

Stress in Women Offsets Benefits of Eating Healthier Foods

Study: Foods with sunflower oil produced same response as foods high in saturated fat

***Note: Embargoed until Tuesday September 20, 2016 at 4 am eastern**

The Ohio State University Wexner Medical Center

Produced by: MediaSource
www.mediasourcetv.com

Package Length: 1:36

To download broadcast-quality video and other multimedia elements: <http://bit.ly/2cAsvCo>

Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE

STILL TO COME, EATING HEALTHIER FOODS MAY NOT ALWAYS BE AS BENEFICIAL AS WOMEN THINK. THE ROLE STRESS PLAYS IN A WOMAN'S DIET, NEXT IN HEALTH NEWS.

ANCHOR LEAD

A NEW STUDY IS OUT SUGGESTING A POWERFUL LINK IN WOMEN BETWEEN THEIR FOOD - AND THEIR STRESS LEVELS THE PREVIOUS DAY.

RESEARCHERS TESTED WOMEN AFTER FEEDING THEM DIFFERENT MEALS, AND FOUND THAT THE PRESSURES IN A WOMAN'S LIFE MIGHT BE MORE IMPORTANT THAN WAS WHAT WAS ON HER PLATE. CLARK POWELL HAS DETAILS.

(PACKAGE START) -----

(Nats - getting bread out of cupboard) :02

CG: Courtesy: The Ohio State University Wexner Medical Center

AFTER THEY GET HOME FROM SCHOOL AND BEFORE THEY START THEIR HOMEWORK, JOANNE DREW SAYS IT'S COMMON FOR HER KIDS TO CRAVE CERTAIN COMFORT FOODS.

Shot of Joanne getting out food

AFTER ALL, DAYS CAN BE LONG AND STRESSFUL, EVEN AT THEIR AGE. :10

Shot of Joanne making snack

"When you're stressed, you feel out of control so what you try to do is be in control and to be in control, you eat." :09

**CG: Joanne Drew
Mother of two**

IN AN EFFORT TO KEEP HER FAMILY FIT, JOANNE LOOKS FOR HEALTHIER INGREDIENTS IN FOOD WHENEVER SHE CAN.

Shot of Joanne making snack

BUT A NEW STUDY SUGGESTS IN STRESSFUL SITUATIONS, THAT MAY NOT BE AS HELPFUL AS YOU MIGHT THINK. :11

Close up of peanut butter

"What this tells us is that stress really does interact


**CG: Janice Kiecolt-Glaser, PhD
Ohio State Wexner Medical Center**

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>

Shot of Dr. Glaser and colleague	<i>with the type of food you're eating.” :06</i>
Shot of woman eating in study	DOCTOR JANICE KIECOLT-GLASER (KEE -colt GLAY -zhur) LED THE STUDY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER. TO SEE HOW STRESS IMPACTS DIET, RESEARCHERS FED 58 WOMEN 2 DIFFERENT MEALS. :09
Janice Kiecolt-Glaser, PhD (CG'd earlier)	<i>“One was a meal that was high in saturated fat, another was high oleic sunflower oil, that's a healthier oil, obviously, than saturated fat.” :09</i>
Shot of blood test	AFTER WOMEN ATE THE MEAL WITH SATURATED FAT, BLOOD TESTS SHOWED THEIR INFLAMMATION LEVELS WERE HIGHER. AFTER THE HEALTHIER MEAL, THEY WERE LOWER.
Shot description	THEN, RESEARCHERS ADDED <i>STRESS</i> INTO THE EQUATION. :10
CG: Martha Belury, PhD, RD Ohio State Wexner Medical Center	<i>“To our surprise, if women had a stressor the day before their meal, the type of fat didn't matter.” :06</i>
Shot of woman eating in study	IN FACT, HEALTHIER TYPES OF FAT HAD NO BENEFIT FOR WOMEN WHO WERE STRESSED. THEIR INFLAMMATION MARKERS REMAINED ELEVATED. :07
Janice Kiecolt-Glaser, PhD (CG'd earlier)	<i>“That's important because those markers are associated with a variety of age-related diseases like cardiovascular disease, diabetes.” :08</i>
Shots of woman in study	AND IS EVEN LINKED TO SOME FORMS OF CANCER. SO, IF YOU WANT TO GET THE MOST OUT OF A HEALTHY DIET, A KEY INGREDIENT, EXPERTS SAY, IS MANAGING YOUR STRESS.
Shots of family at the table	AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :11
(PACKAGE END) ----- ANCHOR TAG	THIS IS THE FIRST STUDY TO SHOW THAT STRESS CAN OFFSET THE BENEFITS OF HEALTHIER MONOUNSATURATED FATS - LIKE THOSE FOUND IN SUNFLOWER, OLIVE OR PEANUT OILS.

SOCIAL MEDIA

 Share it! Suggested tweet:	Study @OSUWexMed suggests stress can cancel out benefits of healthier foods in women. bit.ly/2cAsvCo . A new study makes a compelling link in women between their food and their mood. Researchers at The
---	---

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>



Suggested post:

Ohio State University Wexner Medical Center fed women 2 meals - one high in saturated fat, the other with healthier sunflower oil. Blood tests showed inflammation rates were lower after women ate the healthier meal - unless they were stressed. See how stress and depression changed everything:
<http://bit.ly/2cAsvCo>

EXTRA BITES

**CG: Janice Kiecolt-Glaser, PhD
Ohio State Wexner Medical Center**

Kiecolt-Glaser gives details of the study -
"We fed 58 women two meals. They didn't know which meal they were going to get, and we didn't know each time."

Kiecolt-Glaser talks about the role stress played -
"Stress was actually interacting with the meal they were getting to make a real change in their blood after the meal."

Kiecolt-Glaser talks about similarities in blood tests -
"It didn't matter which one they had if they had a stressor the day before, because it raised the level of the high oleic sunflower oil meal so it looked just like the high saturated fat meal in terms of what their blood was showing us."

**CG: Martha Belury, PhD, RD
Ohio State Wexner Medical Center**

Belury talks about levels of inflammation markers -
"Whether they'd had the meal that had the high saturated or the high monounsaturated fat, their markers of inflammation in response to the meal were high."

Belury talks about importance of reducing stress -
"If we can't resolve the stress and the stress physical response, then that's what takes a toll on our health and can lead to increased risk for chronic diseases that are associated with chronic stress."

**CG: Joanne Drew
Mother of two**

Drew explains what she learned from the study -
"My biggest takeaway is that, short-term gain, long-term loss. What makes you feel good in the moment isn't necessarily what helps you through moments of stress."

Drew talks about the findings of the study -
"To think that your body processes things differently, based on other things that are happening is kind of a double whammy."

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123

Log onto <http://wexnermedical.osu.edu> - click on "Media Room"

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**

Producers & Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>