



## Fatherhood Talk Tuesday

August 11, 2020



# Agenda



Housekeeping	Tess Pritchard, TA & Support Center
Welcome	Brandon Wood, DHSPS
Healthy Fathers, Healthy Families	Kenn Harris, TA & Support Center
Introductions	Kenn Harris, TA & Support Center
Sleep and Nutrition	Peter Stack, Chicago Partnership for Health Promotion
Q&A	Peter Stack, Chicago Partnership for Health Promotion

# Meeting Logistics

## Please note the following:



- This session is being recorded and will be archived for future viewing.



- All participants are muted upon entry. We ask that you remain muted to limit background noise.

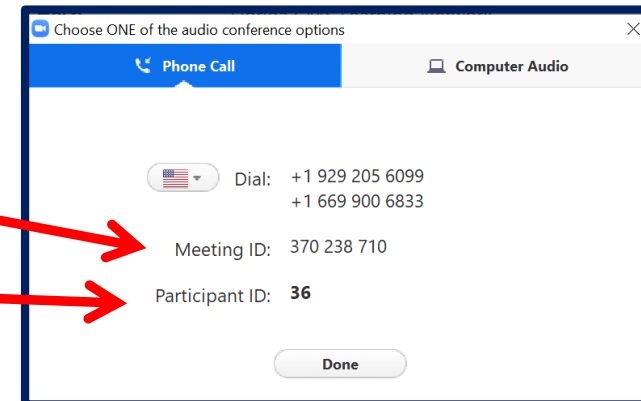
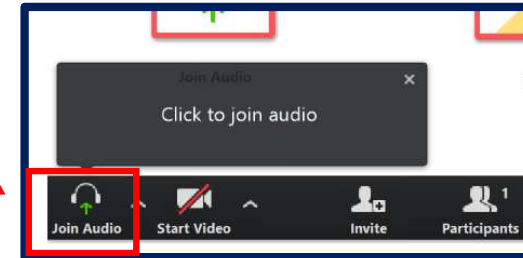


- Members are encouraged to participate in the discussion by typing your comment/asking questions using the chat box.

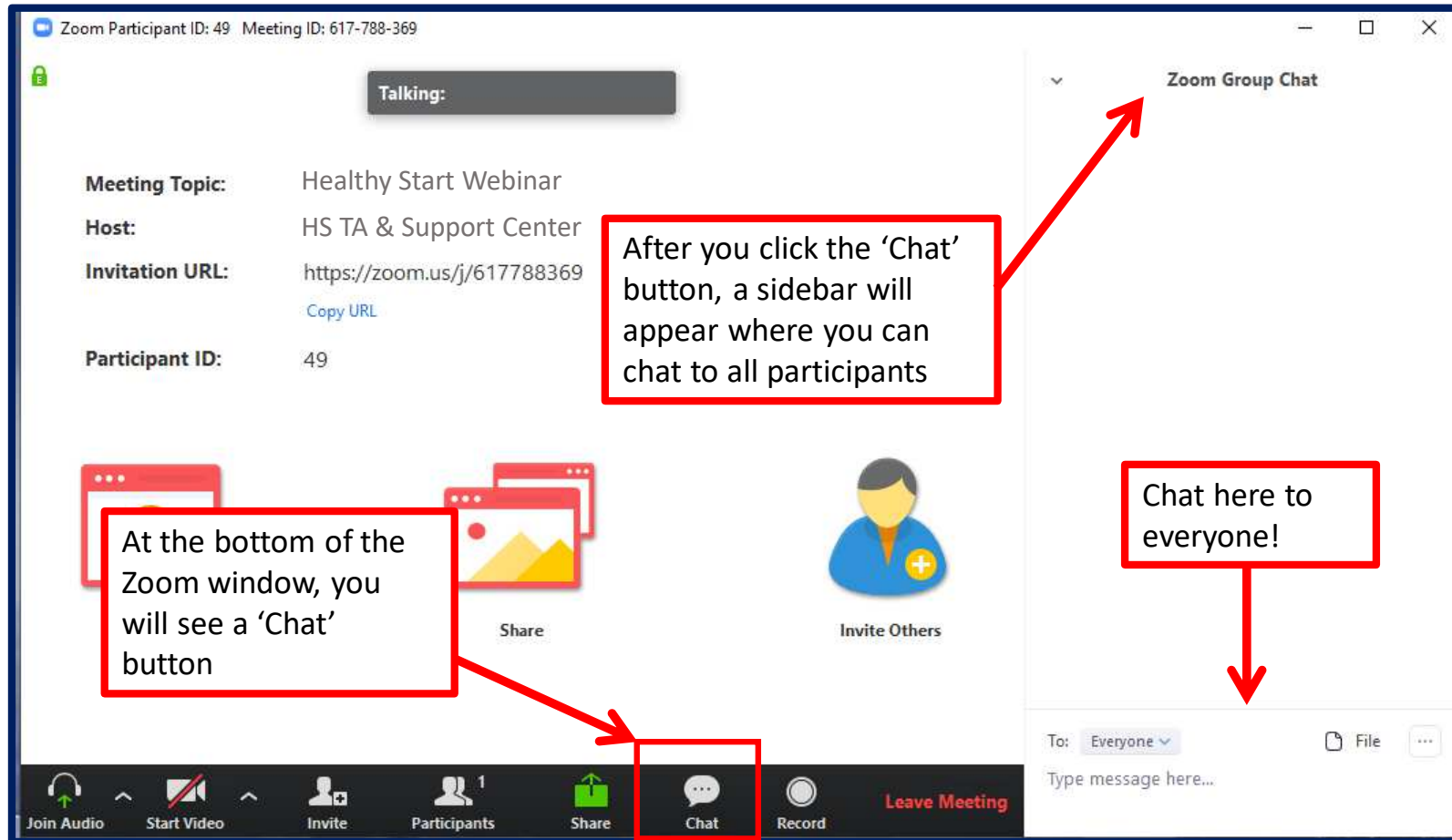
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- An audio conference box will appear
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- From the audio conference box: Select to **"Phone Call"** or **"Computer Audio"**
- If using the phone:
  - dial the number next to "Dial"
  - You will be prompted to enter the **"Meeting ID"**
  - Then you will be prompted to enter the **"Participant ID"**

