



SMALL changes
every day can make
an INCREDIBLE
difference in
your health.

We live in fattening times.

Food is abundant and
cheap, so we tend to eat a
little more.

Modern conveniences
have made it so we move
less and less.

So it's time for a change ...
it's time for you to make
choices for a healthier life.

Project "ME"

Changes for Life

Make Yourself First Priority

As a physician, I am concerned by the high obesity rate in Indiana, which puts Hoosiers at greater risk for heart disease, diabetes, stroke and other serious health problems. As a mother, I am worried about my children's future living in a state where obesity has overburdened our health care system and our economy.



Every woman can make a difference in fighting obesity in Indiana by using her influence as a wife, mother, sister or daughter to encourage healthy behaviors in her own family. Small changes like taking a brisk walk for 30 minutes each day and eating more fruits, vegetables and whole grains can make a great difference in a person's health.

However, it is important for women to remember that before they try to take care of their family and friends, they must take good care of themselves. Give yourself the gift of good health this year. Take time to treat yourself regularly to a game of tennis, a round of golf or whatever activity you might enjoy. Make the time to sit down to a healthy dinner rather than rushing to eat on the go.

Nothing is more important to your family and friends than having you live a long and healthy life, and maintaining a healthy weight is key to making that a reality.

A handwritten signature in black ink that reads "Judy Monroe".

Judy Monroe, M.D.
State Health Commissioner

Reshaping Indiana

by Weilin Long, MA, MPA, director, Community Nutrition and Obesity Prevention, Indiana State Department of Health

We are fortunate in the state of Indiana to have a Governor who practices and values a healthy active lifestyle and who embraces this vision for all Hoosiers.

With Indiana ranked 10th in the nation for obesity, this type of leadership is greatly needed. In addition to the increased risk of chronic diseases that are often associated with being overweight or obese, the impact of obesity on overall quality of life is immeasurable.

With the Governor Mitch Daniel's strong support and partnerships with experts and organizations throughout the state, the Indiana State Department of Health has created an Obesity Prevention Plan to tackle the complex and wide-ranging issues related to preventing and decreasing obesity.

You may wonder what this plan means to you or how it may impact your life — if at all. What you need to know is efforts will be made across the state to make it easier for you and your family to make better eating choices and be more physically active.

How will that be accomplished? By working together through partnerships with schools, worksites, communities and many other environments where healthy choices and lifestyles can be improved.

Taking personal responsibility is certainly an important piece of the puzzle. However, the issues related to this problem must be addressed from many different levels, not just in the home.

If you are fortunate enough to have the resources to make healthy choices in your day, make a commitment to make those choices often. As a state, we will work to ensure that all residents are able to make better choices for their families.

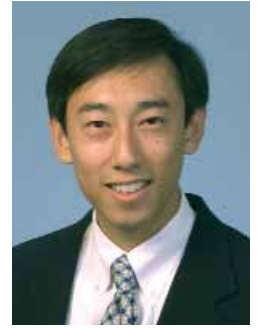
For more information about the State Obesity Prevention Plan, log on to www.INShape.in.gov.

Obesity Facts

- > About 34 percent of U.S. adults are obese (NCHS, 2007).
- > The percentage of young people who are overweight has tripled since 1980.
- > Fewer than 25 percent of adults eat five or more servings of fruits and vegetables each day.
- > More than 50 percent of adults do not get enough physical activity to provide health benefits.
- > The total cost of obesity in the United States was estimated to be \$117 billion in 2000.
- > If 10 percent of adults began a regular walking program, \$5.6 billion in heart disease costs could be saved.
- > Regular physical activity is a key part of any weight control effort.
- > Reducing the time children spend watching television appears to be effective for controlling their weight.

Source: Carol A. Friesen, Ph.D., RD, CD, Associate Professor of Family and Consumer Sciences, Ball State University

“ America is losing the battle against obesity. Sustainable weight loss has not been demonstrated in most clinical studies.” — *Gilbert Liu, M.D., MS, Assistant Professor of Pediatrics, Indiana University School of Medicine*



How Did We Get Here?

by Carol A. Friesen, Ph.D., RD, CD, Associate Professor of Family and Consumer Sciences, Ball State University



Indiana is the 10th most obese state in the nation. Unfortunately, this is a Top Ten list we do not want to be on.

Many factors are responsible for our increasing weight. **However, the bottom line is simple: We burn fewer calories in physical activity than we consume in food and drink, resulting in a “positive energy balance.” In other words, we store fat — a lot of fat.**

Thanks to technology — including cars, elevators and remote controls — and societal changes such as safety concerns, lack of green spaces and busy lifestyles, we have reduced our daily physical activity level. At the same time, we have increased the number of calories we eat and drink.

Today, we can choose from thousands of different great tasting “fun foods,” often high in fat and sugar. In turn, eating lower calorie whole grains, legumes, fruits and vegetables has fallen out of favor.

Eating out is on the rise. Yet, without adequate nutritional information, we don't have any idea how many calories we are consuming from the super-sized portions we usually are served. This didn't happen overnight.

Since the mid-1970s, the prevalence of overweight and obese individuals has increased sharply in this country.

During the years from 1976 to 1980, only 15 percent of Americans ages 20 to 74 were obese. By 2005-06, this number had more than doubled to 34 percent — more than 72 million people.

Obese individuals are two to three times more likely to die prematurely when compared to normal weight people.

Being obese increases one's risk for many health conditions, including high blood pressure, heart disease and type 2 diabetes.

Being obese can significantly reduce the quality of your life. It is time to fight back. Many resources are available to help you improve your lifestyle. Become empowered to make healthier choices for you and your loved ones — one step at a time!

Counting the Costs

The national epidemic of obesity is coming down on the shoulders of all Americans. Each of us will carry a portion of this health-related burden that is fed by our own lifestyle choices.

The monetary costs are extensive. In 2003, \$1.64 billion was spent in the state of Indiana for obesity-related health care alone. This places a substantial drain on health care resources across the state. Nationally, \$75 billion is spent for health costs related to obesity.

If each American adult were required to pay a tax for obesity-related care costs, it would total \$350 a year, according to authors Eric Finkelstein, Ian Fiebelkorn and Fujjing Wang in *Obesity Research*. This does not even take into account decreased productivity and absenteeism

resulting from obesity.

The overall financial and physical toll doesn't show any signs of decreasing. Statistics show a startling number — 11.5 percent — of Indiana children are overweight.

Children who are obese at age four have a 20 percent possibility of developing adult obesity, and those who are overweight during their adolescence increase their risk of developing adult obesity by 80 percent.

