

YOUR WEIGHTMatters

Spring 2013

FOR YOUR HEALTH

MAGAZINE

Weight Bias –
Does it Affect Men and
Women Differently?

Dear Doctor,
I Think My Band Slipped.
What are the signs?

Understanding Exercise
and Weight-loss

KID'S
Corner

Picky Eaters

YWM 2013

**Are You Ready to
Rise to the Challenge?**



Your Weight Matters Magazine is the Official Publication
of the Obesity Action Coalition

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I hope this note finds everyone looking forward to the summer and lots of fun and relaxation. As you make your summer plans, please consider including the 2nd Annual *Your Weight Matters* Convention on your list of "Can't miss events." Last year's Inaugural Convention was a groundbreaking event that pulled together experts from many fields to bring you the latest information on health and wellness in a fun and social atmosphere.

As Chairman of the Obesity Action Coalition, I had the pleasure of welcoming everyone to the event, and the view from the stage to look out and see nearly 300 of our members excited to be together to learn and to share was quite an inspiring sight. As an attendee, I had the opportunity to soak-up the knowledge from so many of the sessions and to apply that knowledge immediately in my day-to-day routine. As a presenter, I had the opportunity to share my knowledge with other attendees. As someone affected by obesity most of my life, I had the opportunity to meet, share and socialize with others in a fun, comfortable and supportive environment.

I invite each of you to add the 2nd Annual *Your Weight Matters* Convention, "Rise to The Challenge," to your summer to-do list, and I'll see you in Phoenix! For more information and to register, visit www.YWMConvention.com.

Pam's Summer To-Do List:

- Bonaroo
- Beach
- Cruise
- Disney
- YWM Convention!

Pamela R. Davis

YOUR WEIGHTMatters MAGAZINE

Spring 2013 | Volume VIII | Issue 3

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Your Weight Matters Magazine is the official publication of the Obesity Action Coalition (OAC). The OAC is an independent National non-profit organization dedicated to giving a voice to those affected by obesity.

Your Weight Matters Magazine is a quarterly publication published in Winter, Spring, Summer and Fall. Subscription to *Your Weight Matters Magazine* is an OAC membership benefit.

Opinions expressed by the authors are their own and do not necessarily reflect those of the OAC Board of Directors and staff. Information contained herein should not be construed as delivery of medical advice or care. The OAC recommends consultation with your doctor and/or healthcare professional.

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YWM2013

OAC's 2nd Annual *Your Weight Matters*
NATIONAL CONVENTION

August 15-18, 2013

"When you've been obese all your life, and you always had negative experiences, it was great that this whole weekend was dedicated to a cause that's affected my life and will affect me the rest of my life."

Sarah Bramblette
Portsmouth, OH

"The people that I met there and the connections that I made at the OAC Convention made a difference in my life. It made me realize that I am somebody. I am somebody at any size. I matter."

Michelle Mata
San Antonio, TX

"I had one of the most renowned doctors in obesity sitting there saying, 'You're going to be successful. You're at a healthy weight.' It was an amazing mental breakthrough for me."

Pandora Williams
Williamsville, OK

"It is the best convention about weight, health, obesity issues out there. THE BEST."

Michelle Vicari
Temecula, CA

On August 15, the sun will rise in Phoenix. On August 15, a challenge will be issued. Are you ready to "Rise to the Challenge" with the OAC? Prepare yourself for one of the most energetic crowds along with the most comprehensive educational convention on weight and health – the 2nd Annual *Your Weight Matters* National Convention - "Rise to the Challenge."

If you attended the OAC's Inaugural Convention last year, you know first-hand the impact that this meeting aims to have on your health, weight and life. In less than a year, the *Your Weight Matters* Convention has sent shockwaves throughout the health-education community and is the premier meeting on weight and health. The time has come for the OAC to once again offer its members and the public a place to come together to learn evidence-based weight management strategies from the country's leading experts on weight and health.

YWM National Convention at a Glance

The *Your Weight Matters* National Convention is a 3-day educational event designed to bring together all individuals who struggle or are concerned with weight-related issues. The entire weekend is dedicated to presenting a comprehensive educational program, comprised of diverse topics designed to help any individual who has ever had a concern about their weight. We bring-in the country's leading experts on weight and health and give you the RIGHT tools to be successful in your lifelong journey with weight.

*Registration Pricing, Event Details and
Travel Information continued on page 6*



2013 OAC Your Weight Matters National Convention

PROGRAM AGENDA



Thursday, August 15

11:00 am – 5:00 pm Registration Open
 11:00 am – 5:00 pm Exhibitor Set-up
 12:00 pm – 5:00 pm National Advocacy Training Session
 5:30 pm – 7:00 pm Board Meeting
 7:30 pm OAC Member Mingle

Friday, August 16

7:30 am – 8:15 am Group Exercise Events (*multiple options offered*)
 7:30 am – 5:00 pm Registration Open
 8:30 am – 9:30 am Breakfast
 8:30 am – 5:00 pm Exhibit Hall Open
 9:30 am – 10:20 am **Rise to the Challenge: Your Health Matters**
 10:30 am – 11:15 am **The Rollercoaster of Life: Major Events that Impact a Woman's Weight**
 11:15 am – 11:45 am Break
 11:45 am – 12:30 pm **Weight Bias – Changing Public Perception Starts with Me**
 12:45 pm – 1:45 pm Lunch with the Experts (*ticketed event*)

Friday Lunch Topics

1. Are You Smarter than a 5th Grader... about Nutrition?
2. Eating Healthy Away from Home: Tips and Tricks
3. Post-surgery Supplementation – What's Best for Me?
4. Linking with Others: Finding Your Support System and Tools Online
5. Pregnancy Post-Bariatric Surgery – What to Expect
6. Self-sabotage: Am I the Reason I'm Not Losing Weight?
7. Weight and Relationships: An Intimate Discussion
8. Taking it Step-by-Step: Guidance in Starting Your Personal Exercise Plan
9. Advocacy 101 – Influencing Your Legislators
10. Shop Wisely: Avoiding Unhealthy Detours at the Grocery
11. I've Found My Tool, How Do I Get it Covered? Understanding the Insurance Process
12. Dear Doctor: Your Bariatric Surgery Questions Answered
13. Weight-loss Plateaus – Breaking through the Frustration
14. Breaking down the Measurements – BMI, Ideal Weight, Waist Circumference
15. Weight-loss Myths – Weighing the Evidence
16. Think before You Speak: To Talk or Not to Talk to a Loved One about their Weight

START OF FRIDAY BREAKOUT SESSIONS

2:00 pm – 2:40 pm **Home is Where Health begins: Creating a Healthy Home Environment**
 OR
Fitness Matters: Simple Exercises for Your Busy Schedule
 2:50 pm – 3:30 pm **Everyday Advocacy: Simple Ways to Make a Difference**
 OR
Planning, Shopping and Dining: Practical Tactics for Good Nutrition
 Break
 3:30 pm – 4:00 pm **Your Life-long Journey – Understanding Your Weight Loss Options**
 OR
Who's Staring back at You in the Mirror? Improving Self-Perception
 5:15 pm – 6:00 pm Afternoon Group Exercise Event (*multiple options offered*)
 7:00 pm Welcoming Ceremonies (*Buffet Dinner and themed party*)

Saturday, August 17

7:30 am – 8:15 am Group Exercise Events (*multiple options offered*)
 7:30 am – 5:00 pm Registration Open
 8:30 am – 9:30 am Breakfast
 8:30 am – 3:30 pm Exhibit Hall Open
 9:00 am – 9:40 am **Understanding and Managing Food Addiction**
 9:50 am – 10:30 am **My Everyday Routine Matters: Sleep, Stress and Other Factors Impacting Weight**
 10:30 am – 11:00 am Break
 11:00 am – 11:45 am **Weighing Success beyond the Scale: Identifying and Maintaining a Healthy Weight**
 12:00 pm – 1:00 pm Lunch with the Experts (*ticketed event*)

Saturday Lunch Topics

1. Transfer Addiction: What We Know and What We Don't
2. Weight Regain Post-surgery: Exploring the Causes and When a Revision May be Necessary
3. Superfoods – Are they Really Powerful?
4. Dear Doctor: Your Plastic Surgery Questions Answered
5. Bariatric Surgery Tools for Success: A Bariatric Surgeon's Perspective
6. "Make it Work!" Tailoring Your Wardrobe for Your Changing Body
7. Unlock the Power of Positive Thinking – a Key to Success
8. Changing Relationships after Weight-loss: From the Enablers to Your Support System
9. New Tools in the Toolbox: Medications for Weight Management
10. Healthy Living for Individuals with Type 2 Diabetes and Excess Weight
11. Getting Healthy Together: A Couple's Perspective
12. Let's Talk Weight, Man-to-Man
13. Overcoming the "Carb Creep"
14. 5k, 10k, Tri – OH MY! Where Do I Even begin?
15. Pinching Pennies: Eating Healthy on a Budget
16. Good Reads: Weight-loss Edition

START OF SATURDAY BREAKOUT SESSIONS

1:15 pm – 2:00 pm **One Size Does Not Fit All: Using Personality Traits in Your Weight Management Strategy**
 OR
Channeling Stress: Healthy Outlets to Replace the Calories
 2:10 pm – 3:00 pm **Does that Really Work? Deciphering Popular Weight-Loss Trends**
 OR
Who's in Control? The Science behind Willpower
 Break
 3:00 pm – 3:30 pm **General Session – Expectations of Your Body after Weight-loss: Plastic Surgery and Other Options**
 3:30 pm – 4:45 pm Afternoon Group Exercise Event (*multiple options offered*)
 5:15 pm – 6:00 pm Pre-Reception
 7:00 pm – 7:30 pm OAC 2nd Annual Awards Dinner
 7:30 pm – 11:00 pm

Sunday, August 18

7:00 am Walk Event Registration
 7:30 am Walk from Obesity



Registration for YWM2013 is Now OPEN!

