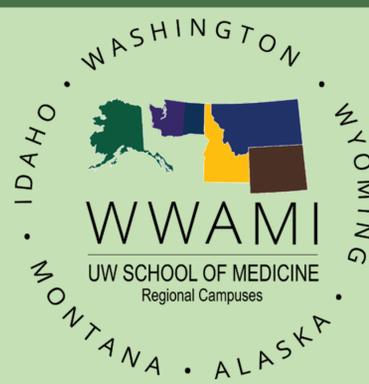


Mood & Food: Increasing Mental Health Outcomes with Nutrition in Star Valley, WY

Sam Britz | RUOP III 2022 | UW School of Medicine

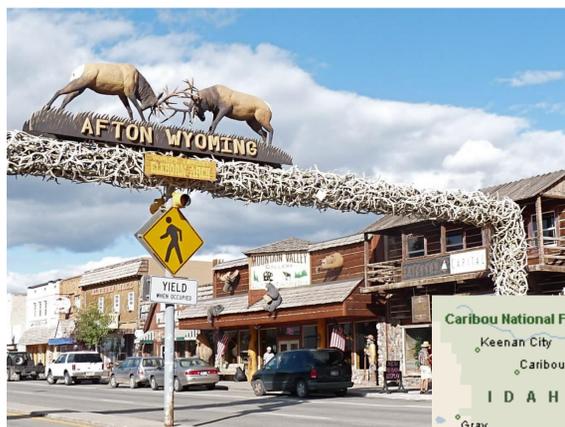


Hypothesis

- Providing nutrition education on key nutrients for mental health will improve overall health outcomes
- Offering a comprehensive guide to seasonal produce will help combat food insecurity & mental illness

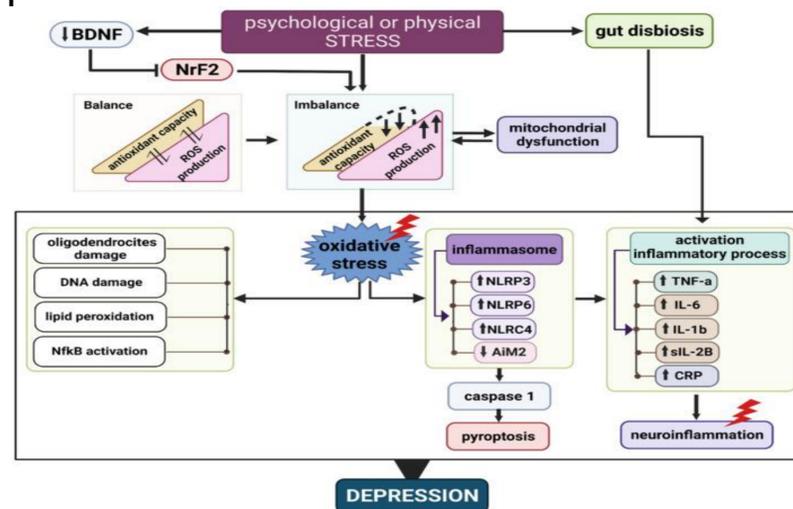
Background

- Star Valley, WY is comprised of a string of small towns including Smoot, Afton, Grover, Thayne, Etna, & Alpine.
- The Valley spans nearly 50 miles long and has only 3 grocery stores for nearly 5,000 full time residents.
- During the summer months nearly an additional 7,000 residents come to the Valley (Star Valley Ranch)
- As a state, Wyoming has the highest suicide rate in the country at almost double the national average



Literature Review

- Diet has a major influence on mental health & comorbidities that are linked to mental illness
- The pathophysiology of mood disorders is connected to inflammatory pathways & oxidative stress
- Food insecurity is a major risk factor for adverse mental health outcomes including worsening stress & depression



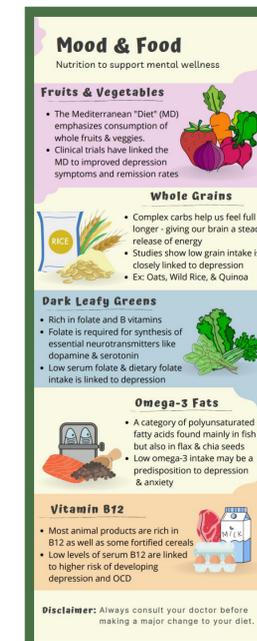
Antioxidants (Basel). 2022 Mar; 11(3): 540. Published online 2022 Mar 11. doi: 10.3390/antiox11030540

Community Health Project Design

- Increase awareness of the role nutrition and food insecurity play in overall mental wellbeing
- Promote specific nutrients everyone should be integrating into their diet for both mental and physical health
- Provide seasonal produce options to make whole food options more cost-effective
- Community partners include Shelley Balls with Cent\$ible Nutrition and Kristle Westover with High Country Behavioral Health (HCBH)

Deliverables

- Infographic showing the specific nutrients that are correlated to mental illness & references
- Seasonal produce shopping list to address food insecurity and promote cost-effective shopping with better nutritional value
- All infographics were given to community partners to use on their social media/websites
- A radio interview covering the information was completed & infographics were published in the SVI newspaper



Next Steps

- Share deliverables with HCBH locations statewide
- Develop recipes with Cent\$ible Nutrition that emphasize the important nutrients for mental health
- Connect with food pantry to provide supplemental education