“Obesity has become a crucial health problem for our nation ... The medical costs alone reflect the significance of the challenge,” says former Health and Human Services Secretary Tommy G. Thompson. “Of course, the ultimate cost to Americans is measured in chronic disease and early death. We must take responsibility both as individuals and working together to reduce the health toll associated with obesity.”

Women Weighing In on Project “ME”

Making a Transformation

Cecilia Acosta drops weight and lifts her spirits

by Patricia Hagen

Cecilia Acosta felt herself trapped in a downward spiral. She was depressed, so she ate more and gained weight, which made her even more depressed.

“I had to make an effort every day to get up. I didn’t care what I was eating,” she recalls.

The native Venezuelan, who moved to Indianapolis in 1998, said no to antidepressants and asked her doctor for some time. With better nutrition, Acosta thought, she could improve her mental health and lose her 20 extra pounds.

At about the same time, her job required her to develop an obesity prevention program. She is executive director of the Hispanic Latino Minority Health Coalition of Greater Indianapolis.

“We have to be the examples,” says Acosta, 43, who is married with two daughters. “I decided to start with myself. I started little by little making changes.”

Beginning in April 2006, she gradually traded colas for water and switched from white to whole-wheat bread. She added fruits and vegetables to her family’s meals. She ate small meals every three hours so she wouldn’t get too hungry.

“I started seeing results,” says Acosta, who started with 142 pounds on her 4-foot, 11-inch frame. She was eight pounds lighter by August, and her depression started to lift.

Acosta also looked for a workout she could



do herself and teach in the Hispanic health coalition’s program. A lifelong salsa dancer, she was excited to discover Zumba, a Latin-dance style aerobics class. The exercise was the first she enjoyed as an adult.

“I never liked a gym,” she says. And she didn’t even walk, except when forced to take out her dog.

Zumba became part of the free health program the coalition offered at St. Mary’s Catholic Church downtown. Certified as an instructor, Acosta also started teaching Zumba in other locations, up to five times a week.

By April 2007, Acosta lost 30 pounds, dropping from size 8 to size 2. “I feel great. I feel beautiful,” she says.

These days, Acosta is all about positive change. “I’m still learning,” she says, and looking for new ways to improve her nutrition and health.

She says her health-improvement efforts taught her discipline, consistency and responsibility.

“I was able to organize myself,” she says. “That helped me to improve other areas in my life.”

Are You at Risk?

by Lloyd J. Kolbe, Ph.D., Professor of Applied Health Science, Indiana University; Co-Chair, Indiana Task Force to Control Obesity; Executive Member, Global Think Tank to Control the Obesity Pandemic

Body mass index (BMI) is a number calculated from a person’s weight and height. BMI provides a good indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

An automatic BMI calculator, available at www.cdc.gov/nccdphp/dnpa/bmi, can help you easily figure your own BMI. This calculation determines whether you are overweight — with a BMI of 25 to 29 — or obese with a BMI of 30 or more.

Overweight and obese individuals are at greater risk for many diseases and health conditions. These include hypertension; unhealthy cholesterol or triglycerides; type 2 diabetes; coronary heart disease; stroke; gallbladder disease; osteoarthritis; respiratory problems; sleep apnea and endometrial, breast or colon cancers.

But weight is not the only predictor of health problems. We long have recognized people who are apple shaped — with their fat concentrated in the abdomen — are at much higher risk for diabetes and other health problems than those whose fat is mainly subcutaneous — distributed beneath the skin, primarily in the buttocks and thighs, for a pear shape.

BMI	Weight Status
Below 18.5.....	Underweight
18.5 – 24.9.....	Normal
25.0 – 29.9.....	Overweight
30.0 and Above	Obese

Women tend to gain weight:

- > After the onset of menstruation
- > After pregnancy
- > After menopause

Men tend to gain weight:

- > After marriage
- > After taking a sedentary job
- > After ceasing to play team sports

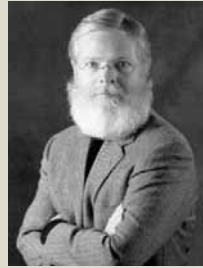
Excerpt from Don’t Let it Happen brochure. Available at www.aicr.org.

“Mothers are role models for their children. Your child’s approach to his or her health is closely tied to ... how well you control your own weight. Mothers who choose to diet should model healthy eating choices through proper nutrition and regular exercise.” — *Journal of Psychomatic Research 2006*

The Good and the Bad

Statistics on obesity show varying trends

by Lloyd J. Kolbe, Ph.D., Professor of Applied Health Science, Indiana University; Co-Chair, Indiana Task Force to Control Obesity; Executive Member, Global Think Tank to Control the Obesity Pandemic



Pregnancy and menopause are associated with obesity in women, suggesting that fluctuations in reproductive hormone concentrations uniquely predispose women to excessive weight gain.

Obese women are particularly susceptible to diabetes, cardiovascular disease, polycystic ovary syndrome and several major cancers — especially postmenopausal breast cancer and endometrial cancer. Women who are obese before pregnancy have a somewhat higher risk of having babies with birth defects of the spine, heart, arms, legs and abdomen.

The good news? Data just released in November 2007 suggests the obesity epidemic that has been increasing in the United States for more than 25 years finally has leveled off among women, and may have hit a plateau for men as well. Rates of obesity still are extraordinarily high: 30 percent — or 72 million — of adults remain obese.

And obesity rates among children continue to rise.

It's much too soon to declare victory, but to all those individuals who have struggled to achieve a healthy weight for themselves, for their children and for others in their communities, states and nation, may we offer a humble and heartfelt thank you!

