

Free



**Health
&
Temperance
Team**

**Subscribe
TODAY!**

Phone
(708)
496-3475

Fax
(708)
496-3475

E-mail:
mail@
healthreformer.org

www.healthreformer.org

An informative, provocative and essential newsletter:



The Health Reformer

The Alcohol Industry brings into the world Road Rage and Fan Violence

Road rage

The more problems a person has with alcohol the more likely they will be a victim or a perpetrator of road rage according to a study recently released by The Centre for Addiction and Mental Health (CAMH). The study entitled "Alcohol Consumption and Problems among Road Rage Victims and Perpetrators" appears in the most recent Journal of Studies on Alcohol and found that road rage is more common among those individuals who are heavier drinkers, and that the odds of road rage behaviour increases with greater alcohol problems.

The study suggests that the same underlying factors that cause a person to have problems with alcohol, may be similar to those that can cause road rage. Another possibility is that alcohol problems may somehow contribute to road rage behaviour.

....The study also found that those who reported being a victim of road rage also had more problems related to alcohol. Road rage is understood as an incident in which a driver or passenger attempts to intimidate, injure or kill another driver, passenger or pedestrian or to damage another person's vehicle.

The misuse of alcohol is a major contributor to the global burden of injury, death and disease. "This link between alcohol, aggression and violent behaviour leads us to believe that government policies that are critical in reducing alcohol-related problems, such as government monopolies for retail alcohol sales and lowering blood alcohol content limits, will also reduce harms that are linked to alcohol as well," says Mann. (www.camh.net)

Fan violence

"When fans pelted the field with bottles Sunday at Cleveland -- and Monday at New Orleans -- the problem wasn't a bad call by the officials. The problem wasn't lax stadium security. The problem wasn't a few deranged individuals. The problem wasn't selling beverages in bottles. The problem was the beverage itself.

*The problem was alcohol."
—Mark Madden, sports columnist*

If we believed everything we see, alcohol—particularly beer—might seem essential to sports. But the apparent fusion of sports and alcohol is primarily an invention of the alcohol industry. Alcohol

producers spent \$991 million on television advertising in 2002—60 percent of it on sports programming. Alcohol companies use sports to reach adolescents and younger adult sports fans, ensuring strong brand recognition from an early age.

...In many of the places where sports and alcohol merge—whether at stadiums, sports bars, or at home—the combination often leads to heavy drinking and related problems like violence and vandalism, DUIs and public disturbances.

The Marin Institute

Note: "...criminal courts, prisons, ...hospitals, all are, to a great degree, filled as a result of the liquor seller's work." *MH p. 338*

Energy drinks are NOT a good way to boost energy

[Energy] drinks, which burst onto the U.S. market with the introduction of Red Bull in 1997, have gained much popularity among teenagers and college students. They contain large doses of caffeine and other stimulants such as guarana seed extract, ginseng, taurine, which is naturally found in some foods, and other vitamins and minerals.

These drinks can contain up to 80 milligrams of caffeine, which is equivalent to one cup of coffee. This is an increase from the amount found in other carbonated beverages such as Mountain Dew, which contains 37 milligrams, and Coca-Cola that has 23 milligrams, according to a Brown University health education report.

...Dawn Clifford, a registered dietician for nutrition services at Hartshorn Health Service, said while many students drink these beverages to help them study or party, there are better ways to boost energy.

"Definitely exercise or physical activity like talking a walk are better," Clifford said. "Increasing the blood flow to the brain helps to stay focused and get energy. Getting enough sleep, staying well-fueled with food and drinking plenty of water also help."

....Since the Food and Drug Administration does not regulate these drinks, Diamond said it is difficult to know the ingredients and amounts contained in the beverages, which can be dangerous.

"By themselves these ingredients could be dangerous, not just the mixture," Diamond said.

(over, please)

"They can just throw things in. How much? Where are they getting the ingredients? Even if it's an American product it may be cheaper to find ingredients in other countries."

...Clifford recommends students get enough sleep and use good time management skills during finals week to ensure they do not get overrun with stress. She advised students against being dependent on these drinks as a main energy source.

by Erin Skarda, Colorado State Collegian

The More TV Children Watch, the Fewer Fruits and Veggies They Eat

Television may be killing children's eating habits. A new study shows that the more television children watch, the fewer healthy fruits and vegetables they eat.

