



934TH AIRLIFT WING

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Prevention Connection: Building a Healthier Community

Inside: Spring, Nutrition and Sleep are Connected, Happiness or Joyful?

The month of March is a “dedicated month to reflect on the often-overlooked contributions of women to United States history” (History.com Editors, 2023). Most people have heard or know of the contributions of several prominent women, including Harriet Tubman, Rosa Parks, Amelia Earhart, and Susan B Anthony. However, there are countless of others who have made significant contributions to America. Here are just a few courtesy of the History.com:

* **Sybil Ludington: The Female Paul Revere**—On April 26, 1777, 16-year-old Ludington rode nearly 40 miles to warn some 400 militiamen that the British troops were coming. Her message helped Patriot leaders prepare for battle, much like Paul Revere. However, she was half his age and rode twice as far.

* **Claudette Colvin: Teenage Civil Rights Activist**—Too tired to give up her seat on the bus home from high school, on March 2, 1955, Colvin refused to move for a white passenger—nine months before Rosa Parks did. She was arrested for violating Alabama’s segregation laws.

* **Hedy Lamarr: Invented Tech Behind Wi-Fi**—Lamarr, along with George Anthiel, developed a new method of “frequency hopping,” a technique for disguising radio transmissions by making the signal jump between different channels in a prearranged pattern. Their “Secret Communication System” was created to combat Nazis during World War II, but the U.S. Navy ignored their findings. This system was a precursor to wireless technologies including Bluetooth and Wi-Fi.

To learn about these and other notable women in history go to <https://www.history.com/topics/holidays/womens-history-month>

Special points of interest:

For more information on Women’s History Month go to:

<https://womenshistorymonth.gov/>

<https://www.womenshistory.org>

SPRING

We made it! Spring is right around the corner! It's time for longer days, warmer weather, and the reawakening of nature. Traditionally, the first day of Spring is marked by the spring equinox on 20 March, when the length of the day is equal to the length of the night. However, based on weather patterns, spring is more commonly seen as starting in the beginning of March. No matter which way you look at it, the new blooms of spring will be in full force in the days ahead.

“Spring is nature’s way of saying, ‘Let’s party!’”
~ Robin Williams

Nutrition and Sleep are Connected by Eric Neal

In resilience training, it is strongly emphasized how physical and mental resilience are connected by both affecting each other. To celebrate March National Nutrition Month and March 12-18 Sleep Awareness Week, I'll breakdown how two of the three components of Physical Resilience are connected.

Have you ever noticed when you don't get enough sleep, you find yourself having more hunger? If so, there is a reason why. Sleep deprivation causes the hormone, ghrelin, to be released. It's the hormone that increases appetite. A lack of sleep also decreases concentrations of the satiety hormone, leptin. Other hormones affected by sleep deprivation include testosterone, growth hormone and cortisol. Of the three, I will focus on cortisol.

Cortisol is a hormone that is necessary for metabolism of proteins, fats, and carbohydrates that must be kept in balance. Chronic low caloric intake, excessive exercise, and sleep deprivation can cause chronically elevated cortisol levels. This a condition that we don't want. Many people with good intentions of improving their health fall into this problem by getting up early to work out hard and keeping their calories low in hopes of improving their health through weight loss. They find themselves in quite the struggle due to hormones going crazy eventually causing extreme increased appetite problems due to elevations in cortisol and ghrelin and decreases in leptin.

You might think to yourself, after reading all of this, I am convinced that amount of sleep can play a role on my appetite, but how does what I eat affect how well I sleep? The hormones melatonin and cortisol play a role on how well you sleep. If you have chronically elevated cortisol levels caused from chronically consuming a very low-calorie diet, it will affect your sleep because cortisol is the hormone that wakes you up. It is highest around 0800 hours in the morning and lowest in the late evening and nighttime while melatonin is exactly the opposite on the circadian rhythm timeline. Nutrition also plays a role on melatonin production as well. Consuming foods high in the amino acid tryptophan increases melatonin levels which should improve quality of sleep. One last thing I would like to mention regarding nutrition affecting sleep is long-term poor nutrition that can lead to obesity, which increases the risk of sleep apnea. Sleep apnea also increases the risk of obesity as less calories are burned during sleep if you are having trouble getting oxygen as oxygen consumption is what determines your caloric expenditure.

