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*If you have any specific topics you would like to read about in our newsletters, feel free to contact our Health Educator at 641-342-3724 or EMAIL [clarkehe@mediacombb.net](mailto:clarkehe@mediacombb.net).*

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# Got Health?

## Clarke County Public Health

### National Child Abuse Prevention Month

Strong, nurturing communities that are supportive of families can get involved and play a role in preventing child abuse and neglect. Our very own **Clarke County Prevent Child Abuse Council** has been working hard to provide opportunities in the community to build strong family relationships, provide resources and teach parenting techniques that give children of the community a greater childhood.

The Clarke County Prevent Child Abuse Council is hosting a Safety Night this month to offer a family event for participants to get lots of information from those within the community that promote safety! Those who attend are able to receive a free bike helmet, one free entry to the bike raffle for each child, have car seats checked for proper installation and be sure they are not expired, grab some food and enjoy an evening with the family.

If you feel you would benefit from more information or would like to be a part of the Clarke County Prevent Child Abuse Council, they invite you to be a part of their efforts in preventing child abuse in Clarke County. The Council meets the fourth Thursday of every month at the Family Resource Center, 820 N. Main Street, Suite 1, Osceola, IA. The meetings are hosted at 9:00 a.m. and last approximately one hour.



**Public Health**  
Prevent. Promote. Protect.

### UPCOMING EVENTS:

#### Safety Night

April 17<sup>th</sup> 4:30pm-7:00pm  
United Methodist Church  
FREE entry to bike raffle

#### Earth Day 5k

April 21<sup>st</sup> 10am  
East Lake Park  
Register online \$30

#### FREE Diabetes Prevention Program

#### Monday's

12:00-1:00pm  
820 N. Main St, Suite 1  
Osceola, IA



# The Power of Protein

Proteins are the building blocks of life! They come in many different shapes and sizes and play several roles in our bodies such as growth, development and everyday functioning.

Most people are eating enough protein to prevent deficiency, but could you do better with a much higher protein intake? Numerous studies have shown that a high-protein diet has major benefits.

Studies show that protein is by far the most filling macronutrient (carbs, protein, fats) and can reduce appetite and hunger levels. It helps you feel fuller with less food. Part of the reason is that protein reduces your level of the hunger hormone ghrelin. It also boosts the satiety hormone peptide YY, which makes you feel full. In one study, increasing protein from 15-30% of calories, made overweight women eat 441 fewer calories each day, without intentionally restricting anything. If you need to lose weight, then consider replacing some of the carbs and fats you are eating with protein. It can be as simple as making your servings smaller, while adding a few extra bites of meat or fish.

Several studies show that eating plenty of protein can help increase muscle mass and strength. If you are physically active, lifting weights, or trying to gain muscle, then you need to make sure that you are getting enough protein. Keeping protein high can also help prevent muscle loss when your body is in a "catabolic" (breaking down) state, such as during weight loss.



There is an ongoing myth that protein is bad for your bones. This is based on the idea that protein increases "acid load" in the body, leading to calcium being leached from the bones in order to neutralize the acid. However, most long-term studies show that protein has major benefits for bone health. People who eat more protein tend to maintain their bone mass better as they get older and tend to have a much lower risk of osteoporosis and fractures. This is especially important for women who are at high risk of osteoporosis after menopause.



Protein can reduce cravings and desire for late-night snacking; a food craving is different from normal hunger. It is not just about your body needing energy or nutrients; it is about your brain needing a "reward." Unfortunately, cravings can be incredibly hard to control. The best way to overcome them may be to prevent them from showing up in the first place. One of the best ways to do that is to increase your protein intake. One study in overweight men showed that increasing protein to 25% of caloric intake reduced cravings by 60%, and reduced the desire to snack at night by half.

Studies in girls also found that just eating a high-protein breakfast reduces cravings and late-night snacking. This may be mediated by improved function of dopamine, one of the main brain hormones involved in cravings and addiction.

Protein can boost metabolism and increase fat burning. The body uses energy (calories) to utilize the nutrients in foods. This is referred to as the thermic effect of food (TEF). Not all foods are the same, however. Protein has a MUCH higher thermic effect (20-35%) than fat or carbs (5-15%). A high protein intake has been shown to significantly

boost metabolism and increase the amount of calories you burn. This can be up to 80-100 more calories burned each day!

Hypertension is a major cause of heart attacks, stroke and chronic kidney disease. Interestingly, a higher protein intake has been shown to lower blood pressure in multiple studies. In addition to lowering blood pressure, a higher intake of protein has been known to reduce LDL (bad) cholesterol and triglycerides.

Protein can help you lose weight and keep it off in the long run. Protein is the king of nutrients when it comes to losing weight. Again, high amounts of protein in your diet boost metabolism and lead to automatic reduction in calorie intake and cravings. Protein also has benefits for fat loss when intentionally restricting calories. In a 12-month study of overweight people on a calorie-restricted diet, the high-protein group lost 53% more body fat than a normal-protein group eating the same number of calories. Maintaining weight loss is a big challenge for most people, just a modest increase in protein intake has been shown to help with weight maintenance; increasing protein from 15% to 18% of calories can reduce weight regain by 50%. Consider making a permanent increase in your protein intake if you want to lose weight and keep it off in the future.



Protein can help your body repair itself after injury and keep you fit as you get older. As you age, your muscles shrink (age-related sarcopenia); one of the main causes of frailty, bone fractures and reduced quality of life as you age. Protein is one of the best ways to prevent sarcopenia along with staying physically active and lifting weights or doing resistance exercises.