Join Zoom Meeting:  
<https://zoom.us/j/237206404>



# Ways to Participate: Chat



Zoom Participant ID: 49 Meeting ID: 617-788-369

Talking:

Meeting Topic: Healthy Start Webinar  
Host: HS TA & Support Center  
Invitation URL: <https://zoom.us/j/617788369>  
Participant ID: 49

Zoom Group Chat

After you click the 'Chat' button, a sidebar will appear where you can chat to all participants

At the bottom of the Zoom window, you will see a 'Chat' button

Chat here to everyone!

Join Audio Start Video Invite Participants Share Chat Record Leave Meeting

# Welcome

Brandon Wood



A forum for fatherhood coordinators supported by the SHSP Healthy Start TA Center at NICHQ.



# Healthy Start Fatherhood – Men's Health

Kenn L. Harris

Senior Project Director, National Institute for Children's Health Quality



# Poll



# Healthy Fathers, Healthy Families

As we look at fatherhood within MCH framework

It's important to look at the health of fathers in context to children and families

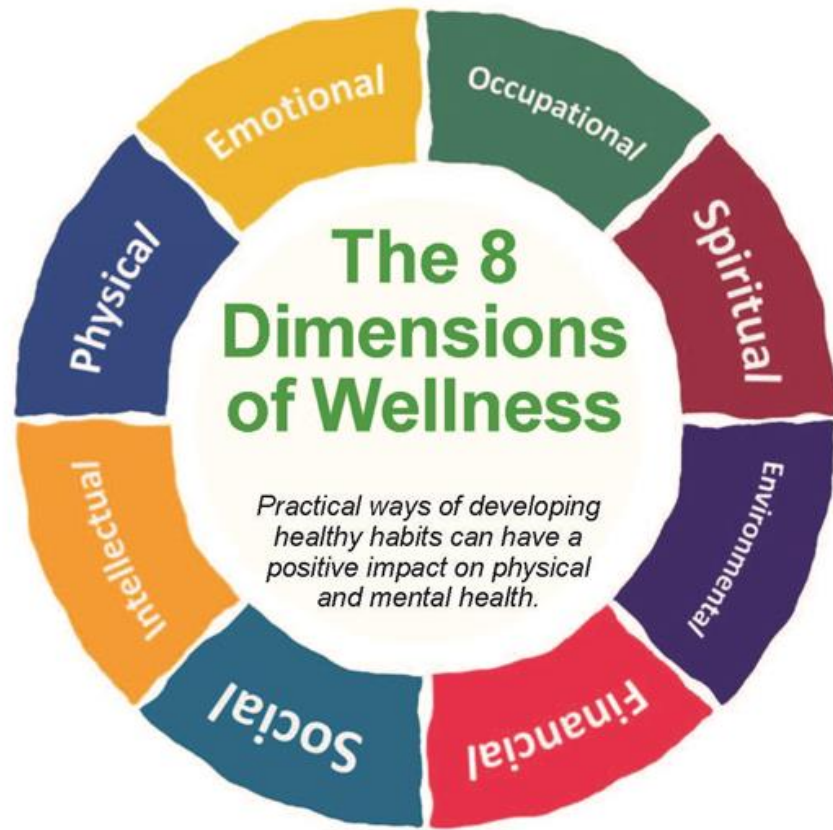


Men's  
Health

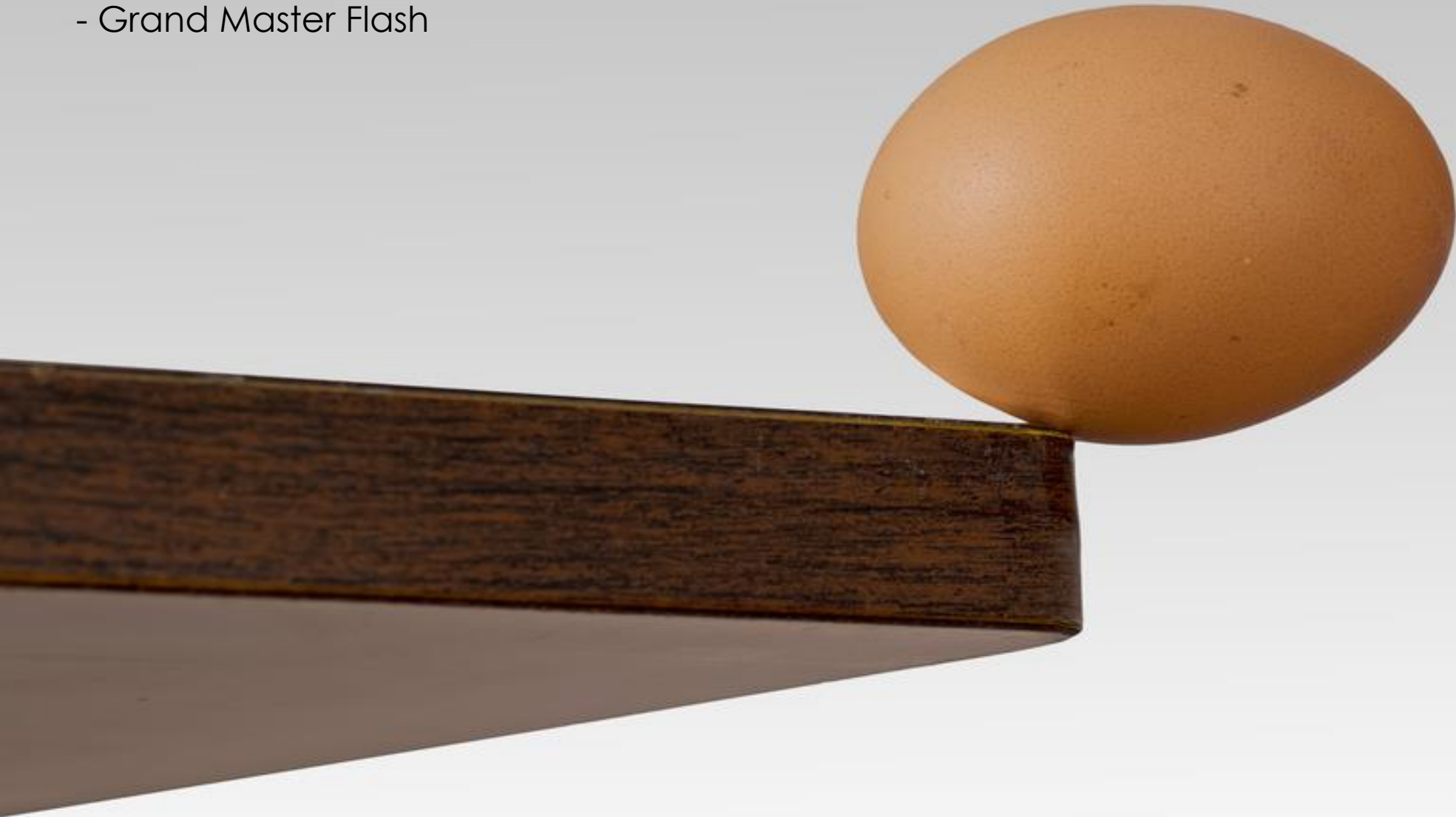


H E A L T H

Physical  
Mental  
Behavioral



Don't push me cause I'm close to the edge  
I'm trying not to lose my head  
It's like a jungle sometimes  
It makes me wonder how I keep from goin' under  
- Grand Master Flash





healthy lifestyle challenges •



Supporting dads  
in being healthy  
and active for  
their children





A close-up photograph of a man with short brown hair and a light beard, sleeping peacefully in a bed. He is wearing a white tank top and is tucked under a white sheet. His eyes are closed, and his expression is relaxed. The background is a plain, light-colored wall.

Does what I eat impact  
how I sleep?