Essentially, your sleep and diet both affect each other, and health related consequences from poor sleep and nutrition are also connected. If you are having trouble controlling your appetite or getting to sleep at night, it could be due to nutrition affecting sleep or lack of sleep affecting nutrition. If this is the case, it might be time to work on getting 7-9 hours of sleep per night and keeping your calories somewhere close to what you need to maintain weight up to a 1000 calorie deficit per day for caloric consumption versus caloric expenditure.

To learn more about sleep, nutrition, and caloric balance, I encourage you to ask your UFAC, UFPM, or PTL to sign you up for nutrition and sleep courses offered on UTA's and weekdays.

Happiness or Joyful? By Mike Sanford

During a recent long road-trip that included bad weather, closed inter-states, miles of traffic (like taking five hours to drive a hundred miles), etc., etc., etc., I listened to several podcasts. The one that resonated with me the most was one by Matthew McConaughey called “This Is Why You're Not Happy | One Of The Most Eye Opening Speeches”. The question is why are we not happy? My theory is that we put a label on it. For instance, we often believe if we get this or that, we'll be happy. But quite frankly, we are only happy a short period, then we are off to the next “I need ___ to be happy.”

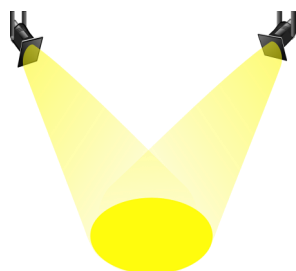
McConaughey states happiness is the result of an outcome, like a cause and effect. If I do this ____, then I will be happy. This is different than joy. He goes on to say that joy is our state of being. Happiness comes from a reward, whereas joy is never-ending in that we are being who we are meant to be. In other words, get rid of the things that goes against our being or identity, whether it be a person, place or thing. Conversely, add those things (people, places, things) that you are meant to be. Once you do that, you will then learn what it truly means to be joyful. I encourage you to listen to this podcast. It's less than 10 minutes, but worth a lot more.

Source: <https://www.youtube.com/watch?v=p0p1fjLPjYQ>

“Joy; the kind of happiness that doesn't depend on what happens.”

~ David Steindl-Rast





Resource Spotlight

United Way's 211 (Call 2-1-1; Twin Cities area local: 651-291-0211; toll-free alternative number: 800-543-7709; o text your zip code to 898-211*. United Way's 2-1-1 is a comprehensive source of locally curated social services in the U.S. It is a resource to find help with food or nutritional programs, housing and utilities, emergency and disaster relief, employment and education, services for veterans, health care, addiction prevention, support groups, and many others. Call, text, or chat with your local 211 to find a resource in your community. Go to <https://www.211unitedway.org/> for more info.

Prevention Partners/Response:

Violence Prevention: 713-1159
 Sexual Assault Response Coordinator:
 713-1315
 Director of Psychological Health:
 713-1224
 Military & 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

App* Spotlight and Self-Care Strategy—Add this to your Tool Box!



The My Net Diary© app is used as a calorie counter. It has a free barcode scanner, food and macros tracker, and you can create a comprehensive diet plan. It was ranked #1 in Best Calorie Counter apps of 2022 by Forbes Health, and rated #1 by the American Journal of Preventive Medicine.

Some of the features are food and exercise tracking, daily coaching messages and tips, fully customizable dashboard, iOS Health (automatically import/export steps, etc.), and diet/nutrition articles and blog libraries. It also has a Premium version for more support.

*The DOD and Air Force does not endorse any organization or product listed.