

WELLNESS WATCH

Across the Lifespan, Across Indiana



FEBRUARY

[National Eating Disorder Awareness Week](#)
2/26-3/4

[Teen Dating Violence Awareness Month](#)

[International Prenatal Infection Prevention Month](#)

[AMD/Low Vision Awareness Month](#)

[American Heart Month](#)

[National Children's Dental Health Month](#)

February Spotlight - Teen Dating Violence Awareness Month

Did you know? National surveys suggest that one in 10 teens have experienced being hit or physically hurt on purpose by an intimate partner. One in 10 teens also reported being kissed, touched, or physically forced to have sexual intercourse at least once by someone they were dating.⁵ Furthermore, only one in four parents have talked to their children about dating violence.⁷ Teen dating violence is defined by the CDC as physical, sexual, psychological or emotional violence within a dating relationship.⁶ This includes stalking physically and electronically. Teen dating violence is known to start as young as 11 years old., but 94% of intimate dating violence happens with girls and women ages 16-19;¹ however, it is still very important to remember that dating violence happens to boys and men as well.



Lasting Effects

Dating violence can have serious effects on teens. Teens who are or have been in violent relationships are more likely to be depressed, antisocial, suicidal, have eating disorders, and engage in risky behaviors such as drinking, using tobacco, and/or drugs.⁶ Being physically or sexually abused makes teen girls six times more likely to become pregnant and twice as likely to get an STI.¹ Teens who experience dating violence in high school are at a greater risk of being victims in college.¹

Warning Signs

The warning signs of an unhealthy relationship may seem easy to identify; however, most parents and teens cannot identify them. Warning signs include, but are not limited to:

- Possessiveness;

- Explosive temper;
- Isolation from family and friends;
- Making false accusations;
- Constant belittling or putting down; or
- Checking cell phone, email, or social media without permission.¹¹

Getting Help

Most teens who are in abusive relationships may not share this information with family or friends due to fear and embarrassment. It was found that only 33% of teens in violent relationships have shared this information with others.¹ The CDC suggests that parents talk to their teens about dating violence and stay informed about their dating relationships.⁵ Parents can use the [How to Start a Conversation Guide](#) or [Break the Cycle Handbook](#) to talk with their children. The guide defines a healthy relationship as one where both partners respect each other's boundaries and can feel safe being open and honest.

To get help for yourself or someone you know who is experiencing violence in their relationship, call the Indiana Coalition Against Domestic Violence at 800-332-7385. If you have questions about your teen's relationship, the [Healthy Relationship quiz](#) is a resource to help teens determine if they are in a healthy relationship. To become more involved in this cause, teens and young adults ages 15-24 can join the [National Youth Council](#). There are also additional resources through mobile applications like [RapidSOS Haven](#), [One Love Foundation](#), and [Circle of 6](#).

The [Indiana Coalition Against Domestic Violence](#) and [CDC Division of Violence Prevention](#) also offer training and planning tools for teen educators and leaders to improve the health of teens.

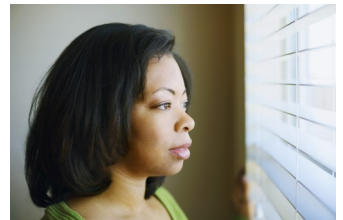
Stress - The Work Motivator

Need some motivation? Look to your stress for help. Stress has often been thought of as a negative factor due to its ability to affect both the mind and body. However, not all stress is created equally. We also experience positive stress known as eustress. Eustress is the moderate to normal stress we feel when we are excited about a new job or approach the deadline for a major project. This form of stress helps to motivate us to work hard to reach our goals.

Eustress Vs. Distress

Eustress is beneficial to our body for many different reasons. First, eustress releases cortisol, which in short bursts can increase our body's immune system. Eustress is what gives us the adrenaline to push through a strenuous workout session. It also boost our cognition. When we are stressed, we can focus on our problems and can solve them with an incredible amount of speed and reasoning. Stress also helps us to avoid dangerous situations by enacting our fight or flight response.⁹ Therefore, we should embrace our stress and make it a force that catapults us to dig deeper, think more clearly and get the job done! Stress was created for just this purpose: to give us an innate ability to respond during times that may feel overwhelming or threatening.