One of the aspects of the Convention that makes it so appealing is the price. The OAC strives to keep the cost to the attendee low. Nowhere else can you have access to the country's leading experts on weight and health, for just \$95 (Early-bird Registration).



Convention Pricing:

Full Convention Registration - BEST VALUE!

Early-bird Discount Deadline – May 20

This is the best registration category for attendees who want to take full advantage to ALL aspects of the Convention. **Full Convention Registration Includes:** Access to all educational sessions, official Convention T-shirt, souvenir canvas tote bag, Convention Program Book, ability to pre-register for the OAC's Advocacy Training Session (Thurs), breakfast on Friday and Saturday morning, ticket to Event Welcoming Ceremonies Dinner (Fri.), and ticket to OAC's 2nd Annual Awards Dinner (Sat.). Lunch NOT included.

\$95 – Full Convention Registration

\$135 – Full Convention Registration with CE Credits

After May 20

\$125 – Full Convention Registration

\$165 – Full Convention Registration with CE Credits

One-day Registration

Early-bird Discount Deadline – May 20

One-day registrations are ideal for attendees who do not wish to participate in the social events and do not want to receive the official Convention T-shirt. **One-day Registrations Include:** Access to Educational sessions, souvenir canvas tote bag, and Convention Program Book. Meals, social events and official event T-shirt NOT included.

\$25/day – Friday and Saturday

\$45/day – Friday and Saturday with CE Credits

After May 20

\$35/day – Friday and/or Saturday Registration

\$55/day – Friday and/or Saturday with CE Credits

Special Events

The Convention guarantees to offer the most up-to-date information on weight and health, but that's not all. In addition to the education you will receive, the Convention also hosts special events that allow you the opportunity to engage yourself even more in all the Convention has to offer!

National Advocacy Training

Thursday, August 15

12:00 pm – 5:00 pm

During the Convention, the OAC will host a special Advocacy Training Session. Advocacy is one of the most important tools when impacting change for those affected by obesity and YOU will have the incredible opportunity during this four-hour session to learn how to become an effective advocate.

The Advocacy Training Session includes:

- In-depth look at the advocacy process
- Opportunity to participate in mock "Day on the Hill" visits with real legislators and staffers
- Tips on how to talk to elected officials
- and much more

Registration for Advocacy Training is FREE; however, OAC Convention registration is required to sign-up for the Advocacy Training Session. Lunch will be served. If you are interested in attending the Advocacy Training Session, you must indicate your attendance when submitting your registration for the OAC Convention. This special session is limited to the first 100 pre-registered, so don't delay. Sign-up today!

SPECIAL EVENTS & DINNER/SOCIAL EVENTS



Lunch with the Experts Sessions (\$15/day)

Friday, August 16 – 12:45 pm – 1:45 pm

Saturday, August 17 – 12:00 pm – 1:00 pm

One of the most popular Convention events last year was the Lunch with the Experts sessions. Attendees were able to sit one-on-one in a small group with an expert in a field/topic that interested them. On Friday and Saturday, the OAC will once again feature Lunch with the Experts sessions.

This is a great opportunity to ask some specific questions you've always wanted to and learn from others interested in the same topic. There are 16 different lunch table topics (see Program Agenda on page 5 for topics), with spots for eight attendees at each table. The Lunch with the Experts session is a separate fee from Convention registration (\$15/day). Lunches are reserved on a first-come first-served basis, and you will have the ability to select your top three choices of lunch topics on each day. This session includes lunch and access to the expert of your choice.

Walk from Obesity (\$25/walker)

Sunday, August 18

7:30 am

The *Walk from Obesity* will be the culmination of the Convention, held on Sunday, August 18 on the grounds of the Arizona Grand Resort & Spa. The *Walk from Obesity* is a partnered OAC event that raises awareness and funds to advance the cause of obesity. To learn more about the *Walk from Obesity*, visit www.walkfromobesity.com.



Dinner/Social Events

The biggest takeaways for last year's attendees were the feeling of "home" and sense of "community" experienced at the OAC's Convention. Listening to all the positive feedback after the Convention, one of the resounding messages from our attendees was that they felt like they "finally belonged to something" or "were not alone in the fight against obesity." The OAC will give our attendees the same experience as last year and aims to connect with even more individuals this year. The Convention Dinner/Social Events are an excellent way to get to know your fellow attendees and build friendships that will last a lifetime.

Member Mix & Mingle

Thursday, August 15

7:30 pm

On Thursday evening, the OAC invites you to join us and the OAC National Board of Directors for an informal gathering before the official start of the educational sessions of the Convention. The Member Mix & Mingle is a great place to catch up with old friends and meet fellow Convention attendees in a casual setting. This is also a great time to feel the excitement from all in attendance on the eve of the Convention kick-off.

Friday Night Welcoming Ceremonies Themed Dinner Party

Friday, August 16

7:00 pm

The Friday Night Welcoming Ceremonies party is a fun and exciting way to celebrate the end of the first day of Convention. This party is reserved as a time for our attendees to let loose in a fun-filled event, take lots of photos and share in laughter with one another.

A great aspect to this event is the ability to connect with those you don't know. Many attendees attend the Convention



*YWM 2013 continued
on next page*

YWM 2013 continued from page 7

on their own, so this is a great event that provides a relaxed atmosphere to get to know others better.

This year's Welcoming Ceremonies Dinner will be held in an outdoor venue, situated in the Waterpark on property at the Arizona Grand. With this fun backdrop, we couldn't think of a more perfect theme for the evening than Beach/Luau! But, there's a catch! We are putting your creativity to the test – so this year's costume theme is "Favorite Beach-themed Movie." Of course, a costume is not required, but we want to encourage all attendees to join in the fun and come dressed in their best representation of a beach-themed movie.

All Full Convention Registrants receive one ticket to the Welcoming Ceremonies Dinner as part of their registration. One-day registrants do not receive a ticket to the Welcoming Ceremonies Dinner. For more information on purchasing additional tickets, please visit www.YWMConvention.com.

OAC 2nd Annual Awards Dinner **Saturday, August 17** **7:30 pm**

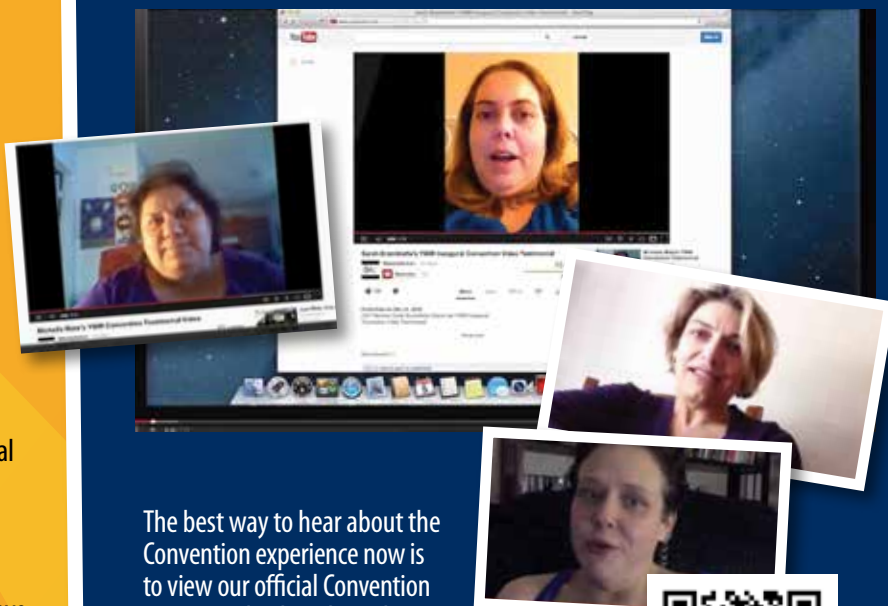
On Saturday evening, the OAC will host its 2nd Annual Awards Dinner, a special time where the OAC honors dedicated members, advocates and volunteers who exemplify excellence in championing the cause of obesity. This will be a more formal night to come together and celebrate the successes of those that have made a significant impact in the lives of those affected.

