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bodyMIND
Your Monthly Guide to Good Health

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DON'T FIGURE IN THE OBESITY EQUATION



Currently in the United States, *over 72 million people are obese.* Obesity rates for all ages and races in this country have increased significantly in recent years. In fact, the Centers for Disease Control and Prevention report that during 1980-2008, obesity rates doubled for adults and tripled for children.

THE PHYSICAL CONSEQUENCES OF OBESITY

Being obese can increase the likelihood of developing health problems and diseases including the following:

- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Some cancers, including breast and colon cancers
- High total cholesterol
- Sleep apnea
- Respiratory problems

OVERCOME OBESITY

While an individual's body weight is a product of many factors including metabolism, genes, lifestyle and culture, the state of being overweight or obese occurs as a result of an energy imbalance. When a person consumes more calories through food and drink than he or she expends through daily functions and physical activity, his or her body stores the extra calories as fat. Healthy weight loss is possible when the body uses more calories than are consumed because the body uses the stored fat as energy.

WHAT IS BARIATRIC SURGERY?

Bariatrics is the area of medicine that focuses on treating obesity; bariatric surgery is surgery to help advance weight loss. Anyone who is considering bariatric surgery should consult his or her doctor regarding risks and potential benefits. The American Medical Association reports the following regarding bariatric surgery:



Obesity rates in adults and children, 1980-2008

- Surgical procedures are only considered for people with severe obesity—about 100 pounds overweight or a body mass index greater than 40.
- Bariatric surgery may be offered to patients with severe obesity when medical treatments, including lifestyle changes of healthful eating and regular exercise, have not been effective.
- Bariatric surgery has associated risks and long-term consequences and should be considered only one part of an approach to treating obesity.

To determine a safe and healthy weight loss plan appropriate for you, consult your physician.



FOOD

A FAMILY AFFAIR!

Good nutrition is vital to health and well-being as well as to maintaining a healthy weight. Feeding a family nutritious foods and a balanced, healthful diet requires smart choices in the grocery store and in the kitchen. According to the American Academy of Pediatrics, a variety of foods provides the nutrients that children need to build strong bodies and stay healthy, and food supplies the energy that they need to grow normally, play, and learn. Parents can teach children healthy eating and physical activity habits that will improve their health in both the short and long term.

Food for Thought for the Family

- Consider a family approach to diet. Set a good example of the healthy eating habits you want your children to adopt.
- A diet high in snack foods, fast foods, and sodas should be replaced with a diet high in fruits and vegetables and whole grains to promote healthy growth and development in children and adolescents.
- Take your family to a local farmer's market and allow them to help select fruits and vegetables for a particular meal or for the week.
- Include family members in meal preparation, serving meals, and clean up.

Mealtime Makeovers

- Many people do not have an accurate view of serving sizes and consequently offer their families too much food at every meal.
- To establish healthy eating habits, monitor portion sizes, provide quality family time and eat meals together as a family.
- If a family member does not care for conventional breakfast foods, encourage him or her to eat other foods for breakfast, such as whole-wheat spaghetti.

- For a healthy and fun breakfast, dip a banana in yogurt, roll it in cereal, and freeze it, or blend non-fat yogurt and frozen fruit into a smoothie.
- Add vegetables including tomato and cucumber slices, spinach and lettuce leaves, and bell pepper pieces to sandwiches.
- Serve non-fat or low-fat yogurt and fresh fruit instead of sweets to your family for dessert.

Snack Smart

- Stock your refrigerator with healthy snacks such as carrot and celery slices, apples, bananas, whole wheat crackers and pretzels instead of candy, cookies, and potato chips.
- Keep healthy snacks in an accessible place that your children can reach.
- To save time, purchase pre-packaged salads and pre-cut vegetables.
- Keep non-fat milk and fruit or vegetable juices on hand rather than soda and sugary drinks.

For additional suggestions for feeding your family a balanced, nutritious diet, consult your physician or your child's pediatrician.

Lake Health Calendar of Events March

B Fit 4 Life Activity Series

Join us for this general health and wellness program that focuses on a myriad of nutrition and fitness topics. March's topic is "Yoga." Bring a mat and wear appropriate clothing and footwear. To register, call the Best of Health Line at 1-800-454-9800.

Painesville Township Park
1025 Hardy Road, Painesville Twp.
March 1, 7:00 p.m.

Lake Health Calendar of Events Continued

Community Health

Join us for this ongoing lecture series which features a variety of topics dealing with health and wellness. March's topic is "Hernias." To register, call the Best of Health Line at 1-800-454-9800.

West Medical Center
March 14, 6:00 p.m.

LifeCycles for Women – Ladies Night Out!

Learn the tricks to managing stress and how a little bit of dark chocolate can calm the senses and be good for your heart. The evening will feature a special fondue menu and spa services. The cost is \$15 for LifeCycles members; \$20 for non-members. To register, call the Best of Health Line at 1-800-454-9800.

Potpourri Fondue Gallery
8885 Mentor Avenue, Mentor
March 20, 5:30 - 8:30 p.m.

Give the Gift of Life – Donate Blood!

To register, call 1-800-REDCROSS (799-8767) or log on to www.redcrossblood.org, Sponsor Code: LAKEHEALTH.

TriPoint Medical Center
March 12, 12:30 – 4:30 p.m. (O-Drive)

Wickliffe Public Library
1713 Lincoln Road
March 26, 2:00 – 6:00 p.m.

West Medical Center
March 30, 10:30 – 3:30 p.m.



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.