

# In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

## Steuben Council on Addictions

A program of Substance Free Living

Volume 7, Issue 5

August 2015

### What's the deal with caffeine?

Caffeine is a bitter substance that occurs naturally in many plant products as well as one that is added to many products that we consume. Caffeine in moderate amounts is often harmless; however in current society we are seeing a great increase in the consumption and use of caffeine especially among adolescents and young adults. Most people think of beverages when discussing caffeine but it is important to note that caffeine is found in many other food products and medications. In North America, 80 to 90 percent of adults and children "habitually" consume caffeine (Johns Hopkins Medicine BPRU). In one serving of dark chocolate candy generally contains about 30 mg of caffeine and most people are unaware of this. Medications like Excedrin and Midol can deliver 64 to 130 mg of caffeine per dose.

Caffeine is classified as a stimulant drug as it affects and speeds up the central nervous system of the body. When people use caffeine their heart rate and blood pressure both often increase as well as alertness and mood. Surprisingly, many people do not think of caffeine as being addictive or the potential impact that it can have on overall health.

In large amounts Caffeine can be harmful to adolescents and adults. The recommended daily allowance of caffeine for adolescents is 100 mg and for adults it is around 200 mg. Studies show that larger numbers of adolescents are consuming more

caffeine than ever before due to the increasing popularity of energy drinks and coffee beverages. In the US adults consume on average 280 mg of caffeine daily.

Besides physical dependence other potential effects of caffeine can be withdrawal, dependence, sleep disorders, anxiety, palpitations, gastroesophageal reflux, and blood pressure issues. There are numerous studies suggesting a link between low birth weight and caffeine consumption during pregnancy. It is important to be sure that if you are taking any medications that you consult your physician and read the information that accompanies your medication to be sure it is safe to have caffeine while taking your medications as some can have serious and potentially dangerous interactions. Caffeine is a substance that in moderation and for most people has little to no effect or interference in their health but for others it can have drastic impacts but it is important to remember that sugary and caffeinated drinks are no substitute for water, especially in the heat of the summer.



### Finding balance

During the summer months we tend to base a lot of our activities around food. A well balanced diet will give you more energy, and improve your overall health. Going to graduation parties, family reunions and picnics we tend to eat a lot of indulgent foods. Want to try everything without feeling guilty? Here are a few tips to eating healthier at parties:

- Pay attention to your portion sizes, choose smaller portion sizes to prevent overeating and overconsumption of calories.
- Try to fill up on fruits and vegetables before the desserts.
- Make sure you are drinking a lot of water, especially in the heat.
- Hydration is very important for a well-balanced diet.
- When planning an event have a signup sheet so you can strive for a healthy plate.
- Only make one plate and throw it out after you are done



eating so you are not tempted to go back for seconds.

- When talking with friends and family avoid gathering next to the food tables.

It's important to have fun and enjoy yourself, but remember that moderation is the key to success. Eating with moderation allows us to eat to foods we love in small amounts. Make smart choices for a happier healthier lifestyle. Many of these small changes will become a habit, resulting in a balanced diet.

*"The key to staying energetic and healthy is to ensure that everything you put in your body lines up with the "Four H's" . . . it needs to be **Hygienic, Healthy, Hydrating and Hearty**. By observing the Four H's, you give your body the fuel it needs to stay both healthy and energized. When you start to let them slip, you'll notice a decline in energy ... and maybe even your health." (www.cbn.com)*

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

**1-877-8HOPENY (1-877-846-7369)**

24 hours a day, 7 days a week \* Free & confidential information and referrals.

# The Council Corner

It's been a busy summer so far with many of our summer programs buzzing along and new staff joining the group. The Steuben Prevention Coalition would like to welcome Kira Johnson as the new Drug Free Communities Program Assistant. Kira grew up in Avoca, NY and now lives in Corning. She is a mother of two girls, ages 15 and 19. Her 19 year old is currently in college. Kira has a Bachelor of Science degree from Cornell University in Communication and has worked in the communication field for 7 years. She loves musical performance and is an active member of her church, Victory Highway Wesleyan Church. Welcome Kira!



Our John Southard Youth Recreation Commission has also been busy with numerous field trips and exciting experiences for the kids. One especially interesting activity for the kids was meeting the Steuben County Sheriff's K9 unit. Sergeant Shutt and Deputy

Logsdon brought their K9 dog, Daimon, to visit with the kids. Daimon demonstrated many of his police canine skills including sniffing out hidden towels and attacking an arm decoy. He also demonstrated his excellent listening skills and the kids were able to pet him at the end. The kids loved seeing Daimon up close and made thank cards for him and the officers. A big thank you to Sergeant Shutt and Deputy Logsdon for bringing Daimon to our program and showing us what a K9 unit really can do!

# By the Numbers...

## A look at facts and figures relating to nutrition.

- Only one in three children are physically active every day.
- Less than 5% of adults participate in 30 minutes of physical activity each day;
- Only one in three adults receive the recommended amount of physical activity each week.
- More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.
- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).
- 28% of Americans, or 80.2 million people, aged six and older are physically inactive.
- Nearly one-third of high school students play video or computer games for 3 or more hours on an average school day.
- Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat.
- About 90% of Americans eat more sodium than is recommended for a healthy diet.
- Reducing the sodium Americans eat by 1,200mg per day on could save up to \$20 billion a year in medical costs.



A service priority for Catholic Charities of Steuben

**8 East Morris Street, Bath, NY 14810**

**Phone: (607) 776-6441 \* Fax: (607) 776-6664**

*Prevention Director:* Jim Bassage

*Prevention Educators:* Barb McCollumn, Stacey O'Dell, Erin Fleming, Michele Sexsmith

*Administrative Assistant & DDP Coordinator:* Diana McIntosh

*Clerical Assistant:* Peggy Wurzer

*Drug Free Communities Coordinator:* Norm McCumiskey

*Drug Free Communities Program Assistant:* Kira Johnson

**Bath Hope for Youth Counselors:**

Sherry Sutton—Campbell-Savona  
Bridgette Lanphere—Hammondsport  
Jennifer Beaty—Haverling

## Steuben County Underage Party Tip Line

Anyone with information about anything related to underage drinking - such as parties or underage sales - in Steuben County are urged to call the toll-free line. The tip line will be monitored seven days a week, 24 hours a day. All calls are anonymous.

**1-877-862-4847**

*Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O'Dell, Prevention Educator at [sodell@dor.org](mailto:sodell@dor.org).*