

## You Won't Lose Weight with Veggies on the Side

Fruit and vegetable consumption is an important part of a healthy diet, and is often recommended for weight loss plans. However, a recent survey of weight loss literature found that simply increasing fruit and vegetable intake without restricting total calories or removing unhealthy foods

from your diet had no effect on weight loss.<sup>4</sup>

### PositiveTip:

*To lose weight, change your plate—push off fatty, sugary or processed foods, put on fruits and vegetables!*



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### References:

1. <http://goo.gl/EqFTyy>
2. Adventist Home page 469
3. <http://goo.gl/aRjzBx>
4. <http://goo.gl/Y78rOG>

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## Thinking, Seeing, Doing

by Elvin Adams, MD, MPH



Smart phone use among youth 12-14 years of age has become common place.

Smart phones enhance communication by the use of text messages,


voice calls, and by transmitted photographs.

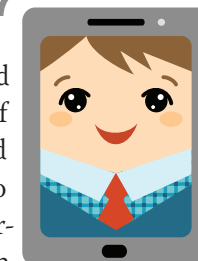
Socialization of youth has certain positive effects, but there is a negative side that can develop as well. A recently published study in the journal *Pediatrics*<sup>1</sup> reveals a disturbing connection between the use of cell phones for transmitting sexually explicit text messages and photographs and the participation in physical sexual contact among children.

Touching private parts through clothing was 16% among those who did not use their phones for sexual messaging. Touching rose to 63% among those who exchanged text messages regarding sexual contact. Touching rose to 81% among those who exchanged sexually provocative pictures of each other (sexting).

Oral sexual contact occurred among 8% of the 12-14 year olds who did not use their phones for sexual messaging, but occurred among 29% of those who exchanged text messages regarding sexual contact. It rose to 57% among those who exchanged sexually explicit photographs of each other.

Smart phones can be a useful tool to check on children and their activities. On the other hand, smart phones can be a tool that leads to high risk behaviors. The lowest risk is for those who don't use their phones for sexual messaging. The barriers begin to fall when texting sexual messages are allowed. Most barriers to risky sexual behavior are down once nude photos are exchanged.

Ellen White,  a 19th century reformer, recognized the vulnerability of young minds and advised parents to be on guard. "Parents, guard the principles and habits of your children as See "Associations" on Page 3



## Digital Wellness — 1

by Brian Bell, MPH

Have you ever considered how your digital devices affect your health and wellness? How does screen-time affect your body, your brain and your emotions? Your technological environment does affect your health.

### Body: More Sit-downs than Sit-ups

Screen-based technology doesn't usually get you moving, it gets you sitting. Prolonged sitting increases your risk of diabetes, some cancers, and kidney and liver disease. Sitting for 6+ hours each day can increase your risk of premature death.

The Information Age workforce may be more "mobile" but we're frequently seated as we digitally connect from home, office or airplanes around the world. After work, we typically relax by sitting to watch TV, play video games or read an e-book. Other than jogging with an iPod, exergaming, or the more dangerous walking and texting(!), screen time is usually sitting time.

### Brain: The Multitasking Myth

Screen-based digital devices can bless and curse our brain. They help us complete complex tasks, work more efficiently and maintain personal and business relationships. But the non-stop flood of information from omnipresent devices can be overwhelming. Emerging research is suggesting that an information saturated, multitasking brain is less effective, more stressed and in danger of addiction.

Multitasking is a myth. Years of research shows our brain can only effectively process one stream of information at a time. Research from Stanford University has found that heavy multimedia multitaskers find it harder to filter irrelevant information. They tend to be less focused.

Furthermore, a constant barrage of new information can cause the brain to release the stress hormone cortisol. Regular cortisol secretion can

See "Devices" on Page 3



### "Devices" from Page 2

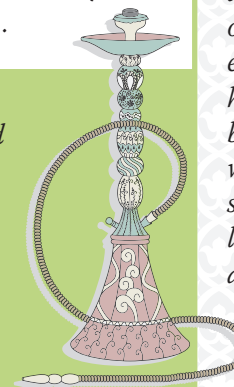
disrupt your ability to retain information in long term memory. Without reflection, there's no retention.

Techno-addiction is becoming more common as well. Electronic devices can create an expectation of continued novelty. Constant smartphone notifications or hours of immersive video gaming will stimulate the "feel-good" hormone dopamine. Over time, the brain may become conditioned to seek new information as a drug addict seeks out drugs.

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In short, our digital devices can be both positive and negative for our health. Next month we'll learn how to achieve digital wellness by approaching screen-time the same way we approach eating.

**PositiveTip:** Avoid hookah smoking and encourage others, especially youth and young adults to do so as well.



### "Associations" from Page 1

the apple of the eye. Allow them to associate with no one with whose character you are not well acquainted. Permit them to form no intimacy until you are assured that it will do them no harm".<sup>2</sup>

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The Bible indicates that behaviors begin in the mind. "For as he thinks in his heart, so is he." Proverbs 23:7 (NKJV). Immoral thoughts progress to immoral texting which leads to immoral photographs and all this progresses to high risk sexual behaviors among 12-14 year old children.

## A sneaky new tobacco

Cigarette smoking in the US has declined by 33% in the last decade, but hookah smoking is on the rise, especially amongst educated young adults and high school seniors. Many believe the ancient communal water pipe tobacco ritual is safe, but hookah smoking is linked to cancer, heart disease and respiratory disease. An hour-long hookah session is equivalent to smoking 100 cigarettes.<sup>3</sup>