All Full Convention Registrants receive one ticket to the Awards Dinner as part of their registration. One-day registrants do not receive a ticket to the Awards Dinner. For more information on purchasing additional tickets, please visit www.YWMConvention.com.



HEAR THE REAL STORIES **from those who've** **attended the Convention**

Ask anyone who attended the Inaugural Convention and they'll tell you it was an experience they'll never forget. This year, we're making it even easier for you to hear first-hand what the Convention is all about. We've created a Convention Welcoming Committee, a volunteer group dedicated to helping answer all your questions and get you acclimated to the OAC Convention experience.



The best way to hear about the Convention experience now is to view our official Convention Invitational Video. This video provides you with an inside-look at the Convention, testimonials from past attendees and much more.

To view the video, please visit www.YWMConvention.com or scan the QR code **ABOVE** on this page.

Convention Welcoming Committee

Our committee wants to hear from you and answer all your questions to help you decide if this Convention is the right place for you. Plus, you will have your first connection to the meeting, so you won't have to feel afraid if traveling on your own to Phoenix.

For more information on the Convention Welcoming Committee, please visit www.YWMConvention.com and click on the "Convention Details" tab.

Did you know?

Did you know the OAC recently launched a brand-new Web site dedicated solely to the *Your Weight Matters* National Convention? Located at www.YWMConvention.com, you will find all the information to help you make your plans to join us in Phoenix for this one-of-a-kind event. Visit www.YWMConvention.com today!



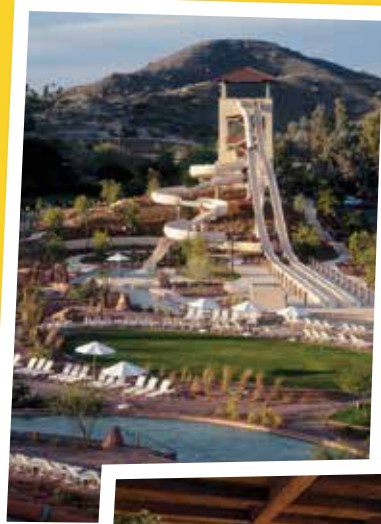
Hotel Information

What would you say if we told you that this year's hotel rivals last year's? Well, how about some sun, some fun, a state-of-the-art fitness center, and oh, yea, a waterpark? These are just "some" of the features of this year's host hotel – the Arizona Grand Resort & Spa. This property promises to offer guests the highest level of accommodations set against a picturesque mountain range, complete with cacti and exquisite sunsets.

This year, we are pleased to have secured a competitive room rate of \$105/night (single/double occupancy) for OAC Convention attendees. All guest rooms at the Arizona Grand are suite-style, with a separate living area that also has a pull-out sofa, making it an ideal set-up to share rooms with others. We expect the Convention room block to sell quickly so be sure to make your room reservations as early as possible. **The room block will close on July 22, or when all rooms are filled, whichever comes first.**

The Arizona Grand Resort and Spa is unique because it not only has the perfect meeting facilities to offer some great education, but it also offers a little something extra for our attendees wanting to get away. With only a six mile commute from the airport, the Arizona Grand offers:

- All-suite accommodations
- Six outdoor leisure and lap pools
- A seven acre waterpark (perfect for the Arizona mid-Aug. heat)
- Full-service spa with 14 spa treatment rooms
- 18-hole signature golf course
- Nearby hiking and trails
- And much more!



Reserve Your Room Today!

The Convention room block is already more than 50% sold. Be sure to make your room reservations as soon as possible at the Arizona Grand Resort & Spa!



Reserve Your Room Now!

We encourage you to make your room reservations now as the room block fills quickly. If you have any issues making your reservations, please contact the OAC at convention@obesityaction.org or (800) 717-3117.

Make Your Reservation by Phone:

To make your room reservation by phone today, please call the Arizona Grand Reservation Line at: **(877) 800-4888**. Identify yourself as an attendee of the "OAC Convention" to receive the preferred rate of \$105/night.

Make Your Reservation Online:

To make your room reservation online, please visit www.YWMConvention.com and click on the "Travel Details" tab located on the top navigational bar. Once clicked, you will see a **"Click Here to Reserve Your Room at the Arizona Grand"** button. Simply click the button and you will find all the information needed to reserve your room using the preferred rate. This rate is for single /double occupancy. These rates are effective until the room block closes (or sells out, whichever comes first). Rates are subject to applicable taxes. The resort fee has been waived for OAC Convention guests.

For more information on the host hotel, such as what's included in your reservation and information on travel discounts, please visit www.YWMConvention.com.

Convention Exhibit Hall

This year, the OAC Convention will once again host a 2-day Exhibit Hall packed with hand-picked vendors offering you the latest products and services to help you in your weight-loss journey.

If you are a vendor and are interested in exhibiting at the *Your Weight Matters* National Convention, please email convention@obesityaction.org for more information.



OAC Thanks Our National Sponsors of the *Your Weight Matters* Convention

PLATINUM



GOLD



BRONZE



National sponsorships are still available. Please contact Kristy Kuna, OAC Director of Programs and Membership at kkuna@obesityaction.org or (800) 717-3117 for more information.



GEISINGER

National sponsorships allow the OAC to ensure we keep registration costs to the attendees low. National sponsorships are still being secured and a variety of support opportunities are still available. Sponsorship of the Convention comes with a host of benefits to ensure maximum exposure for your company. For more information on Convention Sponsorship, please visit www.YWMConvention.com and click the "Sponsorships & Exhibits" tab.

SEE YOU IN PHOENIX!

Whether you're just learning about how your weight impacts your health, or you've addressed your weight, the *Your Weight Matters* National Convention promises to offer you real, useful tools that you can utilize in your weight-loss journey.



Battling excess weight or obesity is a challenge. It's a challenge that millions of Americans battle each and every day. The OAC is here to help you and invites you to join us as we all "Rise to the Challenge." We look forward to seeing you in Phoenix!

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Weight Bias:

Does it Affect Men and Women Differently?

by Kelly King, MPH, and Rebecca Puhl, PhD

Weight bias is extremely prevalent in the United States. Individuals who are affected by excess weight or obesity experience discrimination across a wide variety of settings, including healthcare, employment, schools, and interpersonal relationships.

Weight Bias in Life

In employment settings, employees who are affected by excess weight or obesity are less likely to get hired or be recommended for promotions compared to thinner employees. They are also faced with lower wages and increased risk of job termination based on their weight alone. In healthcare settings, patients affected by obesity

often experience prejudice, apathy and lower quality of care from medical professionals, which may result in patients choosing to delay or forgo crucial preventative care to avoid additional humiliation. Students also face weight-based victimization in educational settings from peers, teachers and even parents, which may interfere with social support and educational attainment.



Research suggests that women, especially those who are middle aged or with lower levels of education, experience weight discrimination at significantly higher rates than male peers.

Weight stigma is even present in interpersonal relationships with friends, family and romantic partners, such that negative judgment invades almost all areas of the lives of people affected by obesity.

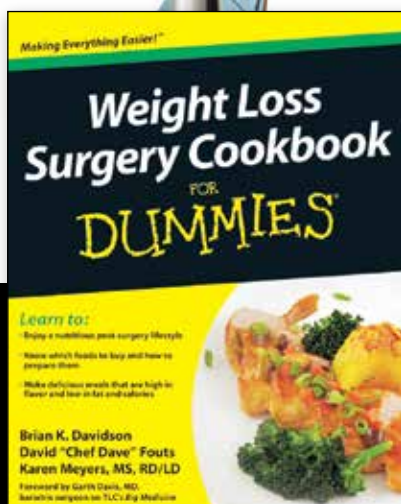
Gender Differences in Experiences of Weight Stigma

Although both men and women are vulnerable to weight discrimination, their experiences may differ with respect to how much discrimination they are exposed to and the forms that it takes. Most notably, women seem to experience higher levels of weight stigmatization than men, even at lower levels of excess weight. Research suggests that women, especially those who are middle aged or with lower levels of education, experience weight discrimination at significantly higher rates than male peers. Moreover, women report weight discrimination at lower levels of excess weight than men. For example, men tend to report considerable stigmatization at a Body Mass Index (BMI) of 35 or higher, whereas women report experiencing notable increases in weight discrimination at a lower BMI of only 27.