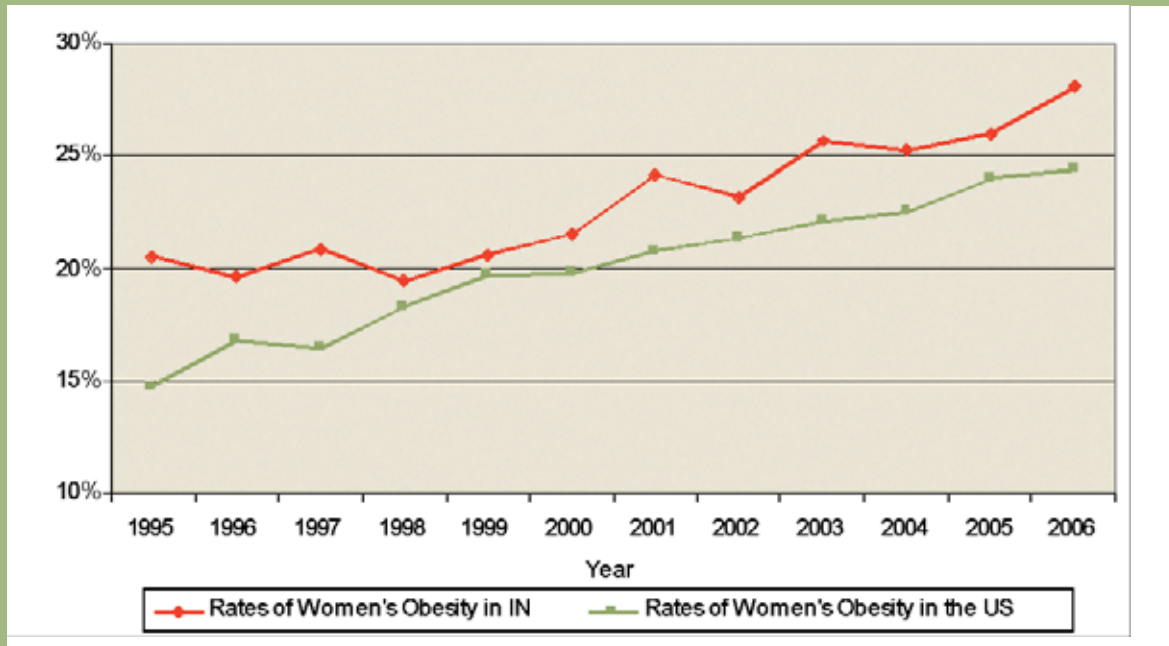
Tips to Reach Your Personal Project "ME" Goals

> When you make the commitment to start living an active, healthier lifestyle, be sure to ask your family and friends for their support. Most importantly, tell them how vital it is that they honor your commitment and not tempt you to get off track. (Better yet, ask them to join you in your new healthy lifestyle!)

> Focus on daily behaviors rather than outcomes. Setting goals to "do" certain behaviors every day will help you stay on track better than focusing on a weight target. Done consistently, these behaviors can make a huge difference in managing your weight.

> Plan your week ahead of time. If you know you are going to be busier than usual or traveling, figure out alternative ways to be physically active and eat healthy until you can get back on a regular schedule.

Rates of Women's Obesity in Indiana and the US, 1995-2006



The Phases of Pregnancy

Maintaining healthy weight levels is important before, during and after having a baby

Women generally learn the importance of eating healthy during pregnancy. Most, however, are unaware that being overweight before pregnancy and/or gaining excessive weight during pregnancy increases the chance of developing dangerous health issues for both mother and baby.

Though these risks are scary, they are preventable.

One of the questions often asked is, "What can I do to help ensure a healthy weight before and during pregnancy?"

Here are a few guidelines offered by medical experts:

Before starting your pregnancy (preconception)

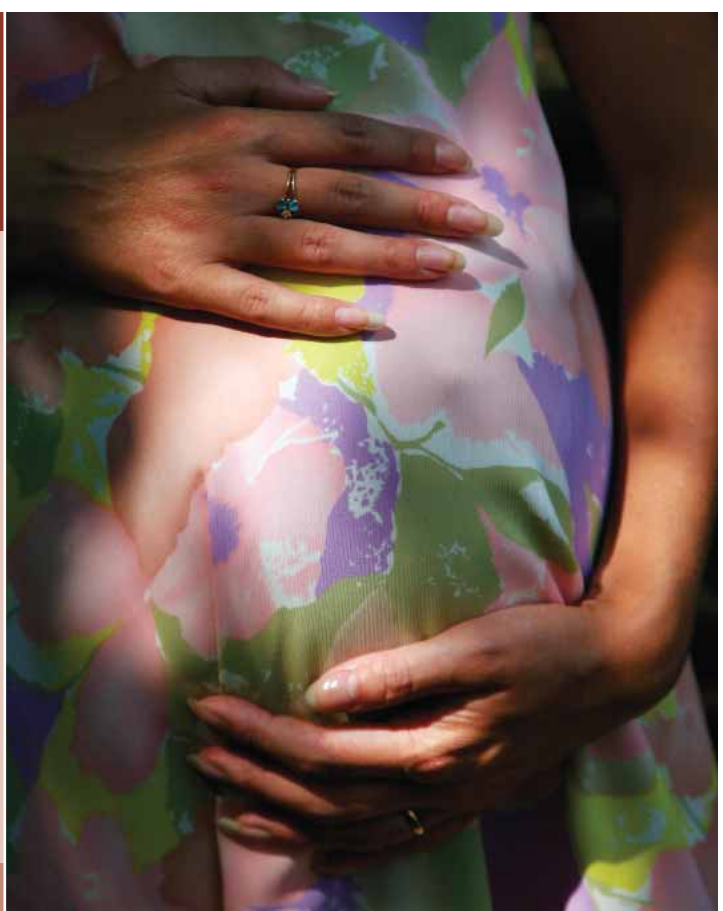
The Centers for Disease Control and Prevention suggests all women get within 15 pounds of their ideal body weight before starting a pregnancy. Check with your health care provider to find out your ideal body weight and to develop a plan to prepare your body for pregnancy.

During your pregnancy

Recommended amounts of weight gain for a healthy pregnancy can vary from woman to woman and even pregnancy to pregnancy. Guidelines for weight gain during pregnancy have been developed using prepregnancy BMI. A woman who starts pregnancy within the normal weight category should gain an average of 25 to 35 pounds throughout the span of her pregnancy. This translates into an additional 300 calories per day during the 40 weeks of pregnancy. However, this is just a guideline. Talk to your doctor about what is best for you. There is no one-size-fits-all answer.

After pregnancy

Staying within the weight gain recommendations during pregnancy is a great way to help get back to your prepregnancy weight. In addition to the health benefits for your baby, research has shown that women who breastfeed exclusively for three or more months are more likely to reach their prepregnancy weight than those who do not. Also, research shows that adding daily walks, limiting television time, limiting trans fat and getting more than five hours of sleep throughout the day — preferably seven or more — can increase your chance of getting back to your prepregnancy weight within one year.



Recommended Ideal Weight Gain for Pregnant Women, by Pre-pregnancy BMI

Weight	Pre-pregnancy BMI	Total Weight Gain (lbs)
Underweight	<19.8	28-40
Normal weight	19.8-26.0	25-35
Overweight	>26.0-29.0	15-25
Obese	>29	At least 15

Source: Institute of Medicine, Pregnancy Weight Gain Guidelines, 1990

* Note: These recommendations are only guidelines. Your doctor knows what is best for you. These guidelines do not apply to all women and do not apply to women having more than one child.