Stress becomes a problem when we stay in the fight-or-flight response too long or well after a stressful event has occurred. Distress, which is known as negative stress, tends to stifle our motivation and is the type of stress most of us think of when we think about stress. Women are more likely to experience the physical symptoms of stress compared to men.³ These symptoms are both psychological and physical and can manifest as self-doubt, butterflies in the stomach or sweaty palms. More severe consequences of stress can cause high blood pressure, abnormal heartbeats, heart disease, acne, obesity and/or menstrual problems.³



Getting a Grip on Stress

Our response to stress should work in our favor and not against us. The [National Office of Women's Health website](#) lists the following tips for taming our stress:

Reframe

- Embrace your stress: Keep in mind the benefits of stress and use it to help you solve problems, work more efficiently and increase your drive.
- Be flexible: Expect the best and plan for the worst. We can do this by understanding that things will not always go as planned.
- Be prepared: Start your day the night before by preparing yourself with a to-do list. If you know what is ahead of you, you will be able to plan better and stay ahead of the curve.
- Set boundaries: Don't overwhelm yourself with unnecessary tasks. Learn to say "no" or explore the time needed before committing to do something. Then, take time to think about it and make sure it truly fits into your schedule and will benefit you.

Relax

- Take deep breaths: In the midst of stress, close your eyes and take deep breaths. This practice can clear the mind of distress and allow eustress to take effect.
- Stretch: Stretching helps to relax the muscles and decrease your stress.
- Treat yourself: Don't be afraid to splurge on yourself. You deserve it!
- Work out: Exercise is a great way to get your frustrations out and allow the body to release stress.³

It is important to consult your doctor if you feel that your stress is not manageable or if you are experiencing stress from a traumatic situation. Remember that stress can also be a sign to the body that something is physically wrong.

Have A Heart-to-Heart With Your Physician

Have you had a heart-to-heart talk with your doctor about your heart health? If not, now might be a good time. Changes in age cause changes in our heart health. Aging causes our blood vessels to stiffen and sections of the heart to increase in size, and our heart may not be able to beat as fast during physical activity or stress.² The American Heart Association advises women to begin monitoring their heart health in their 20s.

It is important to ask your doctor about your heart health and follow this ad-

vice. The National Heart, Lung, and Blood Institute suggests that you ask your doctor the following questions to learn more about your heart health:

1. What is my blood pressure?
2. What are my cholesterol numbers? (These include total cholesterol, LDL, HDL, and triglycerides.)
3. What is my body mass index and waist circumference? Does this mean I need to lose weight for my health?
4. What other screening tests do I

5. What can I do to improve my heart health?²

Other things you can do to maintain a healthy heart include eating heart-healthy foods such as fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils. In addition to eating well, regular exercise is also an excellent way to maintain a healthy heart.⁸ For more information about heart health, visit the [Cardiovascular and Diabetes Coalition of Indiana](#).

EXTRA! EXTRA! EXTRA!



Indiana State Breastfeeding Conference

Overcoming Barriers; Finding Common Ground

**The Indiana State Department of Health presents
The Second Annual Indiana State Breastfeeding Conference**

Date: Thursday, February 16, 2017

Time: 8:30 a.m.-4:30 p.m.

Place: [502 East Event Centre](#)

502 East Carmel Drive
Carmel, Indiana 46032

The keynote speaker for this event is Shakira Henderson, Ph.D. (c), DNP, MS ,MPH, RNC-NIC, IBCLC. Henderson is a nurse researcher at Vidant Medical Center in North Carolina. Her work focuses on breastfeeding, and has gained her recognition

with several professional organizations.

For more information and to register for the conference, visit the [Indiana State Breastfeeding Conference site](#).

Binge Eating Awareness



Binge eating disorder (BED) is the most common eating disorder in the United States.⁴ It is characterized by recurrent episodes of eating large quantities of food.

Some of the symptoms of binge eating disorder are a lack of control over

eating, eating until uncomfortably full, or eating alone because of embarrassment by the amount of food being eaten.

It is reported that 50% of individuals with eating disorders are receiving treatment for emotional problems; however, less than 45% seek treatment for their eating disorder.⁴ It is important to seek specific help for BED and other eating disorders. Cognitive behavioral therapy, interpersonal therapy, dialectical behavioral therapy, and pharmacotherapy are evidence-based forms of treatment for eating

disorders; however, despite there being treatment for these disorders, many sufferers feel so stigmatized and misunderstood that they never seek help.

To find treatment-specific providers in Indiana, visit the [Indiana State Department of Health Eating Disorders page](#). To find out more information about binge eating disorder and other eating disorders, visit the [National Eating Disorder Association Binge Eating Disorder site](#).



Indiana State Department of Health

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Thank you for subscribing to the Office of Women's Health (OWH) Wellness Watch Newsletter. The Office of Women's Health wants to ensure that each woman in Indiana is aware of her own health status, risks and goals, and can achieve optimal health through access, education and advocacy.

- For more information about OWH's programs and initiatives, please visit: www.womenshealth.isdh.in.gov.
- Follow OWH on Twitter at [@INWomensHealth](https://twitter.com/INWomensHealth).
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

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