Weight Bias continued on page 14

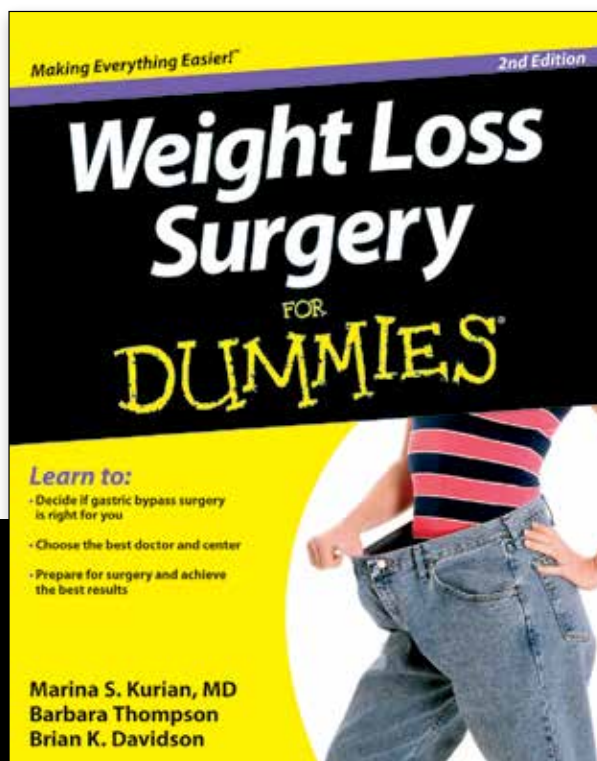


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North American ideals of physical attractiveness, which emphasize thinness as central to feminine beauty, may account for some of these differences. Women whose bodies deviate, even slightly, from physical beauty standards may be vulnerable to weight stigmatization. Given that thinness ideals have become deeply ingrained into our society and are heavily promoted by the mass media, diet industry and fashion industry, it's not surprising to see widespread weight stigmatization toward women, even if they are not "obese." For women, weight discrimination has been associated with poorer body image, low self-esteem, depression, anxiety, and a range of unhealthy eating behaviors, including binge eating.



Workplace

The workplace is a setting that is particularly wrought with weight discrimination, and also one where gender differences may emerge. Men and women who are affected by excess weight are both less likely to be hired and are evaluated more negatively than non-overweight individuals. Some studies suggest, however, that women are up to 16 times more likely to perceive weight discrimination in employment settings than men.

Female job applicants who are affected by excess weight are less likely than male applicants to be recommended for hiring. Gender differences have also been documented in obesity-related wage penalties, where women who are affected by obesity tend to earn salaries that are 6 percent lower than thinner women (for the same work performed), whereas men who are affected by obesity experience a smaller wage penalty: 3 percent less than thinner men. While there is certainly evidence of weight discrimination toward men in employment settings, it appears to be less severe and occurs at higher body weights compared to women.

Within the political arena, similar gender differences have been documented. Research examining political candidates has found that female candidates who are affected by excess weight receive lower ratings of reliability, dependability, honesty, ability to inspire, and ability to perform a strenuous job than non-overweight female candidates. This finding did not hold true for men. In fact, male political candidates who were affected by excess weight actually received more positive ratings than male candidates not affected by excess weight.

Ethnicity

Gender differences in weight discrimination may also vary by ethnicity. For example, some research has found that African American men experience lower levels of weight stigmatization from both other African American men and Caucasian men, compared to their Caucasian male counterparts. In addition to experiencing less stigma, African American men were also less likely themselves to stigmatize women affected by excess weight. Instead, they were more likely to endorse a wider range of larger body types as being physically attractive. In contrast, Caucasian men almost exclusively rated thin bodies as attractive bodies.

Among women, similar ethnic differences are apparent. African American women are less likely to stigmatize other women of color, or to be stigmatized by Caucasian men on the basis of their body size. These findings may reflect societal constructions of beauty in American culture that often emphasize not just a thin ideal, but a thin, Caucasian ideal. As such, cultural understandings of beauty, often propagated by the mainstream media, may translate into less pervasive stigmatization of individuals who are affected by excess weight in minority groups. Still, this area of research has not received enough attention, and more work is needed to better understand differences in weight discrimination among different ethnic and cultural groups.

In fact, male political candidates who were affected by excess weight actually received more positive ratings than male candidates not affected by excess weight.

Gender Differences in Children and Adolescents

Many youth are vulnerable to the negative social and emotional consequences of obesity. For children, experiencing weight stigmatization (often in the form of bullying and victimization) may hinder social relationships, interfere with academic development and even compromise physical health.

Mixed findings have emerged with respect to gender differences in weight stigmatization experienced by youth and adolescents. Some studies have found that girls experience more weight-based victimization, reporting higher levels of teasing and being assigned more negative characteristics as a result of their weight than boys. Other research, however, has failed to find sex differences in vulnerabilities. It may be that differences are more apparent in the types of stigmatization experienced by boys and girls, rather than the quantity or amount of these experiences.

For example, weight-based bullying may be more prevalent among boys who are affected by excess weight, whereas girls may experience more weight-based victimization in the form of social exclusion from their peers.



Boys and girls who experience weight-based victimization are at increased risk for negative social and educational outcomes, however, these risks seem to be even more pronounced for girls who are overweight, display lower academic self-esteem and are significantly more likely to be held back a grade than boys. Girls are also more likely to experience negative psychological outcomes, like depression in response to experiences of weight victimization, and may endure more pronounced difficulties in interpersonal relationships with peers and dating partners in adolescence.

Research shows that adolescent and young adult women who are affected by excess weight have lower potential for romantic relationships compared to their non-overweight peers. However, for young men, being affected by excess weight may not be detrimental to dating and forming romantic relationships. In fact, it may even be associated with positive and desirable characteristics like strength and masculinity.

Weight Bias continued on next page

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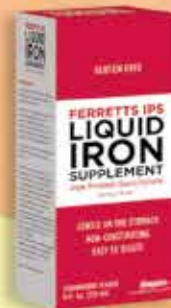


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Conclusion

More research is needed to better understand the nature and extent of gender differences in experiences of weight stigmatization. However, it does appear that some differences may exist, particularly that girls and women may have heightened vulnerability in certain contexts compared to boys and men. These differences are important to be aware of, especially for employers in the workplace and educators in schools, who can intervene to help reduce weight stigmatization in these settings and be prepared to offer support to those facing stigmatization, with the knowledge that girls and boys, or women and men, may be impacted by weight stigmatization in different ways.

For more information (including free resources, videos, handouts and articles) on weight bias and discrimination, please visit www.yaleruddcenter.org.

About the Authors:

Rebecca M. Puhl, PhD, is a Senior Research Scientist and Director of Research at the Rudd Center for Food Policy & Obesity at Yale University. Dr. Puhl's work examines the prevalence and origins of weight stigma, interventions to reduce weight bias, and the impact of weight stigma on

emotional and physical health of children and adults affected by excess weight and obesity.

Kelly King, MPH, is a Research Associate at the Rudd Center for Food Policy & Obesity at Yale University. Kelly received her BA in Psychology from Amherst College and her Master of Public Health in Behavioral Science and Health Education from Emory University. Kelly is interested in how structural factors, like bias and stigma, impact individual and community level health.

DID YOU KNOW?



Did you know the OAC has a weight bias initiative, Bias Busters, which aims to identify and eradicate weight bias? To learn more, visit www.obesityaction.org and click on the "Weight Bias" tab located at the top of the Web site.

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Sarah Bramblette (right) poses with OAC Board Member Michelle Vicari (left) at the Walk from Obesity hosted during the Your Weight Matters Inaugural Convention.

The Part I Want: **Advocate**

by Sarah Bramblette, OAC Member since 2012

***“Dress for the part you want,
not the part you have.”***

Stunned by what I heard, I sat silently in disbelief. My emotions went from feelings of hurt to anger to frustration. Well-meaning advice? Or veiled discrimination?

Here was my question: “What skills and experiences should I focus on improving in order to advance in the company?”

That reply was the FIRST and only piece of advice and sounded as if I was being judged on my appearance, not on my skills or talents. My appearance equated to my weight. I am super morbidly obese; I have lipedema and lymphedema, conditions that cause excess adipose tissue and lymph fluid to accumulate in my arms and legs. The hurt, anger and frustration stemmed from years of challenges I had overcome in order to be a contributing member of society and yet, once again I found I was being discriminated against based on my weight.

Throughout my life, my weight did not matter, that is, I never let my weight keep me from doing what I wanted or being the person I was. I learned to accommodate for my weight, and I did so very well. In school, I was in plays, band, choir, traffic scout, after school activities, talented and gifted program and had many friends. I walked to school, played outside, rode my bike, and I had a paper route. Looking back, I had few negative experiences related to my weight, and the few I did have, I easily brushed off as non-important.

However, as my weight increased it became more difficult to accommodate. During college, I weighed more than 400 pounds. It became more difficult to walk across campus, and I found myself not going to classes located in buildings too difficult to walk to or find comfortable seating. While I was excelling in many leadership positions on campus, my grades and academic progress

“
***I look back at that first experience
of weight bias in the workplace as a
positive experience, a much needed
catalyst for change in my life. Years
later, I met and thanked the man who
had me fired.***”

were suffering. I had excellent mentors who tried to support me and guide me, but I realized I had been ignoring a very important aspect of my life – my health. During this time, I was fired from my on campus job. When I asked why, I was advised: “Some people are judged as lazy because of their weight, it’s not right, but it happens. Sarah, I am here for you if you want to talk more about this.” The person saying this to me was not judging me; it was someone else in a position of power that made the decision. What this person does not know, was earlier that day I had seen a doctor for the first time in years because my weight had finally reached a point of scaring me. While at the doctor’s office, I was not able to put my shoes back on, so I shoved my feet half way in them enough to walk out to the car and was at work that night barefoot just acting like a co-worker who always worked without her shoes.