Weight and Pregnancy

> In 2005, about 20 percent of live births to Indiana residents were to mothers who had gained 41 or more pounds during their pregnancies. Of those, 13 percent were born to mothers who had gained more than 46 pounds during their pregnancies.

> In addition to other compelling reasons to breastfeed, research suggests breastfeeding your baby may help protect him or her from becoming overweight as a child, according to the Centers for Disease Control and Prevention. Research studies have shown that the longer and more consistently a woman breastfeeds, the greater the protection.

The Truth About “Eating for Two”

While you are pregnant, you will need additional nutrients to keep you and your baby healthy. But that does not mean you need to eat twice as much. You should only eat an extra 300 calories per day. A baked potato has 120 calories. So getting these extra 300 calories doesn't require a lot of food.

Even if you are at a healthy weight when you begin your pregnancy, it is important that you strive to gain the recommended amount of weight to reduce the risk of complications for yourself and your new baby.

Maintaining a healthy weight before, during and after pregnancy is vital to you and your baby's health. As your body mass index (BMI) increases, the risk of these adverse conditions increase:

- > Infertility
- > Birth defects, especially neural tube defects
- > Labor and delivery complications (e.g., higher rate of Caesarean delivery, anesthetic and postoperative complications)
- > Fetal and neonatal death
- > Maternal complications (e.g., hypertension, gestational diabetes, pre-eclampsia)
- > Delivery of large-for-gestational-age infants

While it is not recommended that you lose weight during your pregnancy, regardless of your prepregnancy BMI, it is important you reduce your risk by listening to your health care provider. Your doctor can advise you how to continue good eating habits, as well as how to remain physically active at a safe and comfortable level so you maintain a healthier weight.

Where do the pregnancy pounds go?

Maternal stores of fat, protein, and other nutrients	7 lbs
Increased body fluid	4 lbs
Increased blood	3-4 lbs
Breast growth	1-2 lbs
Enlarged uterus	2 lbs
Amniotic fluid	2 lbs
Placenta	1.5 lbs
Baby	6-8 lbs

TOTAL 26.5-30.5 lbs

The American College of Obstetricians and Gynecologists (ACOG) recommends an average weight gain of 25 to 30 pounds during pregnancy.

Check with your doctor to find out how much weight gain during pregnancy is healthy for you.

Source: American College of Obstetricians and Gynecologists

Pregnancy is where weight gain begins for many women. But women have some control over the weight they gain. Here is some food for thought:

Before getting pregnant

Learn what you need to know now to have a safe pregnancy and healthy baby. Log on to www.ihealthrecord.org, and enroll to receive health information via e-mail every other week for three months as you prepare for your pregnancy.

During pregnancy through post-partum

Review a new section of the “My Pyramid” Web site. MyPyramid for Pregnancy and Breastfeeding is a new Web-based tool that allows moms to receive an individualized plan called “MyPyramid Plan for Moms.” This plan provides recommended amounts to eat from each food group according to the trimester of pregnancy or stage of breastfeeding. The Web site also includes information on nutritional needs during pregnancy and breastfeeding, weight gain in pregnancy, weight loss during breastfeeding, dietary supplements, food safety and special health needs.

Healthy Eating

Each of these healthy choices has about 300 calories

- > 1 piece of whole-wheat toast spread with 2 tablespoons of peanut butter
- > 1 cup of raisin bran cereal with 1/2 cup of fat-free milk and a small banana
- > 3 ounces of roasted lean ham or chicken breast and 1/2 cup of sweet potatoes
- > 1 cup of fat-free fruit yogurt and a medium apple
- > 1 flour tortilla (7 inch), 1/2 cup of refried beans, 1/2 cup of cooked broccoli, and 1/2 cup of cooked red pepper



Help Your Child be Healthy and Happy

by Laura E. Dean, MA, CD, registered dietitian, and Anne Graves, health fitness instructor, ACSM, Committed to Kids



When children see their parents eating vegetables or being physically active, they are much more likely to do the same. When it comes to nutrition and health, there are many influences in a child's life. Research shows that family lifestyles can be the most positive and effective influence on children ages 5 to 12. Parents significantly help their children by being good role models.

Small changes can make a big difference. Start by planning meals at regularly scheduled times. Avoid using food to reward or punish.

Snacking is important. Most children need snacks to help them meet the necessary nutritional needs of their growing bodies.

Make an effort to offer smaller, healthy snacks at least one to two hours before a

meal. Your child should eat snacks at the table, not at the TV or computer. Try healthy snack foods like raw vegetables with low-fat dip, fruit, cereal with low-fat milk or low-fat cheese with whole-wheat crackers.

Help your children develop a positive body image by identifying the healthy habits they have accomplished. Praise them for who they are and not how they look. Work together as a family to implement long-term healthy changes into each day.

Making these changes in your family lifestyle is hard but not impossible. Make changes slowly.

Use a salad plate instead of a dinner plate. Start doing jumping jacks during commercial breaks. Keep your family informed about healthy choices, how to read food labels and eat proper portions sizes, and stress how important it is to exercise daily.

Help and resources are available for your family. Learn about healthy lifestyle changes at community programs such as Clarian Health's Committed to Kids-Family.

Taught by an exercise physiologist and registered dietitian, the program focuses on helping families plan realistic lifestyle changes, including proper nutrition and physical activity.



6 Tips to Keep Your Family Active

by Laura E. Dean, MA, CD, registered dietitian, and Anne Graves, health fitness instructor, ACSM, Committed to Kids

Children need 60 minutes of physical activity daily to maintain good health. Try these ideas:

1. What can your family do to walk more and save gas? Park as far away as you can, don't use the drive-thru and walk into the bank or pharmacy.
2. Turn off the TV — or turn it to a music station — and turn on the radio for a half hour each night and dance.
3. Teach your kids your favorite childhood game like Kick the Can; play the game together.
4. When going outside is not an option, try placing a masking tape hop scotch on the floor and play together as a family.
5. Write it down. Have each person in your family write as many physical activities as they can think of on note cards, things like "Hop on one foot." Put all the note cards in a hat and draw one out. Do that activity for 5 to 10 minutes and draw again.
6. Make an obstacle course out of old boxes, rope, blankets, stuffed animals or anything you have lying around the house.

By the Numbers

Overweight adolescents have a 50 percent to 70 percent chance of being obese as adults.

Obesity in children has been associated with increased use of alcohol and tobacco, lower self-reported quality of life, decreased activity, lower school performance, increased fears and sadness and lower self-reported quality of relationships with peers.