Data shows that eating less fiber, more saturated fat and more sugar throughout the day is linked with lighter, less restorative sleep.



In one study, researchers tracked diet and sleep for a group of healthy adults over the course of five nights and found that indeed, food choices during the day did affect sleep.

# Healthy Fathers, Healthy Families





# Introductions

Kenn L. Harris

Senior Project Director, National Institute for Children's Health Quality

Presenter: Peter Stack  
*Chicago Partnership on Health Promotion*

# Sleep and Nutrition

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Its Importance to You and Your Healthy Start Fathers

# What We Will Cover Today:

- Every organism as a whole needs periods of rest or sleep!!
  1. Why is sleep important, actually essential?
  2. How much sleep adults and children need per day
  3. What are the different stages of sleep
  4. What happens when we are sleep deficient?
  5. Tips for getting more Zzzzzz's
  6. Nutritional affects on sleep
  7. Healthy eating for men

# Poll

# What is Sleep:

- An **essential** rest period for all organisms and their internal organs:
  - What does that mean?
    - **Essential** means necessary for our body and mind to work correctly (i.e. essential vitamins or oils)



# Poll

# How much sleep do we need per night?

Stage of Life	Hours
Newborns	14 to 17
Infants	12 to 15
Toddlers	11 to 14
PreK	10 to 13
6 to 13 yo	9 to 11
Teens	8 to 10
Young Adults (18 to 25 yo)	7 to 9
Adults	7 to 9
Older Adults (65+ yo)	7 to 8

The National Sleep Foundation



# What triggers sleep?

- There are things that are intuitive about sleep
  - Group Exercise – try to sleep....
- There are things we associate with sleep
  - Time of day (circadian rhythms)
  - Night and darkness
  - Quiet or low wave rhythms
  - Bedroom
  - Cool temperature