That was April 2000; I call it my rock bottom moment. I was unemployed, had not finished my education, and weighed more than 500 pounds. As much as I never let my weight keep me from doing what I wanted in life, I had also never made weight or health a priority. I had not yet been diagnosed with the lymphatic conditions. Doctors were telling me my gigantic painfully swollen legs were due to my weight.

My best friend was getting married in August, and I was in the wedding party. During a visit with her, she expressed her concern for my health. I wish I could remember word for word what she said because it was said so eloquently and spot on correctly. Trust me; I have heard that conversation attempted the wrong way so many times by others. I felt my secret was out, not that I thought people did not know I was affected by obesity, I just thought I was covering up the fact my weight affected me.

I had already started my journey with that visit to the doctor, and as I said, my weight finally began to scare me. The doctor offered few options. She did not even have a scale to weigh me. I proposed the idea for physical therapy as exercise, and I began supervised exercise in the therapy pool. I was able to weigh myself at a local junk yard that had a large capacity scale. I was finally diagnosed with lipedema and lymphedema and got proper compression therapy. I had gastric bypass surgery in April 2003.

Oh, yes, during all this, I also completed my bachelor’s degree.

I look back at that first experience of weight bias in the workplace as a positive experience, a much needed catalyst for change in my life. Years later, I met and thanked the man who had me fired. I told him that although I might not have agreed with his decision at the time, I now look back and see the very good thing it did for me. I finished my education, I got my life back

OAC Members Matter continued on next page

About this NEW Member Feature Section

OAC Members are extraordinary people doing extraordinary things. With a rapidly growing membership and the success of our Inaugural Convention last year, the OAC has really had a chance to get to know many of our members on a personal level and hear the unique and extraordinary ways they are getting involved in making a difference.

Though our members share a common bond of being personally affected by obesity in some manner, we find that our members are actually very diverse. Each has unique passions and interests and ways that they want to give back to the cause. Some of our members are strong advocates, fighting for a variety of issues that directly impact fellow members such as ensuring individuals have access to obesity treatments. Then we have members who are dedicated to putting an end to weight bias, standing-up and demanding change and challenging public perceptions of individuals affected. And we have other members who are passionate messengers, committed to spreading needed education into communities. We also have members who provide support to others, someone to lean on and listen. The OAC has a truly unique membership comprised of passion, talent, knowledge and energy.

Our members are doing so many remarkable things that represent what the OAC stands for and it’s time that we share our members with the world. This new section of *Your Weight Matters Magazine* is dedicated to doing just that – sharing our members with one another and giving them a platform to share their purpose for getting more involved in the cause and the OAC.

It is our hope that our members can inspire you to get more involved, get connected and find how you want to contribute to the cause. We know each of you have a story to tell, not just about your journey, but where your journey has led you. That’s what this new section is all about and we are proud to now bring it direct to you through *Your Weight Matters Magazine* each quarter!



OAC Members Matter continued from previous page

on track, I regained my health, I discovered I had a chronic condition and was able to get the correct treatment for it, and learn to manage it. I had a professional job and a future full of goals and dreams.

I cannot say the same for the most recent incident. More than 10 years later, I sat there with two college degrees, years of professional experience, management experience and leadership experience. My only weakness is I had recently changed careers from higher education to healthcare administration. I was willing and eager to learn. I was seeking feedback, so I could expand my skillset. My performance review ranked me as meeting above expectations but also mentioned that if I wanted to advance I needed to have a more "professional appearance." I believe I dressed professionally, despite the challenges faced being plus-sized and sensitivity in my arms and legs. However, to show I was serious about wanting to advance I changed my attire, and I was still passed up for a promotion. I could no longer stand by and tolerate this action against me. Sadly, the more I stood up for myself the harder they tried to knock me down.

On a positive note, this experience motivated me to get involved with the Obesity Action Coalition. I knew my story was powerful, and could help support the advocacy of ending weight bias in the workplace. I want to reinforce that a person's weight has no relation to the quality of their work. I have always worked 110% harder than my co-workers to try and overcome the "lazy" perception. I attended the Your Weight Matters National Convention Advocacy Training Day. I have decided the part I want is ADVOCATE.



Sarah Bramlette's Your Weight Matters Convention badge.

My story was not possible without the support of many people in my life. Their heartfelt concern for my wellbeing showed how much they truly cared for me as a person, even after all these years, memories of those talks brought tears to my eyes. I share my story so that others who find themselves in similar situations can find the strength to stand against weight stigma and bias. I encourage others to share their story, family member's story or friend's story.

What part do you want to have?

Share your story; our voices are louder together.

Perhaps you can be a support person for someone in their journey to a healthier life.

– Sarah Bramlette

Join the Only Coalition of Individuals Affected by Obesity

OAC Membership Categories

(select one)

- ☐ Individual Membership: \$20/year
- ☐ Institutional Membership: \$500/year
- ☐ Chairman's Council Membership: \$1,000+/year

OAC Membership Add-ons

Add-on 1: Educational Resources

To order bulk copies of OAC resources, members can purchase educational packages. If you'd like to order resources, select one of the below packages.

- ☐ **Standard Package**
10-50 pieces/quarter \$50
- ☐ **Deluxe Package**
51-100 pieces/quarter \$100
- ☐ **Premium Package**
101-250 pieces/quarter \$150

Add-on 2: Make a General Donation

Make a tax-deductible donation to the OAC when joining as a member. Your donation helps the OAC's educational and advocacy efforts.

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OAC President and CEO Set to Receive SSAT Public Service Award

Joe Nadglowski, OAC President and CEO, will receive the 2013 Society for Surgery of the Alimentary Tract (SSAT) Public Service Award during the 54th Annual SSAT Meeting in May. The SSAT Public Service Award recognizes an individual or organization from the lay community that has impacted the public by promoting or creating awareness of gastrointestinal health.

Joe will be recognized for his role as President and CEO of the OAC and the organization's accomplishments, such as advocating for patients nationwide; leading the community in patient-based education; launching *Your Weight Matters Magazine*; promoting awareness of weight bias and obesity; and much more.

"I am honored to receive the SSAT Public Service Award on behalf of the OAC. The OAC is the leading nonprofit organization whose sole focus is representing individuals affected by obesity. We are the voice of all those affected by this disease and I am proud to be a part of the OAC," said Joe Nadglowski.

For more information on the SSAT and the SSAT Public Service Award, please visit www.ssat.com.

OAC Announces Ted Kyle, RPh, MBA, as Vice-Chairman



The OAC is excited to announce Ted Kyle, RPh, MBA, as Vice-Chairman of the OAC. As a longtime OAC member and frequent *Your Weight Matters Magazine* author, Ted has consistently provided the OAC with dedication, knowledge and obesity-focused expertise.

"Serving as Vice-Chairman of the OAC will be an honor. The OAC is unlike any other obesity-focused nonprofit. The OAC truly represents those affected by this disease and fights on a daily basis to ensure those affected are respectfully represented in all areas, such as advocacy, combating weight bias and discrimination, treatment and much more. I hope my service can complement the passion and determination of all our members," said Ted Kyle, RPh, MBA, OAC Vice-Chairman.

OAC Chairman, Pam Davis, RN, CBN, BSN, is currently serving her last year, as her term is ending this year. Ted will begin his term as OAC Chairman starting in 2014.

OAC Welcomes New Staff Members

The OAC is proud to welcome two new staff members to the organization. The OAC would like to welcome Lindsay McGhay as the new Marketing Manager and Eileen Blake as the new Outreach Coordinator.

Lindsay is a graduate of Barnard College of Columbia University and worked in New York City at one of the top marketing firms.

Lindsay will oversee all of the OAC's marketing efforts including OAC programs and services. Eileen is a graduate of the University of South Florida and has worked on high-profile events, such as the 2012 Republican National Convention. Eileen will oversee OAC outreach efforts and coordinate the OAC's social media platforms.

"The OAC greatly looks forward to having Lindsay and Eileen on board. As the OAC continues to grow, marketing and outreach will play an integral role in putting the OAC front and center," said Joe Nadglowski, OAC President and CEO. The OAC Board of Directors and staff welcome Lindsay and Eileen to the OAC team.

"Bias Busters" Continues Tackling Weight Bias



The OAC's "Bias Busters" continues to tackle weight bias and has two new issues for YOU to act on today! Recently, the OAC was alerted by members regarding two new weight bias issues. Let's take a closer look at the issues:

The first issue focuses on *WWE Kids Magazine*. In a past issue of World Wrestling Entertainment's (WWE) *WWE Kids Magazine*, the publication featured imagery of an individual affected by obesity with stigmatizing language. As this publication is geared toward children, the OAC fears that *WWE Kids Magazine* is exposing children to weight bias at a young age.