According to the Bogalusa Heart Study, as many as one-fifth of children with BMI greater than the 97th percentile had two or more cardiovascular risk factors — defined as total cholesterol above 200, systolic blood pressure above the 95th percentile, insulin level greater than the 95th percentile or total glucose greater than 200. — Dr. Gilbert C. Liu, assistant professor of pediatrics, Children's Health Services Research for Indiana University School of Medicine

Tackling Childhood Obesity

Crawfordsville schools encourage students to adopt healthier habits

by Patricia Hagen

Guess what happened when Crawfordsville schools took french fries and nachos out of the lunches and added fresh fruit and vegetables?

The kids actually bought and ate the lunches, says Crawfordsville Community School Corporation Superintendent Kathy Steele. "I think now if we didn't have fresh fruit and vegetables at our schools, the kids would be upset."

Steele says the 2,400-student district has been working on its wellness program since 2001, when middle school physical education teachers wanted to tackle the growing problem of childhood obesity.

"When we saw that need, we decided it was time to take action," she says. The district's committee made many changes in menus and gym classes ahead of the 2006 state law that limited fat and sugar in school meals and increased physical activity requirements.

Some highlights of the Crawfordsville program:

- > Lunch menus were overhauled to include low-fat salad dressing and whole-wheat bread. French fries and other fried foods were eliminated. "We sold all our fryers," Steele says.
- > Fresh fruit and vegetables purchased with grants were added at breakfast and lunch.
- > Individual birthday parties, which typically featured lots of high-calorie treats, for elementary school students have been banned.
- > Vending machines offer milk, juice and low- or no-calorie beverages.
- > A dietitian makes presentations to students that connect food, fitness and health.
- > In 2005, the district received a three-year, \$600,000 Physical Education Program grant from the U.S. Department of Education. The grant funded heart rate monitors, climbing walls and other exercise equipment, and before- and after-school fitness activities.

Major Threat

Future generations of Americans could bear the brunt of a rise in obesity

With America's concern about obesity, Dr. Sandeep K. Gupta, associate professor of clinical pediatrics at the Indiana University School of Medicine and a pediatrician for Riley Hospital for Children, tackles some of the questions about how it will impact future generations if changes aren't made.



Q: How concerned should we be about childhood obesity?

A: Obesity is putting millions of people at risk for health problems. The problem is even more worrisome in children. An obese teenager has an exceedingly high likelihood of becoming an obese adult, and an obese adult has a higher likelihood of rearing an obese child. You can see how this problem can have a snowball effect.

Q: What issues face obese children?

A: Complications are being seen in children that used to happen to adults in their 40s. Excess fat is being found in the livers of children. High blood pressure and high cholesterol can result in coronary artery disease and other cardiovascular complications. Also, type 2 diabetes and problems like asthma, trouble sleeping and depression are being seen in children as young as 10. It is stated that if obesity continues at the current epidemic proportions, the present generation of children will be the first ever to die younger than its parents' generation.

Q: What are the major contributing factors for childhood obesity?

A: The lack of physical activity. Schools have reduced the amount of physical education and recess time. Also, in some neighborhoods, parents may not feel their children can play safely without supervision. Children who watch two or more hours of television per day are more likely to be overweight. They sit or lie still while watching television so no energy is used. The other major culprit is our diet. In fact, statistics show that on average a U.S. child is exposed to 10,000 ads on TV per year. The vast majority of this advertising promotes unhealthy foods like candy, soda and snacks that lack any nutritional value.



Working Together

Crawfordsville Schools Superintendent Kathy Steele says schools and parents can work together to help kids grow up healthy. Her suggestions:

- > Buy fruit and vegetables to try at home. If you cut it up, the kids are more likely to eat it.
- > When the kids come home after school, make sure there are options besides TV and computer games.
- > Go to a park with your child and play.
- > Sign up the child for a team or lessons in a new physical activity.

Looking Up

Cherie Burrow sheds 100 pounds and gains a healthy outlook

by Patricia Hagen

On the way to losing more than 100 pounds in a year, Cherie L. Burrow learned a few lessons: It's not necessary to eat every time she's stressed or tired, walking is wonderful and it's OK to be a little selfish.

"It's not really being selfish; it's remembering to take care of yourself," says the Greenfield resident. "The more you take care of yourself, the more you're able to be a good parent, spouse, friend and employee."

Last January, when the 5-foot-1 Burrow weighed 260 pounds, she signed up with co-workers for the 10 in 10 Challenge. The program, part of the governor's health initiative, INShape Indiana, encouraged participants to lose 10 pounds in 10 weeks.

"We're a health law firm, and we need to support and be involved in these sorts of things," says Burrow, manager of financial affairs at Hall, Render, Killian, Heath & Lyman in Indianapolis.

A month later, Burrow's doctor warned that her blood pressure was rising and encouraged her to lose more than 10 pounds. Burrow attacked her food intake first, taking a prescription appetite suppressant for a few months to adjust to 1,200 calories a day. Then, when her company started a



wellness program, she attended weekly Weight Watchers meetings.

The hardest part, the wife and mother of three daughters says, was avoiding triggers that made her want to eat, including the stress of daily life, juggling work and family.

She learned to say, "I'm not going to reach for food this time."

Exercise wasn't easy, either. "I'll tell you what," she says, "when you have over 100 pounds to lose, it hurts to exercise. Your joints hurt. Your muscles hurt."

Burrow admits she wasn't athletic.

"This was huge for me, at 45, to realize that everything I've been reading about exercise is right. You do feel less stress. You aren't as hungry. You do have more energy. You do get more things done."

Last fall, Burrow added workouts with a personal trainer to her schedule. As Burrow nears her goal of 120 pounds, she's making a plan to keep the weight off. She's also training with co-workers for a half-marathon in May.

Burrow says she's determined to protect her renewed health. "I want to be around for my daughters," she says. "I want to be around for my husband."

"When choosing fruits and veggies, all forms matter: fresh, frozen, canned, dried and 100 percent juice." — CDC

5 Steps to Improving Your Eating Habits

by Laura Hormuth, MS, RD, CD, Community Nutrition Obesity Prevention

It's the end of the day. Life is busy and you're already thinking of all the things you will do better ... tomorrow.

A perfect day could start out with a bowl of steel-cut oats and fresh fruit, followed by a healthy lunch consisting of a turkey sandwich on whole-grain bread and low-fat milk. The final meal in this scenario would be dinner prepared at home with a salad and freshly cooked vegetables.