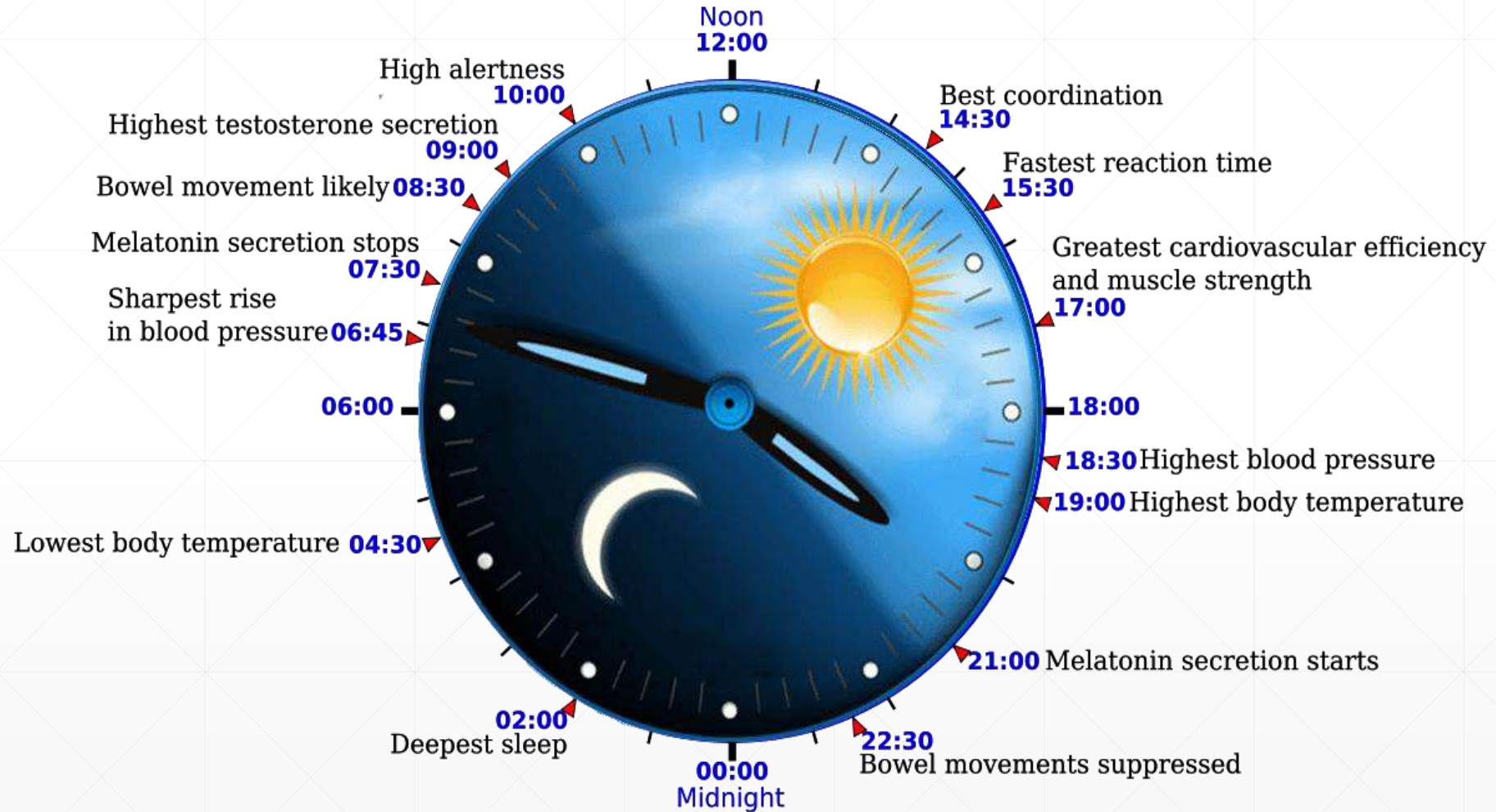
The National Sleep Foundation

# What are Circadian Rhythms?

- Originally thought to be sleep cycles in your brain only
- After many years of research doctors and scientists now feel circadian rhythms are in all cells and all organs in your body