The second issue focuses on *New York Observer* movie critic Rex Reed. Mr. Reed recently reviewed the film *Identity Thief* starring Jason Bateman and Melissa McCarthy. In Mr. Reed's review, he negatively stigmatizes Ms. McCarthy by referring to her as "tractor-sized." Mr. Reed continues to say, "Melissa McCarthy (*Bridesmaids*) is a gimmick comedian who has devoted her short career to being obese and obnoxious with equal success." The OAC finds Mr. Reed's comments to be stigmatizing toward Ms. McCarthy and those affected by obesity.

To learn more about these bias issues and take action today, visit <http://bit.ly/YHTmMr>. If you know of a bias issue and want the OAC to take action, email us at biasbusters@obesityaction.org.

Obesity Action Alert – Are you signed-up for it?

Did you know the OAC produces a **FREE** monthly e-newsletter, titled *Obesity Action Alert*? The *Obesity Action Alert* is free to receive and sent on the first day of each month. Each issue features the latest news from the OAC, information on weight and health, the latest obesity-focused news and much more.

To view the latest issue of the *Obesity Action Alert* and sign-up to receive it monthly for FREE, please visit <http://bit.ly/WaKfYe>.



Fruits & Vegetables after Bariatric Surgery

by Rachel Brown, RD, LDN

Learning to eat again after bariatric surgery can often be difficult, and knowing what foods to reintroduce to your meal plan can be challenging. In this article, we're going to take a closer look at bringing fruits and vegetables back into your daily routine.

Fruits and vegetables can be a part of a healthy diet after bariatric surgery. They are packed full of good-for-you things like antioxidants, flavonoids, fiber and oh, yeah... carbs. For most bariatric surgery patients who are still in the weight-loss phase, to achieve the best results you are watching the protein, calorie and carbohydrates you ingest like a hawk. Your meals should focus primarily on protein from a lean protein source. And for variety, a low-carb vegetable can be added if you have room. Focusing on the low-carb vegetables versus higher carbohydrate vegetables in your meals will give you a better recipe for success while losing weight and improving your health.



Low-carb Veggies

Depending on the program you are in, you have been told how many carbohydrates are appropriate for maximum weight-loss, so make it easier on yourself by choosing from low-carb vegetables such as:

- green beans
- broccoli
- asparagus
- cauliflower
- tomatoes
- bell peppers
- spinach



These vegetables are lower in carbohydrates compared to peas, corn, winter squash, potatoes and sweet potatoes, which have more carbohydrates per serving and may slow down your weight-loss. Low-carb vegetables are your new best friend and are a great way to introduce variety into your protein-focused diet.

Spice it Up

Just like your protein source, be creative with how you prepare your vegetables. If you are eating plain baked chicken with plain green beans it can get plain boring really quickly! Be resourceful by utilizing what vegetables are in season and change the tone and flavor of the dish using herbs, garlic, spices and lemon juice imaginatively to make your bland plate more exciting.

Variety is the spice of life and mother-nature has given us a great variety of spices and herbs that are packed full of

Fruits & Vegetables continued on page 26

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THIAMIN	3 MG	6 MG	6 MG	6 MG	1.5 MG	12 MG	12 MG	12 MG
RIBOFLAVIN	3.4 MG	8 MG	8 MG	3.4 MG	1.7 MG	1.7 MG	12 MG	13.6 MG
NIACIN	40 MG	40 MG	40 MG	40 MG	20 MG	20 MG	40 MG	40 MG
B 6	4MG	8 MG	8 MG	4 MG	2.8 MG	2 MG	12 MG	15 MG
FOLIC ACID	800MCG	800 MCG	800 MCG	800 MCG	800 MCG	800 MCG	800 MCG	800 MCG
B12	350-500 MCG	500MCG	600MCG	350 MCG	500 MCG	560 MCG	350 MCG	250 MCG
BIOTIN	60MCG	600 MCG	600 MCG	600 MCG	300 MCG	600 MCG	600 MCG	600 MCG
PANTOTHENIC ACID	20MG	40 MG	40 MG	20 MG	10 MG	10 MG	20 MG	20 MG
CALCIUM	1500 - 2000 MG	2000 MG	2000 MG	200 MG	1000 MG	1200 MG	0 MG	0 MG
IRON	24-85 MG	36 MG	36 MG	0 MG	30 MG	30 MG	0 MG	0 MG
MAGNESIUM	400 MG	800 MG	800 MG	100 MG	400 MG	400 MG	100 MG	200 MG
ZINC	15 MG	30 MG	30 MG	15 MG	30MG	30 MG	15 MG	15 MG
SELENIUM	110 MCG	140 MCG	140 MCG	100 MCG	70 MCG	70 MCG	100 MCG	70 MCG
COPPER	4 MG	4 MG	4 MG	2 MG	2 MG	2 MG	2 MG	2 MG
MANGANESE	3.6 MG	4 MG	4 MG	2 MG	2 MG	2 MG	2 MG	2 MG
CHROMIUM	120 MCG	240 MCG	240 MCG	120 MCG	120 MCG	120 MCG	200 MCG	340 MCG
MOLYBDENUM	90 MCG	200 MCG	200 MCG	75 MCG	75 MCG	75 MCG	75 MCG	75 MCG
POTASSIUM				90MG				
PHOSPHORUS				0MG	200 MG			45 MG
IODINE		300MCG	300MCG	0MG	150MCG	150 MG	150 MCG	75 MG
NOTES		DEFICIENCIES: NONE	DEFICIENCIES: NONE	POTENTIAL DEFICIENCIES: VIT K, CALCIUM MAGNESIUM SELENIUM MANGANESE MOLYBDENUM IRON COPPER	POTENTIAL DEFICIENCIES: VIT A, C, D BIOTIN MANGANESE NIACIN RIBOFLAVIN PANTOTHENIC ACID CALCIUM IRON SELENIUM COPPER MANGANESE MOLYBDENUM THIAMINE VITAMIN B6	POTENTIAL DEFICIENCIES: VIT A, E, K, NIACIN PANTOTHENIC ACID CALCIUM IRON SELENIUM COPPER MANGANESE MOLYBDENUM RIBOFLAVIN VITAMIN B6	POTENTIAL DEFICIENCIES: VIT K, CALCIUM IRON MAGNESIUM SELENIUM COPPER MANGANESE MOLYBDENUM	POTENTIAL DEFICIENCIES: VIT K, CALCIUM IRON MAGNESIUM SELENIUM COPPER MANGANESE MOLYBDENUM VITAMIN B12

Comparative data noted is based on information provided on the labeling of the various products shown above as compared with the ASMBS Clinical Practice Guidelines for vitamins. Information for the weight loss surgery patient as of 2010. The term "deficiencies" is used to indicate any association of the minimum amounts of the vitamins/minerals shown in the table with the ASMBS Clinical Practice Guidelines. All trademarks listed including Bariatric Advantage, Entersource, Fusion, Celebrate, Building Blocks, and the logo for the ASMBS are the property of the respective owners. © 2013

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flavor and are naturally calorie free! Look through your spice cabinet, if there is a spice you have never used before or have not touched in a long time, use it on your protein or low-carb vegetable for an exciting new twist on an old staple. Fresh or frozen low-carb veggies are the better choice instead of the canned versions. If you must use canned, drain and rinse to get off the unnecessary excess salt the manufacturers added to preserve the vegetable, and next time buy the fresh or frozen version.

Following the Guidelines

Each bariatric surgery center has a unique set of guidelines particular to that program, so be sure to follow your surgery center's instructions on fruit and vegetable intake and what is allowed. To help avoid any difficulties, avoid raw fruits and vegetables the first three months after bariatric surgery and eat them cooked until that point. After the first three months, you are welcome to enjoy eating salads (iceberg is not tolerated as well as romaine or spinach) and raw vegetables to compliment your protein. Lettuce wraps are a great way to change up your protein and add a little low-carb crunch!

Fruit should be eaten sparingly for maximum weight-loss or wait until your goal weight to add the extra carbs that come with eating fruit. The average serving of fruit has about 15 grams of carbohydrates, which can add up quickly throughout the day. In the meantime, get your fruit flavor fix by adding sugar free jelly/preserves to a high-protein plain Greek yogurt to get all the fruit flavor without the added carbs. If you are at your goal weight and can add more carbs into your diet, choose from lower carbohydrate fruits, such as watermelon, grapefruit and cantaloupe. Higher carbohydrate fruits include: bananas, apples, cherries and pineapple.

Maximize Your Meals

Nature is hinting to us to be creative and use the all-natural herbs, spices, lemon and garlic to transform ordinary vegetables into a unique and flavorful dish. Maximize your variety by choosing fruits and vegetables that are in season for the best flavors and textures. Search for what fruits and vegetables are in season online or at your local grocer. Vary your vegetables not only in the way you spice them, but vary in their colors too. For example, if you only are accustomed to eating green bell peppers, branch out and try the red, orange and yellow varieties. You will not only get a more colorful plate, but you will be getting a variety of different antioxidants that vegetables are celebrated for in their health benefits.

