



# To Your Health

INFORMATION YOU CAN USE

## Obesity in America



The nation's scales are going up... up... up... We have a true obesity health crisis. The National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older - over 60 million people - are obese.

This affects our children too. The percentage of overweight young people has more than tripled since 1980. Among children and teens aged 6-19 years, 16 percent (over 9 million young people) are considered overweight.

Obesity causes serious health problems and increases the risk of many diseases and health conditions, like:

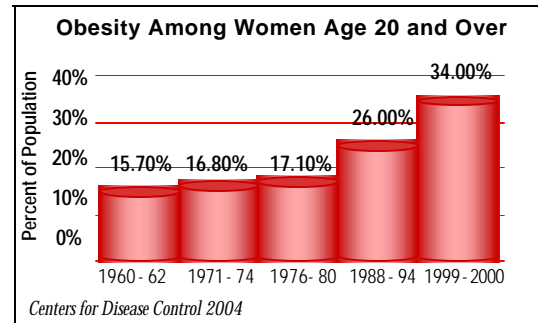
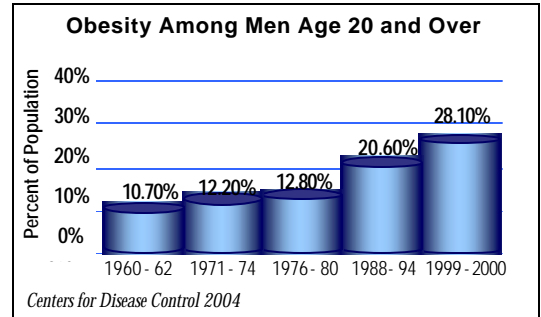
- || Hypertension
- || High total cholesterol or high levels of triglycerides
- || Type 2 diabetes
- || Coronary heart disease
- || Stroke
- || Gallbladder disease
- || Osteoarthritis
- || Sleep apnea and respiratory problems
- || Some cancers (like cancers of the uterus and breast, and colon cancer too)

### What Has Changed in America?

There are many reasons for our country's problems with weight and health.

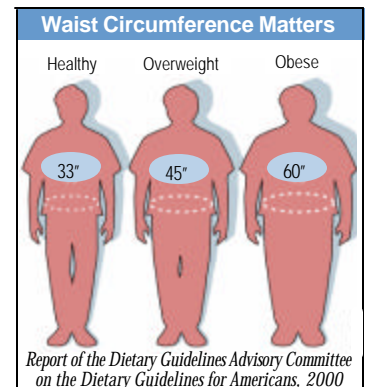
First, we move very fast as a society - and so we eat less wholesome foods and a lot more fast foods and convenience items.

And the *amount* of food we're served has increased dramatically. In 1970, McDonald's offered one size of French fries; today that size is called "small." Then a new size was



introduced, which it called "large"; today that size is called "medium." There's a new *larger* large size, but you can *supersize* that and go beyond large.

And also, we're less active - we spend much more time in front of the TV and on computers, than doing physical activities.



All of this (fatty) food, combined with our decreased activity causes weight gain - and it can be deadly.

" Exercise used to go by another name - it was called *survival*. "

David Katz  
Yale Prevention  
Research Center

" One quarter of all vegetables (eaten) in this country are eaten as *French Fries*. "

Kelly Brownell  
Yale Center for Eating  
& Weight Disorders

## Stay Strong!



You didn't wake up one day and discover you were overweight - and you won't wake up after a few days of taking care of yourself, and be in shape. So settle in. Stay strong. And remember that life is a marathon and not a sprint.

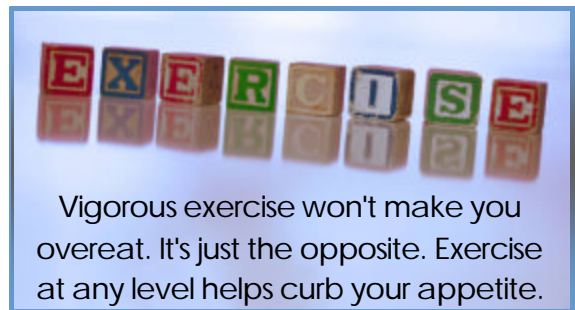
### First-Rate Diet Tips

Want some practical tips on losing weight? Okay! The following list is from the American Dietetic Association.

1. Add just one fruit or veggie serving daily. Get comfortable with that, then add an extra serving until you reach 8 to 10 a day.
2. Resolve never to supersize your food order - unless you want to supersize your clothes.
3. Make eating *purposeful*, not mindless. Whenever you put food in your mouth, peel it, unwrap it, plate it, and sit. Engage all of the senses in the pleasure of nourishing your body.
4. Eat at least two servings of a fruit or veggie at every meal.
5. Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
6. Make sure your plate is half veggies and/or fruit at both lunch and dinner.
7. Eating out? Halve it, and bag the rest. A typical restaurant entree has 1,000 to 2,000 calories, not even counting the bread, appetizer, beverage, and dessert.
8. Use a salad plate instead of a dinner plate.
9. When dining out, make it automatic: Order one dessert to share.
10. See what you eat. Plate your food instead of eating out of the jar or bag.



11. Eat the low-cal items on your plate first, then graduate. Start with salads, veggies, and broth soups, and eat meats and starches last. By the time you get to them, you'll be full enough to be content with smaller portions of the high-calorie choices.
12. Instead of whole milk, switch to 1 percent. If you drink one 8-oz glass a day, you'll lose five pounds in a year.
13. Juice has as many calories, ounce for ounce, as soda. Set a limit of one 8-oz glass of fruit juice a day.
14. Get calories from foods you chew, not beverages. Have fresh fruit instead of fruit juice.



15. Keep a food journal. It really works wonders.
16. Follow the Chinese saying: "Eat until you are eight-tenths full."
17. Use mustard instead of mayo.
18. Eat more soup. The non-creamy ones are filling but low-cal.
19. Cut back on or cut out caloric drinks such as soda, sweet tea, lemonade, etc. People have lost weight by making just this one change. If you have a 20-oz bottle of Coca-Cola every day, switch to Diet Coke. You should lose twenty-five pounds in a year.

choosing a goal and  
sticking to it  
changes everything