The National Sleep Foundation

# Circadian 24 Hour Cycle

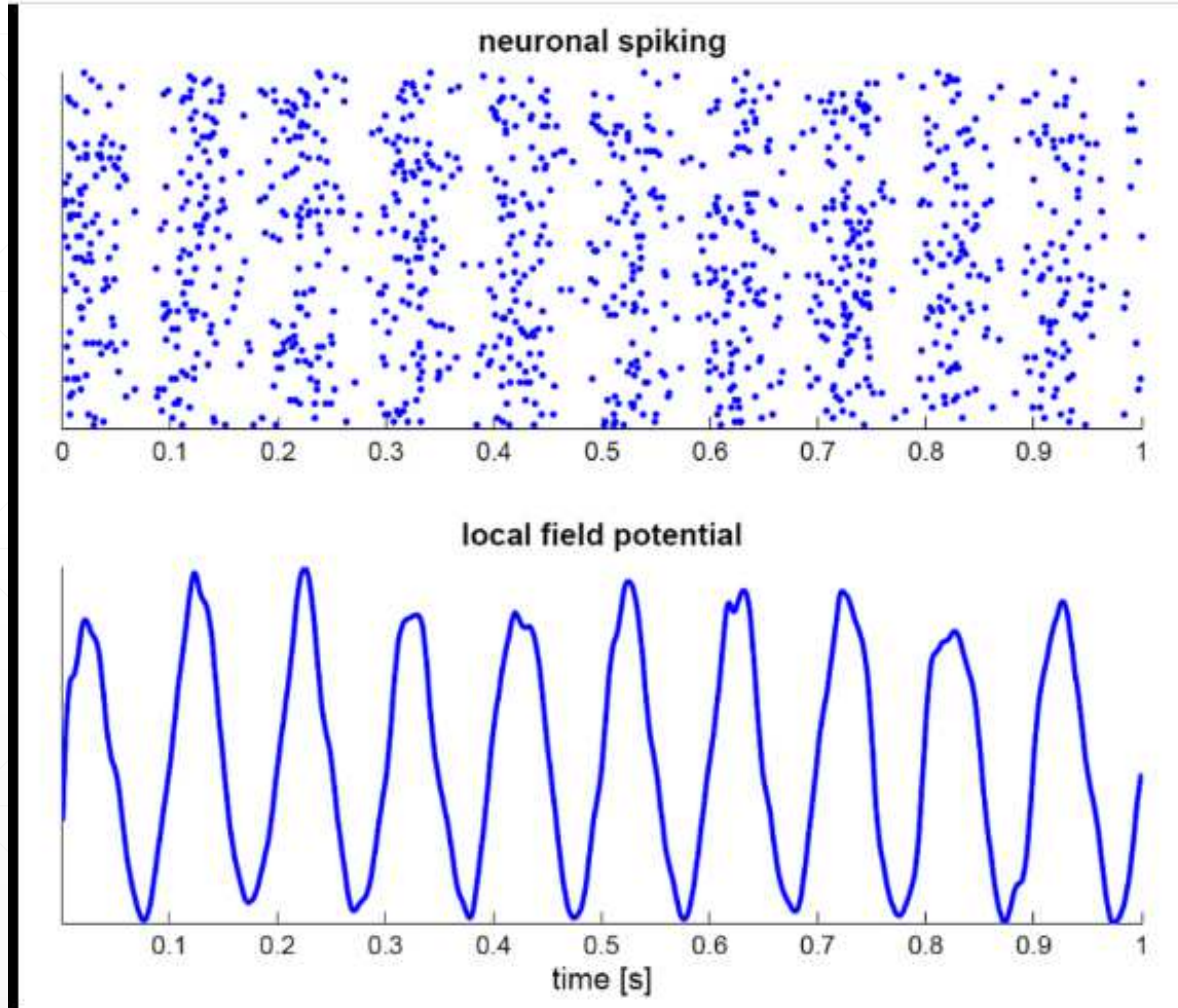


# Sleep's Five Stages:

- **Stage One:** Within minutes (sometimes even within seconds!) of nodding off, your brain produces what are called alpha and theta waves and your eye movements slow down. This introduction to sleep is relatively brief, lasting up to seven minutes. Here, you are in light stage sleep, which means that you're somewhat alert and can be easily woken. It's during this stage of sleep that people often indulge in brief “catnaps.”
- **Stage Two:** During this stage, which is also fairly light, the brain produces sudden increases in brain wave frequency known as sleep spindles. Then brain waves slow down. If you were to schedule a “[power nap](#)” you'd want to wake up after this stage of sleep.

The National Sleep Foundation

# Sleep Spindles in Stage 2



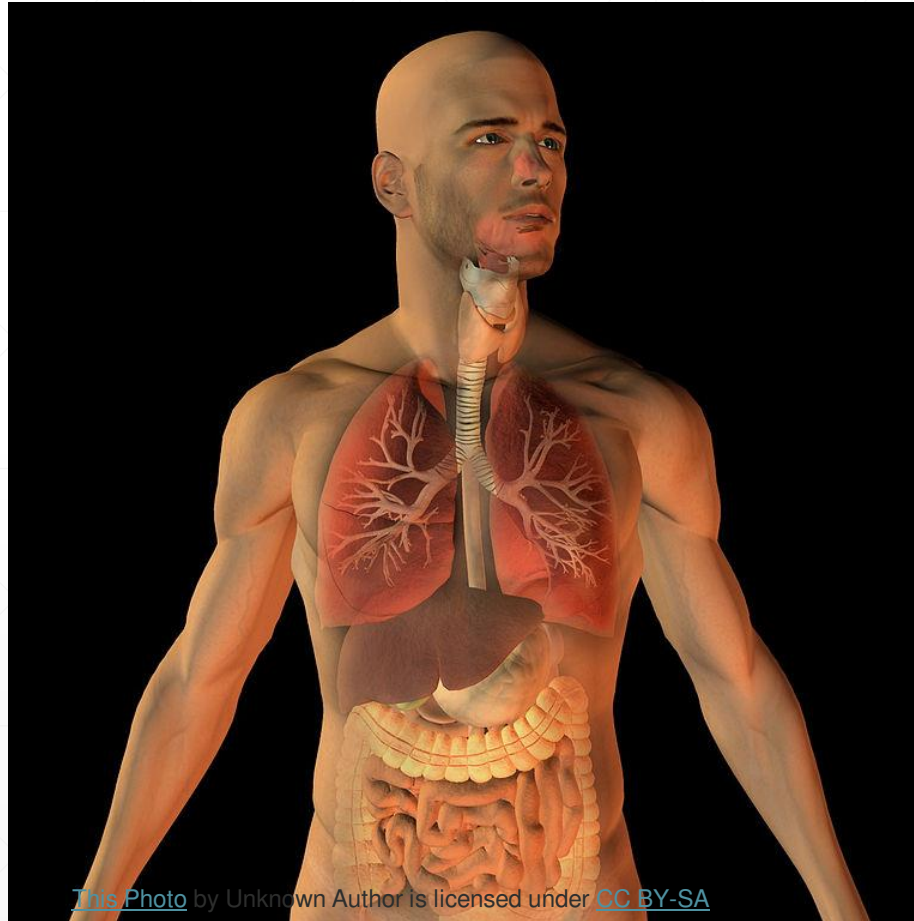
# Stages of Sleep:

- **Stages Three & Four:** This stage is the beginning of deep sleep, as the brain begins producing slower delta waves. You won't experience any eye movement or muscle activity. At this point, it becomes a little harder for you to be awakened, because your body becomes less responsive to outside stimuli. The brain produces even more delta waves and you move into an even deeper, more restorative stage of sleep next. It's most difficult to wake up during this stage.
- **This is when the body repairs muscles and tissues, stimulates growth and development, boosts immune function, and builds up energy for the next day.**

The National Sleep Foundation



# Body Repair



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# The Final and Most Important Stage:

- **Rapid Eye Movement (REM) Sleep:** You generally enter REM sleep about 90 minutes after initially falling asleep, and each REM stage can last up to an hour. An average adult has five to six REM cycles each night.



