncertainties of the occupation, namely weather and prices. I tossed and turned, fretted and sweated and wondered how all the other farmers were able to handle this. This farmer revealed the answer.

He accepted the difference between what he could control and what he could not control and treated each accordingly. For those potential sources of stress he could control-he did. He ensured his equipment was ready for harvest to minimize breakdowns. He had a plan for getting the crop into storage. He was ready. For those things he could not control-he didn't try to and he didn't worry about it. Rather than spend sleepless nights listening to the rain, he slept comfortably in the Bahamas. He returned well rested for the day when he could begin harvesting.

Of course, he didn't eliminate the stress by taking the vacation. But that wasn't the goal anyway. The goal was to manage the stress. He did so by controlling what he could and having a strategy to cope with what he could not.

Two questions: Are you minimizing sources of stress that are under your control (overspending, destructive relationships, etc.)? How are you taking care of yourself so you can cope with what you can't control (exercise, prayer, leisure)?

I wish I would have asked these questions 30 years ago, especially when it was raining and I couldn't get in the field.



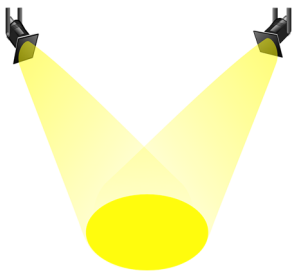
What Would You Do? By Mike Sanford, VPI

What would you do? You're at work doing what you do when out of nowhere you here someone scream. You're not sure who screamed, but then you hear someone call out, "Help me?" What would you do? Would you investigate, would you call 911, or would you freeze? Or maybe you feel it was a joke or that someone else will take care of the situation? Any of these responses are possible and none of them are wrong (although depending on the situation it may not be the best option).

April is Workplace Violence Awareness Month. According to OSHA, workplace violence is defined as "any act or threat of physical violence, harassment, intimidation, or other threatening disruptive behavior that occurs at the work site", which includes "threats, and verbal abuse to physical assaults and even homicide". (1) Workplace violence can occur anywhere, any time, and no one is completely immune to it. In addition, there are certain groups that are at a higher risk to being victimized. According to John Howard, Director of The National Institute for Occupational Safety and Health, these groups are: "anyone who has to exchange money with the public; transport passengers, goods, and services; work alone or in small groups late at night or early in the morning; and [those who] come into close contact as they treat and provide patient care" (April 2021). (2)

The best way to prevent workplace violence is to intervene early before violence occurs. According to Gavin De Becker (1997), author of *The Gift of Fear: Survival Signals That Protect Us From Violence*, people typically don't just "snap". (3) Rather, there is a process that is observable and often predictable and occurs over time. The perpetrator of violence typically shows warning signs, such as feeling a sense of injustice or unfair treatment, uses intimidating or threatening behavior, disrespects authority, refusal to admit to mistakes often blaming others, holding grudges against others especially supervisors, handles criticism poorly, has an increase in personal stress, and several others. Keep in mind, not everyone who engages in workplace violence will show all or even some of these signs. It's important to note that if you are concerned about a person who shows any warning signs, report it. Also, you should know your organization's violence prevention program or plan. It will help guide you in your actions and who to contact if you have concerns. If you aren't familiar with it, ask. It's better to be proactive than having to be reactive.

1. *U.S. Department of Labor (n.d.). Workplace Violence. Retrieved from <https://www.cdc.gov/niosh/enevents/eneventsv18n12.html#:~:text=April%20Is%20Workplace%20Violence%20Awareness%20Month>*
2. *Howard, J. (2021). April is Workplace Violence Awareness Month. Retrieved from <https://www.osha.gov/workplace-violence>.*
3. *De Becker, G. (1997). The Gift of Fear: Survival Signals That Protect Us From Violence. Little, Brown & Company Limited. ISBN 0-316-23502-4*



Resource Spotlight

DoD Safe Helpline 877-995-5247

<https://www.safehelpline.org/>

DoD Safe Helpline is the sole secure, confidential, and anonymous crisis support service specifically designed for members of the Department of Defense community affected by sexual assault. All Safe Helpline services are: anonymous, confidential, and tailored to support members of the DoD community and their loved ones affected by sexual assault. Call, chat, and/or discuss using this resource. You can also report retaliation confidentially. Download the app on your personal device.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corps: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

Self Care Strategy—Add this to your Tool Box!

Values Based Goals—What is meaningful to you?

What gives you a sense of purpose and a feeling that life has meaning? Values based goals gives you insight about yourself, about your values, and enables you to consistently act on what's important to you. They give you a boost of positive emotions and builds optimism.

The first step is to know your values. What do you stand for? What is the best possible life you can imagine in your career, relationships, health, and even your hobbies? Set your goals to these values. Then chart your course: what can you do in the next 24 hours, two weeks, three months. What obstacles will you encounter? How will you overcome these obstacles? Revisit as needed.



RESILIENCE