But it's late, and you haven't seen a perfect day for some time. You're looking forward to tomorrow and getting meals back on track.

With our hectic schedules, many of us have forgotten how important it is to feed ourselves.

Planning meals, shopping for groceries, finding time to prepare food from actual ingredients and then taking time to enjoy the food we are eating is no longer a priority — or seemingly possible.

However, when we make the time, we are able to eat better, feel better and feel the satisfaction of knowing we are taking care of ourselves and our families. It just feels right.

Make a pledge to do things differently. Starting today:

1. Eat breakfast. Opt for whole-grain cereal or bread, low-fat milk and fresh fruit to prevent overeating at lunch.
2. Pack a healthy lunch several days during the week.
3. Eat fruit for dessert or as a snack.
4. Schedule time to plan your dinner, shop for groceries and prepare more meals at home.
5. Think fruits and veggies every time you eat.

Dish Up Nine

by Steven D. Kneipp, chef/proprietor of Classic Kitchen, community nutritionist at St. Vincent's Hospital, food/travel writer

It may seem impossible, but you can get the recommended nine servings of fruits and vegetables each day with a little knowledge of serving sizes and a few adjustments in your daily eating.

First, gain an understanding of what constitutes a serving. For example, a serving of vegetables is half a cup, a serving of leafy greens is one cup and a serving of juice is a half cup.

A serving of fruit is not one of the giant apples sold by the pound or one of the oranges the size of a grapefruit. It is instead the size of apples or oranges sold in the market in three pound bags. Some fruit is so large you get almost four servings. And remember a serving of fruit or vegetables is a better choice than the juice made from either.

It's simple to add nine servings of fruits and vegetables to your daily diet.

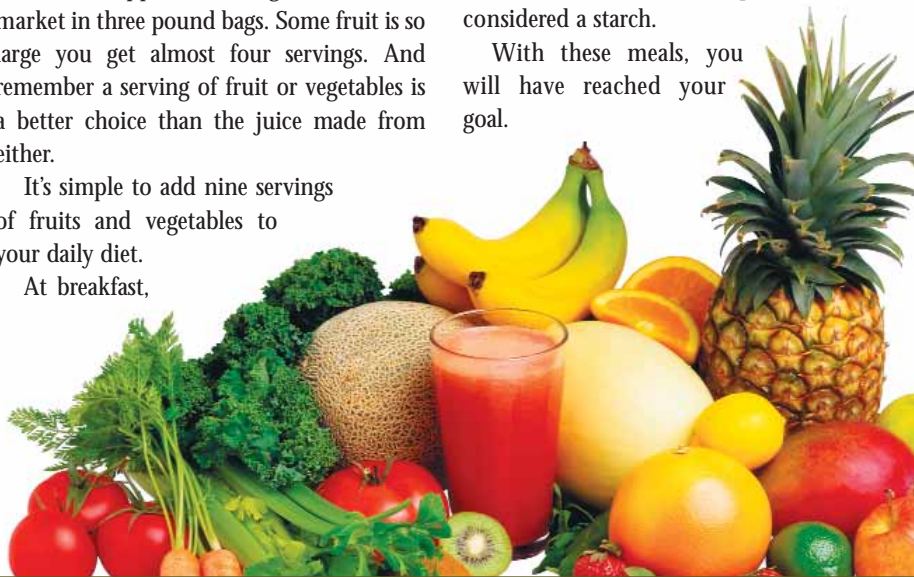
At breakfast,

add one-third cup of dryfat milk powder to your whole-grain hot cereal topped with a peeled and chopped orange, and frozen blueberries or a chopped apple. Scatter a few walnuts on top.

For lunch, choose a chef's salad with lean protein such as turkey or chicken. Add fruits and vegetables and a light vinaigrette. That easily will take your day's count up to six.

Dinner might begin with mulligatawny soup followed by grilled salmon steak accompanied with steamed broccoli and carrots. Don't count the potato as it is considered a starch.

With these meals, you will have reached your goal.



SOUTHWEST VEGETABLE STEW

SERVES 4

One cup dry navy beans, rinsed
4 cups water
2 cups chopped cabbage
1 cup diced carrots, 1/4-inch dice
1 medium onion, diced
2 jalapeños, seeded and chopped
4 cloves of garlic, minced
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pound baby spinach
4 ripe plum tomatoes, split in half
8 ounces button mushrooms
2 teaspoons extra virgin olive oil
1/2 cup feta cheese, crumbled

In a medium saucepan, place beans in water and bring to a boil. Reduce heat to a simmer and cook about one hour with the lid slightly ajar.

Stir in cabbage, carrots, onions, jalapeños, garlic, salt and pepper. Continue to simmer, covered, until beans are tender and broth is slightly thickened — about 45 minutes to one hour — adding more water as necessary.

Brush tomatoes and mushrooms with olive oil and arrange on a broiler pan. Broil about four minutes or until nicely browned.

Just before serving, stir in spinach and warm, if necessary, a couple of minutes. Ladle into bowls and top with tomatoes and mushrooms. Sprinkle with the feta and drizzle with a little olive oil if desired.

Improving African-American Dishes

Of the many popular activities African-American women engage in with friends and family, eating — whether dining out or preparing a meal at home — typically is one of the favorites.

Though tradition can involve preparing very tasty and satisfying meals, these dishes can be very high in calories, fat and cholesterol. Regularly eating foods high in calories, fat and cholesterol is linked directly to the increased risk for developing heart disease, diabetes and stroke.

Simply substituting one to two ingredients in a recipe can reduce the level of sodium, fat and cholesterol in a dish. For example, when preparing greens, instead of using salt pork, also known as fat back, use a turkey leg. Small changes over time have measurable benefits.

Be the guiding light to yourself, your family and friends. Develop or maintain a healthy lifestyle through proper nutrition. For more information or to obtain recipes, call (800) 433-0746.