The National Sleep Foundation

# Benefits of Sleep:

- **Stage One & Two:** Some people feel they benefit from cat-naps or some form of meditation
- **Stage Three & Four:** This is when the body repairs muscles and tissues, stimulates growth and development, boosts immune function, and builds up energy for the next day
  - Prevents disease and cleans you body and brain
  - When all growth occurs
- **Stage Five (REM):** Brain processes all information it recorded and decides which memories to keep

The National Sleep Foundation

# How much sleep do we need per night?

Stage of Life	Hours
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The National Sleep Foundation

# Why do children need so much more sleep than adults?

- Sleep is when growth hormone is secreted and intensifies cell replication (growth) and tissue repair.
  - Children especially babies are growing rapidly
  - Their brains are growing rapidly from all the stimuli in their new life
  - Brains are processing information and creating memories
- The needs to cleanse their systems to all the byproducts from development and metabolism
  - We will touch on our brains' waste disposal system last

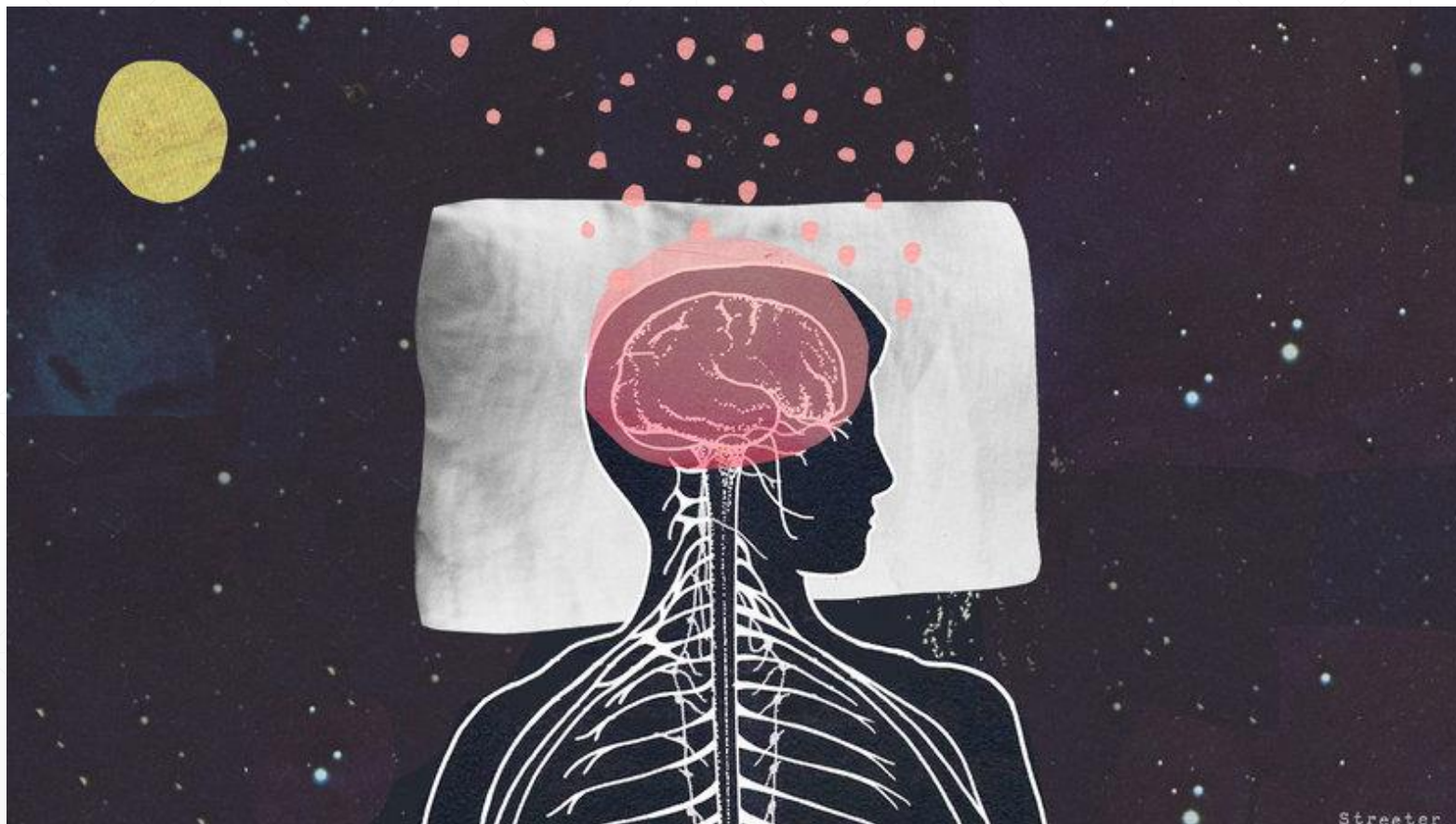
# Epidemic Sleep Problem:

- 35% of all adults report not getting 7 to 8 hours of sleep per night
- Over 60% of children report not getting 8 to 10 hours of sleep per night
- Why is the sleep problem getting worse?

