


# **Relationships Between Kent State of Wellness Priorities and Brain Health**



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social  
Currently of physical  
and environmental

# wellness



workshops  
emotional  
spiritual focuses

occupational

financial



# What is “Wellness”

*“The quality or state of being healthy in body and mind, especially as the result of deliberate effort.”*

-- Random House Dictionary

# What is “Wellness”

*“...a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”*

-- The World Health Organization

# What is “Wellness”

*“...a conscious, self-directed and evolving process of achieving full potential.”*

-- National Wellness Institute

# What is “Wellness”

## SIX DIMENSIONS:

Occupational

Emotional

Intellectual

Spiritual

Physical

Social

-- National Wellness Institute

# What is “Wellness”

## SEVEN DIMENSIONS:

Occupational

Emotional

Intellectual

Spiritual

Physical

Environmental

Social

-- University of California, Riverside

# What is “Wellness”

## EIGHT DIMENSIONS:

Occupational

Emotional

Intellectual

Spiritual

Physical

Environmental

Social

Financial

-- SAMHSA



# What is “Wellness”

## TEN DIMENSIONS:

Occupational

Emotional

Medical

Behavioral

Spiritual

Nutritional

Physical

Environmental

Social

Financial

-- Institute for Wellness Education

# What is “Wellness”

## Kent State of Wellness:

Alcohol & Drug  
Use  
Mental Health

Nutrition

Physical  
Activity

Preventive Care

Safety

Sexual Health

Smoking & Tobacco Use



- May alleviate long-term depression
- Students engaged in aerobic, strength or toning activities showed reduced risk of hopelessness, depression and suicide
- Hiking twice weekly reduced symptoms in suicide-prone individuals



## Physical Activity



- Cycling shown to reduce depressive symptoms
- Hatha yoga significantly decreased depression, anxiety and stress in college students
- The rate of mental illness among students who exercise less than 1 hour a week is

**Physical Activity**



- Associations between healthy diet and reduced prevalence of depression and suicide
- Antioxidants are thought to decrease symptoms of anxiety disorders
- Probiotics found to lower anxiety and improve mental outlook

## Nutrition



- Eating fish associated with lower risk of major depressive disorder
- Skipping meals may result in drops in blood sugar causing “jitters,” which can worsen anxiety
- Zinc-rich foods linked to reduced anxiety



## Nutrition



- Intimate partner violence linked to increased depressive symptoms and suicide attempt, especially in women
- Relationship between exposure to violence and PTSD symptoms





- Fear of crime associated with reduced social and physical activities leading to poorer mental health and lower quality of life
- Danger or threat events associated with anxiety



- Depressive symptom severity associated with tobacco and illicit drug use
- In some instances, anxiety can be caused by prolonged drinking



## Substance Use

Alcohol, Tobacco & Other Drugs



- UNC study showed a connection between alcohol and anxiety on a molecular level
- Chronic drug use can lead to short- or long-term changes in the brain, leading to paranoia, depression, anxiety and aggression

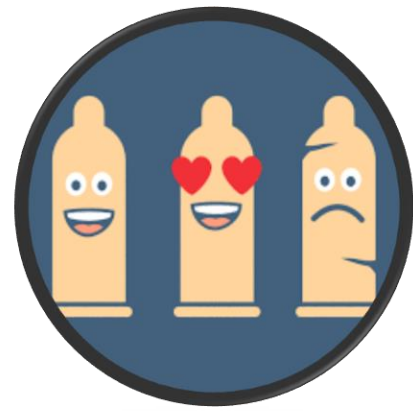


## Substance Use

Alcohol, Tobacco & Other Drugs



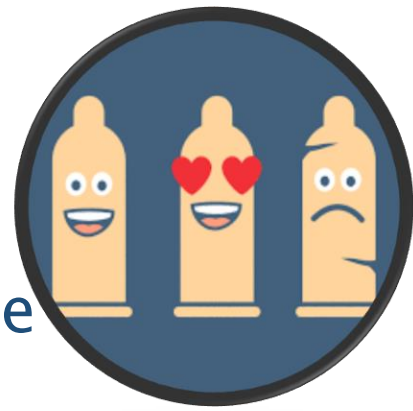
- Casual sexual encounters can lead to feelings of regret, embarrassment, guilt and low self-esteem
- LGBT students' perceived discrimination associated with increased depressive symptomology and suicide risk



## Sexual Health



- Victims of sexual assault at higher risk for depression, PTSD, anxiety, substance abuse and eating disorders
- Positive sexual relationships can reduce stress, increase self-esteem, improve sleep



## Sexual Health



- Physical health directly influences mental health status and overall quality of life
- Poor mental health is the leading cause of disability in the US



Preventive Care









# Overall Health

Students rating their health as *good, very good, or excellent.*

National Reference Group: **84.8%**

KSU Students: **82.3%**

# Physical Activity



*Students meeting recommendations for moderate-exercise, vigorous-exercise or combination of the two:*

**National Reference Group: 43.9%**

**KSU Students: 38.2%**



## Nutrition



*Students reporting 3 or more servings of fruits or vegetables per day:*

National Reference Group: **26.3%**

KSU Students: **27.9%**



# Substance Use



*Use of marijuana in the past 30 days:*

National Reference Group: **18.4%**

KSU Students: **16.1%**



## Substance Use



*Binge-drinking 3 or more times in the past 2 weeks:*

**National Reference Group:** **9.0%**

**KSU Students:** **5.8%**



# Preventive Care



*Testicular self-exam in past 30 days:*

National Reference Group: **32.4%**

KSU Students: **37.1%**



# Preventive Care



*Breast self-exam in past 30 days:*

National Reference Group: **36.3%**

KSU Students: **40.1%**



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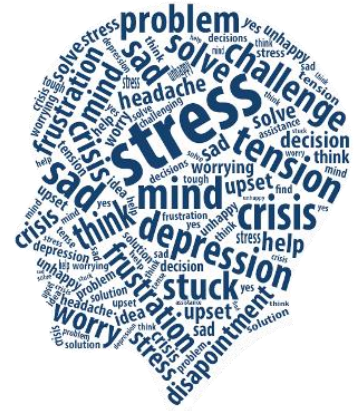
42%

40%



# Making Changes

How Do We Do It?



## Mental Health



Tobacco Use



Drug Use



Physical Activity



Sexual Health



Nutrition



Preventive Care



Safety

# Making Changes

## How Do We Do It?

- Work Together
- Start with the Little Things
- Provide Opportunities & Encouragement
- Lead by Example
- Use Technology
- Reward Yourself
- Quit Bad Habits
- Develop New Habits