A New To Do List

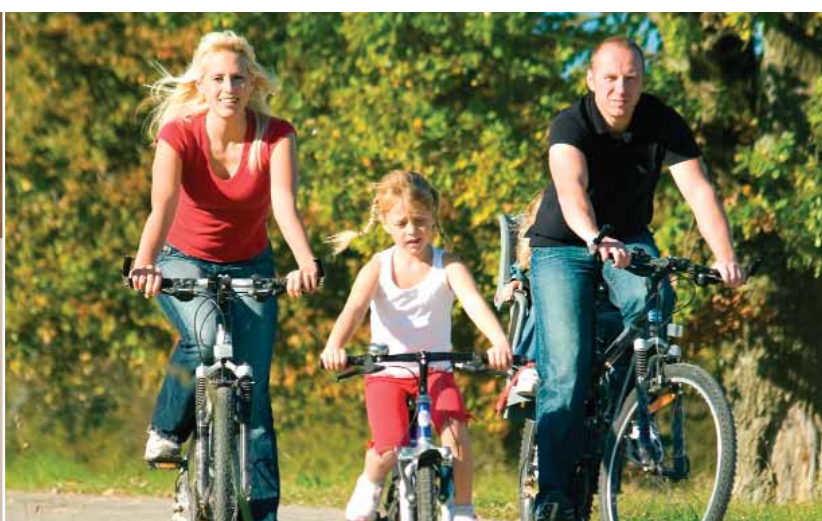
No one has a to-do list that says, “Gain 20 extra pounds,” “Eat fatty fast foods,” or “Be as inactive as I can.” But our society has become structured in a way that makes it easy to gain weight and keep it on. Whether or not we like it, for almost everyone — except that one friend or sister we all have — getting to and living at our ideal weight takes effort.

To start living healthier today, write a new to-do list:

1. Get to the gym before work.
2. Eliminate excess sugar from my diet. Give up the sodas.
3. Take the dog on a power walk.
4. Lose 4 pounds this month.

Sure, later tonight you could settle in for a television marathon and a couple pieces of freshly delivered pizza. Instead, make tonight the night you finally cross off “Take the dog on a power walk” from your list.

Change doesn't happen by accident. Each day, choose one thing from your new to-do list, and realize your goal of losing those extra pounds.



5 Steps to Starting Your Exercise Program

by Amy Upp, MS, Wellness Director, Westview Healthplex Sports Club

1. Start slowly and set reasonable expectations. Trying to balance work, family and a new lifestyle can be overwhelming. Look at your schedule and plan your week to include exercise time. Whether it is getting in a morning workout or waiting until the kids go to bed to find some personal time, it is vital to make exercise a part of your life. Consistent focus and efforts can make a huge difference in managing your weight.



2. If possible, join a friend to work out. Use your family time to do something active such as taking an evening walk, playing at the local park or learning a new sport or activity together. Being a part of a “team” can help keep you motivated.

3. Celebrate success. Reward yourself often as you make progress. Healthy reward examples include new walking shoes, a massage or a CD.

4. Plan for set-backs. When you have an off day and skip your exercise or overeat, resolve to forgive yourself and get right back on track. Practicing healthy behaviors over time is the key to lifetime weight management and good health.

5. To rev up your workout, consult a fitness professional. A qualified fitness professional can help you develop an exercise program and answer questions about current recommendations and proper technique.

To Do List

Project “ME” — The Energy Balance Equation

Understanding the energy balance equation is essential to losing and maintaining a healthy weight

Energy = Calories

ENERGY IN = What you eat and drink

ENERGY OUT = What you burn through physical activity

More energy in than out = WEIGHT GAIN

More energy out than in = WEIGHT LOSS

Same energy in and energy out = WEIGHT MAINTENANCE

There are three ways to “UNBALANCE” the energy balance equation for weight loss: Reduce your “energy in” by taking in less calories than you need for your daily energy requirements; maintain your normal caloric intake but increase your physical activity above your daily energy requirements; or combine both methods by decreasing the calories you take in and increasing your physical activity. The combined method is the best for losing weight and reaping the health benefits of physical activity.

Essentially Active

Staying physically active should be a top priority

by Jamie Delaney, INShape Indiana

The thought of exercise often provokes a different reaction from each of us. Whether you think of it as being a nuisance or the highlight of your day, physical activity is essential to women's health and well-being.

Remember the importance of your health and the lifetime of benefits that exercise provides. Spend at least 30 minutes a day doing physical activity that gets your heart rate up. However, if weight loss is your goal, a minimum of 45 minutes of moderate exercise daily is required.

There are countless ways to incorporate fitness into your daily routine. Take the stairs instead of the elevator; go for a walk during your lunch break; walk to work or the grocery; park further away from an entrance; or clean your house at a fast pace. There isn't a rulebook for women and exercise, but there are distinct benefits each of us receives no matter the fitness level. Stay active or start a beginners program, and your body will thank you.

You also reduce your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity. Exercise also helps relieve symptoms of depression, stress and anxiety. If these reasons aren't enough, physical activity will help you sleep better too.

Challenge yourself or a friend to exercise. You definitely won't regret it. Let INShape Indiana help. Log on www.in.gov/inshape/index.html for fitness tips and other information to start improving your health today.



Behaviors of Successful Losers

The National Weight Control Registry is an ongoing study investigating the behaviors and psychological characteristics of more than 5,000 individuals who have lost 30 to 300 pounds and have kept it off successfully for a year or longer.

Developed by two national experts on obesity prevention, Dr. Rena Wing and Dr. James Hill, this study sheds light on the critical behaviors needed for successful weight loss and weight management.

Here are a few of the successful strategies reported by participants:

- > 98 percent modified their food intake.
- > 94 percent increased their physical activity, with most reporting walking regularly.
- > 90 percent exercised, on average, about one hour each day.
- > 78 percent ate breakfast daily.
- > 75 percent weighed themselves at least once a week.
- > 62 percent watched less than 10 hours of TV per week.





Weighed Down?

Uncover a healthier you by taking action

Nearly 4 million Americans are severely obese. Are you among that number? If so, you can lose weight, change your life and change the numbers.

Excess pounds aren't gained overnight. So losing that weight will take time, effort and patience. Take the first step. Start your journey to realize a healthier you and reduce health hazards that accompany obesity.

Recognize that only YOU are in control of your body and your actions. With the help of your physician, you can reach your weight loss goals.

Consider your options:

- > **Diet therapy.** Rethink your relationship to food.
- > **Understand food as fuel.** It's used to build and maintain a healthy body. Learn strategies to moderately reduce calories to lose weight slowly, but steadily.
- > **Physical activity.** Recharge your energy level. Begin slowly with activities you enjoy, increasing gradually to stay motivated. Commit to 30 minutes or more of moderate physical activity each day, which is essential for reaching your weight-loss goal.
- > **Behavior therapy.** Reinvent your body image. Create new habits and patterns that promote weight loss.
- > **Record diet and exercise patterns.** Use a journal to identify the obstacles to healthy eating and time devoted to exercise. Make a plan to overcome those obstacles.
- > **Recognize your current body image.** Reinvent that image to a more realistic and more positive one.
- > **Develop a support system.** This will keep you positive, motivated and accountable.
- > **Drug therapy.** Consult your physician for recommendations, making sure he or she monitors your usage. Prescription medications must be used with balanced nutrition and increased physical activity.
- > **Bariatric surgery.** This procedure modifies your stomach and/or intestines to reduce the amount of food eaten. It can be an option for severely obese persons for whom other treatments did not produce long-term weight loss results.