# Sleep Deficiency can Cause:

- Heart Disease
  - The European Heart Journal reported a 48% increase of developing coronary heart disease in those who slept less than six hours per night
- High Blood Pressure
- Stroke
- Diabetes
- Weight Gain/Obesity

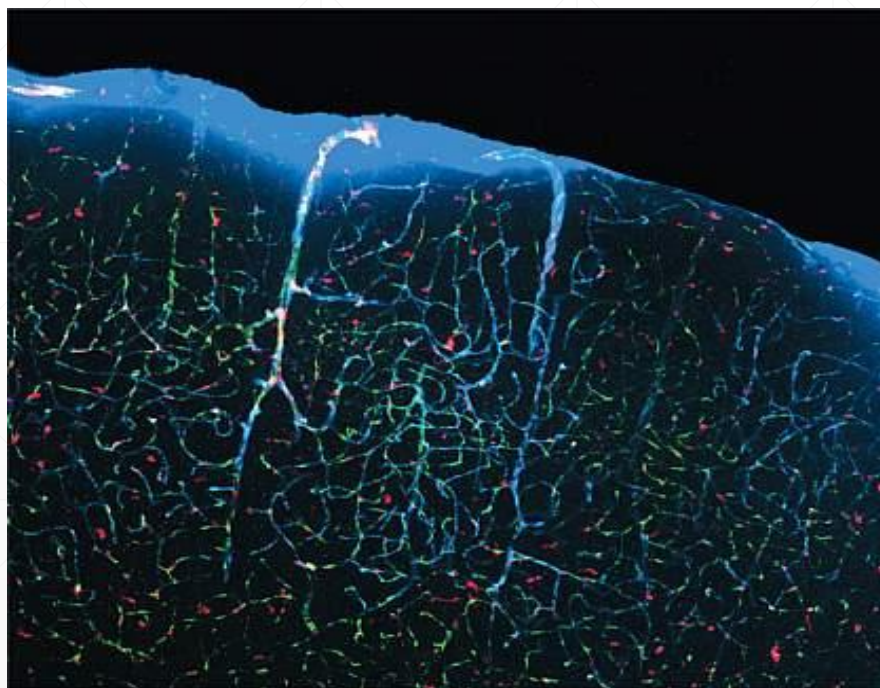
# Sleeping Cleans Your Brain of Toxins:





# Can Sleep Deficiency Cause?

- Alzheimer's



# What can We do to Sleep Better:

- Have a bedtime routine for everyone in the house
- Use your bedroom for only sleeping
  - Watch TV and use devices with screens outside your bedroom
  - Stop screen-time 30 minutes prior to going to bed
  - Stop eating 3 hours before going to bed
  - Stop drinking caffeine 8 hours prior to bedtime
  - Take a hot bath before bed
  - Block out as much light as possible, even under the door
  - Keep your bedroom cool
  - If you do wake and can't get back to sleep, leave your bedroom

# Sleep and Nutrition Affect Each Other

- Eat a healthy balanced dinner and finish 3 hours prior to bedtime



# Tips for Not Over-Eating and Digesting Dinner

- Drink water throughout dinner
- Eat your fruits and veggies
- Eat slowly, it take 20 minutes for you to be satiated
- 
- Take a walk after dinner to aid digestion



# Poll

# Why Breakfast is the Most Important Meal

- Breakfast breaks our fast (not eating for 9+ hours)
- If you finish eating dinner at 7 PM, go to sleep at 10 PM and wake at 6 AM
  - 3 hours before bed + 8 hours of sleep = 11 hours of fasting

# What Happens if You Skip Breakfast

- You need to add 6 more hours to your already long 11 hour fast
  - $11 \text{ hours} + 6 \text{ hours} = 17 \text{ hours}$  before you feed yourself
- Your body now thinks it's starving and slows your metabolism to reduce the amount of calories it burns
- Your body conserves energy by reducing energy delivered to **ALL** parts of your body
- The million dollar question: **How much energy does your brain need and use?**

# What Happens if You Skip Breakfast

- When you do eat after 16 or 17 hours
- Less than optimal energy delivered to your brain
- Bad decisions due to hunger and insufficient energy
- Weight gain due to over-eating and slow metabolism

# Why Eat a Nutritious Breakfast?

- Eat within 45 minutes of waking, you don't want your body to slow its metabolism
- You want to feed your body unprocessed fruits and veggies
- Stay away from sugary sweetened drinks or reduce the intake to 4 ounces
- Eat whole-grain cereals and breads
- Eggs are great but reduce the amount of cured fatty meats