The results indicate that watching TV not only contributes to children's bulging waistlines by making them less physically active, but it also negatively affects their food choices.

Researchers say that children spend more time watching television than engaging in any other activity except sleep. On average, children between 2 and 17 watch an average of 22 hours of television a week.

Although prior studies have linked TV viewing to childhood obesity, researchers say that until now little was known about how television affects children's eating choices.

The study, published in the December issue of *Pediatrics*, tracked the TV viewing and fruit and vegetable consumption of 548 seventh grade public school students for 19 months from 1995 to 1997.

At the start of the study, the children reported eating an average of 4.23 servings of fruits and vegetables per day, which is below the recommended five servings per day. The children also reported watching an average of more than three hours of television per day.

Researchers found that after adjusting for other factors, such as frequency of sit-down dinners and physical activity, the number of fruit and vegetables servings the children ate per day decreased by 0.16 with every additional hour of television viewing reported at the start of the study. That translates to one less serving every six days.

In addition, the number of fruits and vegetable servings decreased by another 0.14 servings per day for each hour increase in TV watching reported at the end of the study.

Researchers say that means the average child who watched three hours per day of television at the start of the study and increased his or her television viewing by one hour per day over the course of the study had 2.25 fewer servings of fruits and vegetables per week or up to 110 fewer servings per year than those who did not watch television.

Researchers say the commercials children are exposed to may be to blame for the negative impact of TV on their eating habits. Children 2 to 11 years old are exposed to an average of 150 to 200 hours of commercial messages or 20,000 commercials a year.

Previous studies have shown that more than half of those commercials are for food, and little of this marketing is aimed at fruits and vegetables. Many of the commercials targeted at kids also contain misleading messages of about the nutritional value of the foods advertised.

For example, one study showed that more than 90% of cereal advertisements asserted that the food was part of a "balanced" or "complete" breakfast.

Researchers say that kids may also be turned off by food commercials that tout the nutritional content of the food and are encouraged to replace fruits and vegetables with other products that are marketed as "nutritious" but are in fact of little nutritional value. *By Jennifer Warner, WebMD Medical News*

Regular social activities foster better physical and mental health

Keeping a busy social calendar may help you stay not only busy—but happy and healthy as well. A new study shows that social connections are as important to mental and physical health as other healthy behaviors, such as quitting smoking or exercising regularly.

Researchers found people who volunteer, go to church, or belong to a club are more likely to report better overall health than people who don't engage in regular social activities.

"Complete health may be achieved through ways other than, or in addition to, those focusing on individuals' patterns of exercise, eating, and smoking," says Joseph G. Grzywacz, PhD, of Wake Forest University School of Medicine, in a news release. "Social behaviors have been largely overlooked in health promotion practice, yet they may hold significant promise for enhancing individual and population health."

In the study, published in the March/April issue of the *American Journal of Health Behavior*, researchers analyzed responses from more than 3,000 adults who participated in the National Survey of Midlife Development in 1995. The survey asked about their physical health, activities, and their emotional and mental health.

In their analysis, researchers defined "complete health" not as merely the absence of physical or mental disease but as enjoying a high level of physical and mental well-being.

About 19% of the participants were completely healthy and a similar number reported complete ill health.

The study showed, as expected, that behaviors such as quitting smoking and exercising regularly were frequently associated with complete health.

But they say the more interesting finding was that adopting healthy behaviors often wasn't enough to produce overall physical and mental health. Some people in the intermediate range exercised regularly but were also mentally unhealthy.

In addition, the prevalence of ill health was highest among those who rarely or never attended church and lowest among those that attended church regularly. Members of civic groups or those who volunteered regularly were also more likely to be completely healthy and less likely to report complete ill health than others.

Researchers say the results show that health promotion efforts should also target social behavior modifications as well as personal health choices in fostering better overall mental and physical health. *By Jennifer Warner, WebMD Medical News*

Note: "While we should cultivate sociability, let it not be merely for amusement, but for a purpose." *5T p.599*

"The proper cultivation of the social elements in our nature brings us into sympathy with others..." *SC p. 101*

**Visit us online for FREE health literature,
FREE bumper stickers, FREE subscription,
FREE services, and much more!**

www.healthreformer.org