Leader of Change

After surgery, Roz Harris coaches others

on living healthy

by Patricia Hagen

Bariatric surgery helped Roz Harris lose 90 pounds. But she'll be the first to say the operation was no magic bullet. "It wasn't going to keep me from being fat again," says Harris, 36, owner of TiG, a human resources consulting company. "Every day I make a decision to maintain my weight. I work on not overeating. I work on checking, changing my habits all the time."

After dropping from 232 to 142 pounds in 2002, "I went into maintenance mode. I kept up with my portion control. I kept writing down the foods that I ate. I kept exercising," Harris says.

Despite chronic asthma, she became a long-distance walker and participated in half-marathons.

There were ups and downs, says Harris, who started dieting at age 15. A 10-pound "hiccup" in 2004 sent her back to Weight Watchers to reinforce good weight-loss habits. She also jacked up her exercise routine to include running and weight training. "That was the big wake-up call that I needed. I have to stay vigilant and do whatever it takes to maintain this weight loss," she says.

For the past several years, while working for two large local companies and launching a consulting practice, Harris has used her experience and knowledge to help others with weight loss. She developed the acronym MEET, which stands for Move more, Eat less, Eat good and Think better.

"The 'thinking better' is the hard part. Changing your habits, your heart, your mindset, your behaviors ... that's where transformation happens," Harris says.

Harris, a volunteer facilitator for Body and Soul and The 50 Million Pound Challenge health-promotion programs at New Horizons Church, has helped others start and stick with exercise, read labels and count calories, and cook high-quality low-fat food. This work has convinced her to shift the focus of her consulting company from human resources to weight-loss management.

She is in the final stages of being certified as a professional coach by the International Coach Federation and is publishing the book *Friends Don't Let Friends Eat Donuts*.

"My passion, my purpose in life is to help people maintain a weight loss," she says. "It's in my fiber to help people to get out of this cycle. There's freedom in this. There's confidence in this, a peace of mind."



Before



After

Where Do We Go from Here?

Our challenge is to create a more active and healthy society

The obesity epidemic can seem out of control. To successfully reverse this national trend, we must think of the possibilities and take action.

What messages are we sending?

The concern regarding overweight or obesity has little to do with how a person looks or what size they wear. The concern is about the resulting risks for chronic disease that come with carrying an unhealthy amount of extra weight. We also must address the negative psychological aspects often associated with being overweight or obese. Discrimination, depression, decreased quality of life, body dissatisfaction and low self-esteem are very real issues experienced by those who fall in these weight categories. In order to make progress against this epidemic, we must address the stigma, remove blame and provide support and encouragement to all those who are challenged with this issue. Maintaining a normal weight is about health and quality of life — not about worthiness as a human being.



Consider life stages and transitions...

Moving from one life stage to another can significantly impact our daily behaviors, such as eating healthy and exercising. Transitioning from high school to college and from college to the work force can change a person's lifestyle significantly. Add a committed relationship or marriage and children to the picture and, suddenly, eating healthy and exercising becomes a struggle. Don't let the changes catch you by surprise. Planning ahead is the key to successfully managing a new life stage.



Address the issues from all sides...

Factors that influence obesity occur at many levels. Listed below are a few of the strategies that are being used to tackle this problem from every angle.

- > Influences in the physical environment such as lack of access to affordable, healthy foods and places to exercise have been identified and are leading to policy development and changes in the way we build our cities and towns.
- > Targeted strategies to improve healthy options in settings, such as schools and work environments, are implemented on a wide-scale.
- > Statewide policies have been developed to encourage the addition of wellness programs for employees. (The General Assembly approved tax credits to small businesses that provide wellness opportunities for their employees.)
- > Innovative nutrition and physical activity programs are being offered in many different settings. Call your local health department to find one in your area.



Resources To Start Your Personal Project “ME”

4women.gov provides access to fact sheets and statistics on pregnancy, weight gain and nutrition. Log on www.4women.gov for additional information.

American Dietetic Association serves the public by promoting optimal nutrition, health and well-being. Log on www.eatright.org.

Centers for Disease Control and Prevention offers a variety of educational information on the importance of proper nutrition and physical activity. Log on www.cdc.gov for more information.

Committed to Kids teaches families to avoid intimidating physical activities and diets and also focuses on parents and children learning how to maintain a lifestyle that embraces healthy eating and age-appropriate physical activity. Call (317) 962-9017 or log on www.clarian.org/committedtokids.

Community Nutrition Obesity Prevention Division increases public awareness of healthy eating and physical activities to promote healthy lifestyles and to prevent obesity and related chronic diseases. Call (800) 433-0746 or log on www.in.gov/isdh/programs/cnop.

Ellyn Satter Associates On Feeding Children helps adults to be more positive, organized and nurturing in caring for themselves and their children. Log on www.ellynsatter.com.

Fit City provides Marion and seven surrounding counties with messages about obesity, good nutrition, physical activity and healthy weight, and prompts Hoosiers to be more active and eat healthier. Log on www.fitcity.info.

Fruits & Veggies — More Matters promotes health through increased consumption of fruits and vegetables. Find out how many fruits and vegetables you need to eat every day. Log on www.fruitsandveggiesmorematters.org.

ihealthrecord.com enrolls women who want to receive information via e-mail for three months as they prepare for pregnancy. Log on www.ihealthrecord.org.

INShape Indiana focuses on maintaining your health with support and resources for a healthier Hoosier lifestyle. Log on www.inshape.in.gov.

National Cancer Institute provides valuable information on reducing the risk of developing cancer by making simple lifestyle changes. Log on www.cancer.gov.

Marion County Health Department provides nutrition services, including counseling, to groups and individuals through its Community Nutrition Program. Call (317) 221-7401 or log on www.mchd.com/ns.

National Weight Control Registry provides success stories and research findings on long-term successful weight loss maintenance and has been featured in the media. Log on www.nwcr.ws.

The United States Department of Agriculture's MyPyramid.gov helps you get a quick estimate of which foods your family needs to eat. MyPyramid for pregnancy is a Web-based tool that informs moms of recommended amounts of food to eat from each group. Log on www.mypyramid.gov.

WIC Program provides nutrition education and nutritious foods to supplement diets of financially eligible women, infants and children. Call (800) 522-0874 or log on www.in.gov/isdh/programs/wic.

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