# Fruits and Veggies



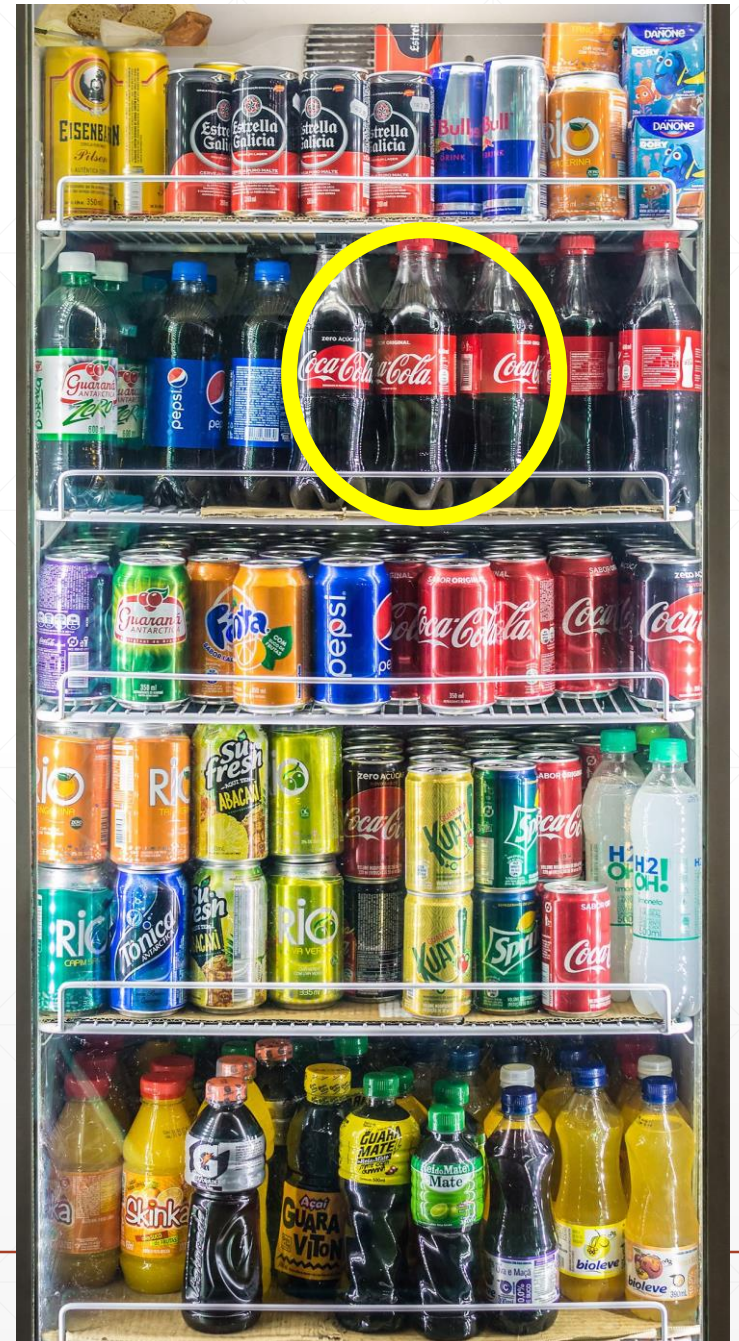
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# Sugar in Juice or Soda



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# Teaspoon or Sugar Pack



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# Poll

# Eat Mid-Morning Healthy Snacks

- Set an Alarm on your phone
- Carry water, fruits, nuts or healthy snacks
- You don't want to be hungry going into lunch





# Lunch

- If you're not hungry at lunch, you'll probably make healthy decisions
- Repeat:
  - Set an alarm for mid-afternoon
  - Eat a healthy snack
  - Don't be hungry before dinner

# Practice and Try New Foods

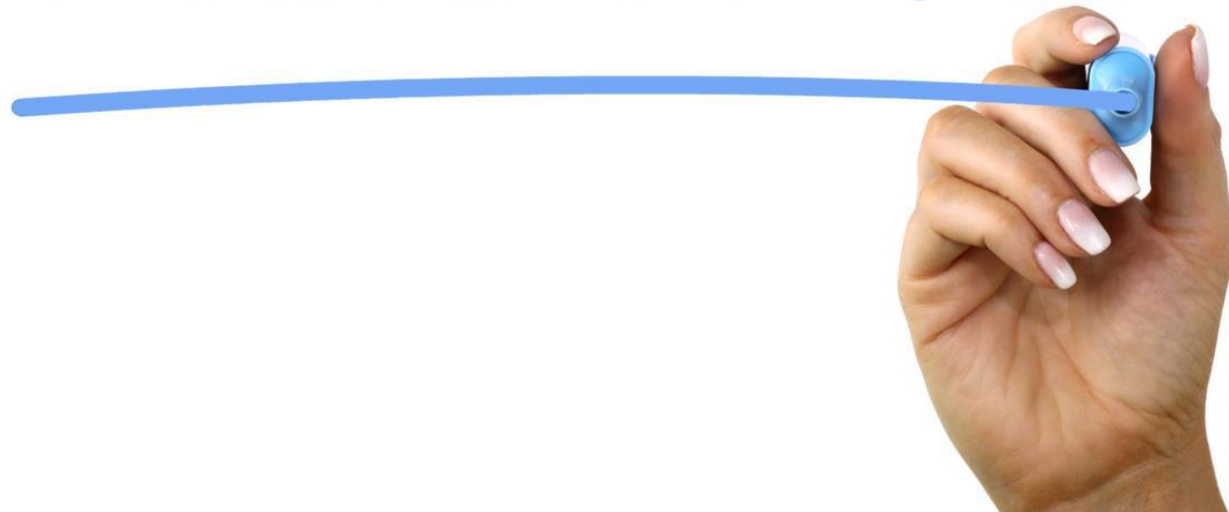
- Pediatricians claim it can take up to 20 tries before a child will eat certain foods (veggies)
- Give ourselves some time to practice and get used to a new routine
- Notice and celebrate positive changes in your routine
- Don't ever punish yourself for a lapse or misstep

# References:

- Maiken Nedergaard 2013 <https://www.nih.gov/news-events/nih-research-matters/how-sleep-clears-brain>
- Chun S. et al 2017 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5550667/>
- NIH <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency#What-Makes-You-Sleep?>
- National Heart, Lung, and Blood Institute <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency#What-Makes-You-Sleep?>
- National Sleep Foundation
- Boufis, C. 2011 <https://www.webmd.com/sleep-disorders/features/how-sleep-affects-your-heart#1>

**Thank You!**

QUESTIONS



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# Contact Information

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A photograph of a young family. A man with brown hair and glasses is on the left, smiling and looking towards the center. A woman with voluminous curly brown hair is in the middle, smiling broadly and looking down at a baby. The baby is on the right, wearing a light green long-sleeved shirt and looking up at the woman. The background is a bright, out-of-focus window. The image is framed by a blue and green curved border on the left side.

# Thank you!

Contact the Healthy Start TA & Support Center  
at [healthystart@nichq.org](mailto:healthystart@nichq.org)

