

# HEALTH

(Josh McDowell research 2006 to present)

## “DEPRESSION”

“The World Health Organization expects depression to become the #1 cause of disability worldwide in the next 10 years. In the U.S., 5-10% of adults currently experience symptoms of depression, and up to 25% do during their lifetime, making it one of the most common conditions treated by primary care physicians. At any given time, around 15% of American adults are taking antidepressant meds. Studies of all types of religious groups find no evidence these people’s rates of depression differ from non-religious people. So, in a typical congregation of 200 adults, 50 will experience depression at some point, and at least 30 are currently taking antidepressants. (*Christianity Today* 3/09).”

(Gary Foster, “Depression,” *Religious Market Update*, March 10, 2009, p3; [www.garydfoster.com](http://www.garydfoster.com))

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## “LIVES UNRAVELING”

“Requests for therapists have soared, Americans say they’re stressed out, and domestic-violence and suicide hotlines are reporting increased calls. ‘I’ve never seen this level of anxiety and depression in 22 years of practice,’ says Nancy Molitor, a psychologist in Wilmette, Ill. Even among those with jobs, the demand for therapists surged 40% from June to December (driven largely by money-related fears). Nearly half of Americans say they are more stressed than a year ago, and about a third rated their stress level as ‘extreme’ just prior to Wall Street dive, finds American Psychological Association surveys. More people are living in homes that are like tinderboxes; they blow up every once in a while. Calls to the National Domestic Hotline were up 21% in September over a year ago. Concern is also rising about possibly higher rates of child abuse, which increases in tough economic times.” (*USA Today* 2/1/09)

(Gary Foster, “Lives Unraveling,” *Religious Market Update*, February 10, 2009, p3; [www.garydfoster.com](http://www.garydfoster.com))

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## “STRESSED”

“BIGresearch data finds Gen-Xers and Millennials are far more stressed out by life than their elders. What’s not so clear is why. One possibility is stress is related to a generation’s life-cycle stage, tied to the ravages of hormones or the roller coaster ride of alternating love and despair, or simply the learned ability to control one’s emotions. Another possibility is that Americans have developed increasingly fragile psyches over the successive generations. If so Millennials, whose parents nourished their self-esteem by never subjecting them to disappointment or failure, are less prepared to cope with hardship.

*Ed Note:* my theory is that more Builders and Boomers have an active Christian faith to sustain them in life's trials." (Boomer Project 1/29/09)

(Gary Foster, "Stressed," *Religious Market Update*, February 10, 2009, p2; [www.garydfoster.com](http://www.garydfoster.com))

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## **"CHANGES IN TEENS' BRAINS CAUSE THEM TO BE MOODY"**

### **"MCCLATCHY NEWSPAPERS"**

"Scientists are gaining new insights into change in teenagers' brains that may help explain why the teen years are so hard on young people and parents."

"From ages 11 to 14, a young person loses a substantial fraction of the connection – known as synapses – tween cells in the part of the brain enables good decision-making."

"This loss is a vital part of growing up. It clears out – or prunes – unneeded wiring so people can process information more efficiently as adults."

"Ineffective or weak connections are pruned in much the same way a gardener would prune a tree or bush, giving the plant the desired shape Alison Gopnik, a professor of child development at the University of California-Berkeley."

"Like teenage pimples and body hair, changes inside the head can be upsetting."

"It certainly seems possible that normal adolescents who are experiencing these brain changes can react emotionally," said Ian Campbell, a neuroscientist at the University of California-Davis Sleep Research Laboratory."

"They can appear moody, uncooperative and irresponsible."

"But synaptic pruning is a good thing. It brings about 'an improvement in speed in information-processing and a greater ability to build the long chains required for complex problem-solving,' Campbell said."

"There are situations in which less is more."

"Girls typically start pruning their brain cells about a year before boys do, but the loss ends up the same, Campbell said."

(Robert Boyd, "Change in teens' brains cause them to be moody," *Detroit Free Press*, December 2006, [www.freep.com](http://www.freep.com))

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## **"TEACH YOUR KIDS ABOUT HUFFING: IT CAN EASILY KILL THEM"**

Huffing, the use of common household products (from nail polish remover to aerosol whipped cream) as inhalants, is a public health problem that remains off the radar of most parents and doctors.

According to the Office of National Drug Control Policy (ONDCP), typical use of inhalants occurs between late childhood and early adolescence. The 2001 Youth Risk Behavior surveillance Survey found almost 15 percent of high school students have sniffed legal household goods to get high at least once. Edward Jurith, the acting director of ONDCP in 2001, said, ‘These items can be deadly, but they are right under our kids’ noses every day. When kids sniff or huff, they are inhaling poisons that do real damage or even kill them.’”

“Products that can be toxic when sniffed include room deodorizers, correction fluid, shoe polish, nitrous oxide, paint thinner, spray paints and other aerosol sprays. In fact, more than 1,000 different household substances can be inhaled to provide a brief high.”

“Lasting effects of inhalant abuse can include short-term memory loss, hearing loss, limb spasms, permanent brain damage, bone marrow damage, liver and kidney damage, and death. While there is now ay to tell which child will succumb or how many sniffing session it will take, statistics indicate that those who do not suffer illness may go on to try other drugs. The most important thing to teach your kids about huffing: It can easily kill you, even if you do it only once.”

Larimore, Dr. Walt “Teach Your Kids About Huffing: It Can Easily Kill Them,” *Plugged In- Focus on the Family*, (October, 2006): 25.

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