Fresh Fruit Recipe

(goal weight or weight maintenance phase)

Amount Per serving: 1 - Calories 100 -
Total Carbs 7 grams - Protein 18 grams

Ingredients:

- 1 6-ounce container of plain, 0 percent fat, Greek yogurt
- 1 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 4 packets sugar substitute

Directions:

- Stir vanilla extract and cinnamon into Greek yogurt.
- Add sugar substitute to taste and dip fresh fruit into the dip for great way to get some protein in while eating fruit!



Caprese Salad Recipe

(three months post-op)

Amount per serving: 1 - Calories 205 -
Total Carbs 10 grams - Protein 16 grams

Ingredients:

- Part skim mozzarella cheese-sliced
- Fresh tomatoes (4 sliced)
- Sea salt/cracked black pepper
- Fresh basil leaves
- Balsamic vinegar or fat free Italian dressing

Directions:

- Stack mozzarella and sprinkle salt and pepper.
- Top with a basil leaf or two-stack tomato slice on top and alternate stacking cheese, basil, tomato, salt and pepper and drizzle with balsamic vinegar or dressing.



Green Beans Tossed with Scallions, Garlic, Tarragon and Vinegar

Amount per serving: 2 - Calories 32.4 -
Total Carbs 5.9 grams

Ingredients:

- 8 ounce fresh green beans (stem ends removed)
- 1 olive oil cooking spray
- 1 scallion (white part plus 1 inch green, finely chopped)
- 1 medium garlic clove (minced)
- ½ teaspoon fresh tarragon (chopped)
- 1 pinch black pepper
- 1 teaspoon white vinegar

Directions:

- Cook the beans in boiling water for three minutes.
- Drain and place back in the saucepan.
- Spray the beans with the cooking spray and then add the scallion, garlic, herbs, pepper and white vinegar.
- Toss to mix.



About the Author:

Rachel Brown, RD, LDN, is a registered dietitian at the Centennial Center for the Treatment of Obesity in Nashville, Tenn. She counsels weight-loss patients, pre and post-op, on their journey to healthier lives.



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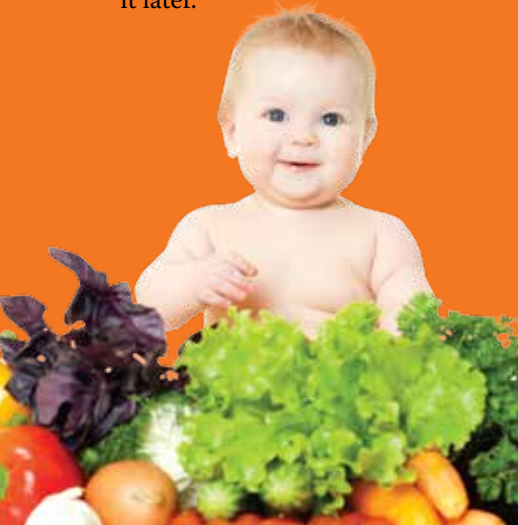
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A constant struggle for many parents is feeding their children a balanced diet. It can be very difficult to find good, nutritious foods that your kids will actually eat amidst the sugary cereal, cookies and chips. It is a constant worry for many parents to ensure their kids are getting healthy foods into their everyday diet. From an early age, kids have preferences of what they like and what they don't like to eat.

START EARLY

Offering your kids healthy foods at an early age can start a lifetime of healthy habits. Parents are smart to work on making changes early-on in life. As childhood obesity rates rise in the U.S., good nutrition early is even more important. Many parents report their kids are "picky eaters." It can be a challenge to find things your kids like and it may seem easier to cave-in and give your kids the junk foods they want, but changes now will be well worth it later.



HOW MUCH DO OUR KIDS NEED?

With our supersized nation, it's easy to think your kids are not getting enough food. Sometimes parents aren't sure how much their kids should eat each day. A good starting point would be to determine what kids actually need every day.

TODDLERS

According to the Academy of Nutrition and Dietetics, toddlers need approximately:

- Two to three ounces of protein
- One cup fruit
- One cup vegetables
- Two cups of dairy
- Three ounces of whole grains

AGES 9-13

As kids age, of course they need to eat a little more. When kids are at age 9 to 13, they need:

- Five ounces of protein
- One and a half cup fruit
- Two cups of vegetables
- Three servings of dairy
- Five ounces of grain

SIMPLE CHANGES MATTER

Simple changes to your diet, choices, and the way you serve food can really change the nutrition your kids get. Here are some tips to increase consumption of the good foods kids need every day:

1. Presentation can be everything.

Kids can be easily fooled into eating something they may not normally eat by presenting it in a different way. For example, invest in fun, colorful plates or bowls, which can only be used to eat their veggies on. Find cookie cutters in various shapes and use them for sandwiches, waffles, cheese, and pancakes.



2. Get them involved.

Your kids can get really excited about things if they are able to take part. In the summer, plant a garden full of veggies like green beans, tomato, lettuce and zucchini. Then, search for new recipes and for tasty ways to serve them. Kids love to help in the kitchen. Getting them involved helps so much and they will be much more likely to eat what they cook!

3. Be sneaky.

There are ways to add great nutrition to your kid's diet without them even knowing. Make a smoothie with yogurt, milk, berries, bananas and spinach (yes I just said spinach)! With the sweetness of the fruit, they won't even taste the spinach. Another option is to blend veggies and add to soups, stews or sauces. The good news is they will have no idea! It's also pretty easy to chop-up veggies very small and add to pasta sauce, taco meat or even scrambled eggs.



4. Serve them a different way.

Plain veggies, fruits and whole grain crackers can be difficult to eat on their own. Yummy fruit dips get kids excited about apples, pears, bananas and berries. Fresh veggies with hummus or a low-fat dip are also fun and tasty. Are your kids bored with plain celery? How about good old fashioned ants on a log (celery + peanut butter + raisins)? For whole grain crackers, add a flavored low-fat cream cheese for some added flavor.

FOLLOW THE RULES

There are also a few tricks of the trade to help with your kids when it comes to eating. Follow some of the food rules below and you may have better success:



1. Keep your kids on a regular meal and snack schedule.

When kids graze all day, of course they won't be hungry. Set a schedule and try to stick with it as best as you can. When you eat at set times, kids will actually be hungry and be more likely to eat.

2. Don't let them drink juice and milk all day.

Milk and juice can both have their place in kids' diets, but when kids sip on juice and milk between meals, they can get full before meal times and be less likely to eat. Instead, keep them hydrated on water or calorie-free fluids.

3. Avoid distractions at meal times.

Eating in front of the TV or computer can make it hard for kids to focus. During meal and snack times, make sure kids sit at the table to eat and turn off all electronic devices.

4. Set a good example.

What better way to help your kids than by what you eat every day. Serving good meals and snacks for the whole family is a great way for everyone to get healthy.

5. Give your kids a couple choices for meals.

For example, don't ask, "What do you want for lunch?" Instead, give kids two options: "Would you like a turkey sandwich or a cheese quesadilla?" Many parents end up cooking different meals for each member of their family. Find a way to make a meal your whole family can enjoy together!

6. Respect their appetite.

Kids are different than adults. They know when they are hungry and they know when they are full. Sometimes they may only eat a small amount and that's ok.

CONCLUSION

In the end, relax and take a breath. Realize you don't have to change everything overnight and you probably won't! Just focus on making small changes a little at a time. As your kids get used to the changes, add another one. Take notes, and in six months, you'll be amazed at your healthy, happy family!

About the Author:

Sarah Muntel, RD, is a registered dietitian with IU Health Bariatric & Medical Weight-loss. She has worked in bariatrics for the past 12 years and enjoys helping people get to a healthy weight so they can improve their health, feel better about themselves and become more active.



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WHY “WORRY” WEIGHS YOU DOWN

by Tammy Beaumont, BSN, RN, CBN

**Stress, Distress, Eustress...
You're trying to tell me there's a
difference! UGH! And they affect
my weight? You're kidding me
right? You mean that now I've
got to worry about more than
just what goes in my mouth?
Now THAT's stressful!**

Fortunately, just knowing the difference and understanding the cause-and-effect relationship might just save you some grey hairs and some unnecessary weight gain. Let's start with the basics and some simple definitions:

STRESS

According to Webster's Dictionary, "Stress is a physical, chemical or emotional factor that causes bodily or mental tension." Or better known as the everyday stuff like your child spilling their

drink all over your laptop with tomorrow's presentation unsaved on the screen; driving to work during an ice storm with everyone thinking they are NASCAR drivers; or for those of us with the four-legged kids, cleaning up the fifth hairball of the day on the freshly cleaned carpets. Some examples of how stress rears its ugly face: a pounding heart; headache; irritability; stomach upset or tight muscles.

EUSTRESS

Believe it or not, this is the GOOD stress. Wikipedia says this comes from how we perceive a particular stressor (e.g. something negative versus a positive challenge). An example might be an athletic competition. This type of stress is usually short-term, motivating, exciting and improves performance.

DISTRESS

Webster's Dictionary calls it "pain or suffering affecting the body or mind." This is the effect on our body of prolonged stress that we aren't coping with very well. Some examples of this might be

emotional responses such as depression; lack of concentration; withdrawal or physical reactions such as ulcers, high blood pressure, or the reason we're even reading this article, weight gain!

