



STAYWELL

November 2023

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VOLUME 367

Athletic Trainer Corner

Don't worry about what you can't control

As a team Athletic Trainer and sports coach, I have often seen the negative performance effects of athletes and parents who focus on and worry about things they cannot control. When this happens performance does not improve, in fact, the opposite happens. Athletes become distracted and their performance actually gets worse, not better, resulting in less and less playing time. Their focus is on what the coach controls, not what the athlete can control.

Underperformance witnessed by a coach is often the result of an athlete being under nourished and under hydrated. Even though the athlete's perception is he/she is giving 100 percent effort, what is not realized is, the athlete is only giving 100 percent of what he/she has available, not their true capacity. If an athlete is only consuming or drinking 60 percent of the required energy needs of their sport, they can only give that much effort. With this lack of energy and fluids, the brain cannot process as well or as quick as it should and the athlete makes more mental mistakes.

When young athletes come to see me, I always ask them about their daily caloric intake, (types of foods and how often they eat, and the amount of water they drink). The athlete is usually shocked at what should be consumed compared to what he/she is eating and drinking. When things are not going as planned in sports, youth do much better when they focus on the things they can control verses that which the coach controls. I have yet to witness an athlete that has not performed better when he/she focuses to improve on what that individual can control verses the decisions by a coach. The main things an athlete can control are; preparation, performance, nutrition and hydration.

If you have questions or would like information on the required energy needs of a sport or proper hydration levels, please give Brian a call. Ext. 6511

Why the rise in mental health issues in children and youth?

Mental Health issues in those between ages 3 and 17 has risen drastically the last few decades with nearly 20 percent of youth suffering with some type of mental health issue.

Suicidal behavior in high school aged youth has increased more than 40 percent in the last decade. Research also demonstrates that mental health issues are the greatest cause of death in this age group.

So what things have changed during this period of time?

- ✓ Social Media and cellphone use has become a preeminent part of youth's lives.
- ✓ Previous to the pandemic, these age groups had not seen any serious national adversity in their lives that had challenged them.
- ✓ The economy has boomed.
- ✓ Nutrition habits of youth has changed dramatically.
- ✓ Energy Drinks have become a fundamental part of life.

Research has demonstrated that energy drinks have a significant impact on health and wellness. According to research individuals that consume energy drinks have greater incidences of the following:

- Sleep issues
- Greater levels of severe stress
- Struggle more with depressive mood
- Have suicidal thoughts
- Greater incidence of making suicide plans
- Tend to attempt suicide more often.

The above issues become more prominent with frequent consumption of junk food and "detrimental" when adding in energy drinks. The direct causation of these issues and energy drinks is still being researched, because the correlation is too great to be ignored.

Nutrition plays a big role in brain development in children and adolescents. Unhealthy dietary habits have been shown to relate to greater incidence of inferior mental health in children and youth. In one study they looked at mental health and dietary habits, by age 8 and found that a healthier diet resulted in lower levels of depression and anxiety. They also discovered that diet improved imagination, improved outgoing behavior, created greater social confidence, compassion, and carefulness.

Have we gone too far in allowing our youth and adolescents to eat whatever tastes good to them rather than what is healthy for them?

Energy drinks demonstrate a negative impact on youth mental health. Failure to consume a well-balanced diet with healthy foods that are rich in vitamins and minerals have a direct effect on a youth's brain development, how it functions, and how it reacts to stress. Foods can stimulate the stress response, calm a stress response, or prevent a stress response. Anyone with children that are dealing with mental health issues or developmental issues should take a good hard look at nutrition and hydration/energy drink consumption.

There is no substitute for developing better mental health, cognition and emotional development than avoiding stimulant drinks, consuming nutritionally rich foods, and cutting out all the junk high processed sugary foods.

Resources:

1. [https://www.ncbi.nlm.nih.gov/books/NBK587174/CHILD AND ADOLESCENT MENTAL HEALTH](https://www.ncbi.nlm.nih.gov/books/NBK587174/CHILD_AND_ADOLESCENT_MENTAL_HEALTH)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4167107/>; Am J Public Health, 2014 October; 104(10): e31–e42. Published online 2014
3. <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-016-0204-7> Association between energy drink intake, sleep, stress, and suicidality in Korean adolescents: energy drink use in isolation or in combination with junk food consumption
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9823869/> Diet in Early Life Is Related to Child Mental Health and Personality at 8 Years: Findings from the Norwegian Mother, Father and Child Cohort Study
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8200076/> Energy Drinks Consumption Associated with Emotional and Behavioral Problems via Lack of Sleep and Skipped Breakfast among Adolescents

Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside Brian's office.

Current programs are also accessible by using the **QR code**.



- Colorfest Nutrition Initiative – consume a better variety of fruits and vegetables to improve available vitamins and minerals for better mental and physical health.
- Keep Moving – get 1000 minutes of physical activity. Bonus gift card if 500 minutes are on IPSC approved exercise equipment.
- Pay it Forward Challenge – Do something significantly nice for someone else.
- No Holiday Weight Gain.

On Going-Repeatable Each Quarter:

Shoulder Protection Initiative – Radon Test – Diabetes Prevention and BP/Cholesterol Improvement Initiative – 4 Qtr. Prove IT Fitness Challenge-Weight Loss Challenge and Maintenance Program – 100 winks improve sleep initiative