One other important definition to know is the word "cortisol." Cortisol is commonly called the "Stress Hormone." Even our own hormones have it in for us! Cortisol is a hormone produced by our adrenal gland. It is released into our blood stream when our body is stressed. Just like stress, some is good, but too much is bad. Some cortisol is necessary because it helps increase energy and physical readiness to handle a stressful situation.



Unfortunately, we don't often handle stressful situations by expending more energy (exercise); therefore, that extra energy is stored. Unfortunately it is stored as fat in the abdomen around all the vital organs and is considered the most unhealthy of fat stores. To add insult to injury, it can also cause an increase in your appetite and cravings for comfort foods high in fat and sugar.

Do you see where I am going with all this?

Now that you better understand the cause-and-effect, the million dollar question is, "How do we prevent or minimize this poisonous relationship?" I know we've all heard the standard, "eat better, get more sleep, learn to relax, and exercise." While these are all true, and absolutely necessary, how about some baby steps to get you started?

As with a lot of concepts we want to remember, there is an acronym for this stress management technique called T.A.R.P.

Worry continued on page 32

Why do you want to lose weight?

Feel *better* about myself.

Keep up with my kids.

Become *healthier*.

To be more *active*.

To live a *longer life*.

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T.A.R.P.

"T.A.R.P." What is T.A.R.P.? I think we all know it as some kind of a protective cover from the elements right? In the context of stress management, it can also be thought of as a cover but to protect us from the destructive effects of excessive stress. So let's figure this out:

T – "Tune In"

In other words, sometimes just stepping back and recognizing the early physical and emotional symptoms we are experiencing in a particular situation. Gee, I'm sweating and my heart's pounding.

A – "Analyze"

What is the cause of your stress? Is it something you have control over like being late for a meeting or something you have no control over such as a sick child? What is it that causes me to sweat and my heart pound every time I get ready to meet with my boss?

R – "Response"

How do you react to the tailgating driver on the highway? Do you pound your fists on the steering wheel and block him in so he can't pass you, or do you scoot over and let him by in case he's trying to rush to the emergency room because he has just been notified that his mom was involved in an accident? See how framing it differently puts you in a whole different mindset?

P – "Prevent"

Develop healthier habits to prevent the controllable stressors such as leaving earlier so you're not always late or rushing to meetings. Or better reactions to situations that you don't have control over such as our driver on the highway.

Since eliminating stress from our lives is virtually impossible, the way we react in these situations becomes para-

mount to minimizing its effects. Some other techniques to help us deal with the situation include:

- **Taking a Time Out** – Move away from the stress or take a walk. Count to 10 before you say something you might regret later.
- **Control Your Breathing** – Slow deep breaths from the abdomen are more efficient and bring more oxygen to your brain.
- **Muscle Relaxation** – Muscles will relax deeper after they are purposefully tensed. Some will say start with your face and work down, others say from the feet up. I don't think it really matters if you just take the time to do it! Slow abdominal breathing is also key to this activity.

Give It a Try

Let's say we start with the face. Tighten your jaw and teeth; wrinkle your forehead and squint your eyes. Count to five and then release. Imagine the tension melting away as the muscles relax. Move onto your shoulders. Pull your shoulders toward your ears. Count to five and then release. Keep moving through all the various muscle groups.

Conclusion

As with weight management in general, there is no magic pill. These techniques will not solve all your problems or improve your stress level immediately. Like all good habits, they take time and practice to sink-in and become hardwired into your everyday life. All I can say is practice, practice, practice, don't give up, and JUST DO IT!

About the Author:

Tammy Beaumont, BSN, RN, CBN, is an OAC Committee Member, a registered nurse, a certified bariatric nurse and an obesity survivor who had gastric bypass surgery seven years ago and has maintained a 135 pound weight-loss. Since then she has changed the focus of her nursing career and now works with patients wanting to follow the same journey to a healthy lifestyle.



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Children & Obesity:

What can caregivers say to help?

by JoAnn Stevelos, MS, MPH

Caregivers of children who are affected by excess weight or obesity are often hesitant to talk about their weight with them. The caregiver's hesitation is usually because they don't know what to say, or how to approach the subject without hurting a child's feelings. Some caregivers try to protect the child by drawing attention away from this potentially serious health problem by saying, "She's big boned" or, "He's a little on the heavy side."

Caregivers may need to help children admit and accept that they have a weight problem in a compassionate and loving way that can help motivate children to improve their health and feel better about themselves. Talking to a child about their weight is an important first step in helping them take control of their health.

What Do I Say To a Child?

With 1 in 3 children affected by childhood obesity, "What do I say to a child?" is on many caregivers' minds. However, if a child is affected by excess weight, they probably already know it. Research shows that children, especially girls as young as five years of age, are aware of their size and whether they are affected by excess weight.



It is very important to talk to children compassionately about their weight. What the caregiver says is important to discovering the best way to help them achieve a healthy weight.

A Compassionate Approach Is Best

The best place to start is to find a good time to talk to a child that doesn't feel like a "talk." Your goal is to help the child understand that many people are working together to become healthier. Therefore, find a time that makes sense to talk about weight. As a caregiver, you may have some quiet moments during a car ride, or while preparing a meal, or during a homework break to bring up the subject of weight.

It is important to consider your child's feelings as you decide when and how you will approach the subject of their weight. Finding the right time and place is just as important as the words you choose to talk about weight. If your child seems responsive to the idea of talking about their weight, let them know that you are concerned about their health and not their size. Reinforce that everyone needs to work together to become healthier. Do not

single out the child, or discuss specific behaviors. As a caregiver, you need to help them understand losing weight is a long process. Weight-loss is a factor of time, and to lose weight in a healthy way takes a long time. However, by making short term goals, it will be easier. Be sure to celebrate small successes.

Dr. Sylvia Rimm's book, Rescuing the Emotional Lives of Overweight Children, stresses the importance of letting a child know you are there to support them and not judge them. Dr. Rimm found in her research that children who were affected by excess weight were "more likely to describe themselves as lonely, sad, fearful, and different." She suggests that you approach your child by saying something like, "I know you realize that you are seriously overweight, and you may feel bad about that and I want to help you become healthy and feel good about yourself." By approaching the subject in this manner you will be accomplishing two important things:

- 1) Helping your child acknowledge that they have a serious health problem.
- 2) Initiating a team approach or an alliance to make a plan to become healthy together.

Dr. Rimm also warns that sometimes families have to resolve love-hate relationships that may exist when a child is affected by excess weight.

She notes that, "Sometimes their kids remind them of weight problems they too struggled with, or sometimes they're angry at their partner for being overweight and take their anger out on their children. Overweight children often strain family relationships." As the caregiver, being aware of this potential family dynamic can only help you.

Act As If

If you want a child to be healthy, you need to act as if they are healthy. Do what healthy people do. Find an outside activity you can do together like bike riding, walking after dinner or walking to school. If you are physically active and eating healthy meals, it improves the odds that a child will be too. But the key is to get them involved in choosing the healthy foods and activities you can do together. Show children that you respect them and yourself. Do not call attention to your own body issues and expect that children will not be affected.

Focus on the Child's Strengths

It is important to keep children's weight in perspective. Refrain from discussing it every day. Because children who are affected by excess weight tend to be teased or bullied at school or on the playground, it is important to remind

them of the things they are good at or the positive attributes they possess. Are they kindhearted? Good at math? Funny? Good writers?

Keep Your Child Safe

It is important to know too that children may not tell you they are being teased about their weight. Therefore, it is very important that you let them know you are there for them if they are being bullied or teased. Never lie to your child about their weight, but keep your comments short when they have a setback. Be honest, "Yes you may have gained a little weight, but that will happen. Let's focus on today. What healthy choices can we make today?"

Helpful Resource and Tips

Weigh In: Talking to Your Children about Weight and Health – <http://bit.ly/OSau21>.

Here are some words that may be helpful to use when you talk to your child about their weight:

- Healthy weight
- Family working together to become healthy
- Healthier
- Move more
- Eat healthy foods
- Less time inside

Here are words NOT to use when you talk to your child about their weight:

- Fat
- Obese
- Diet
- Junk Food
- No TV
- No computer

About the Author:

JoAnn Stevelos, MS, MPH, is a public health professional and freelance health writer. She is the Director of Evaluation and Reporting for the Alliance for a Healthier Generation Healthy Schools Program. She has managed all aspects of large programs in the fields of public health, health science research, community development, and youth initiatives. She has a BA from Columbia University in Liberal Arts, an MS in Bioethics from Albany Medical College, and an MPH from the State University of New York School of Public Health. Ms. Stevelos's research is primarily focused on childhood obesity, pediatric ethics and health disparities. This article is her own and does not necessarily reflect the views of the Alliance.

Dear Doctor

Dear Doctor, I Think My Band Slipped. What are the signs?



Dr. Lloyd Stegemann

Answer provided by Lloyd Stegemann, MD, FASMBS

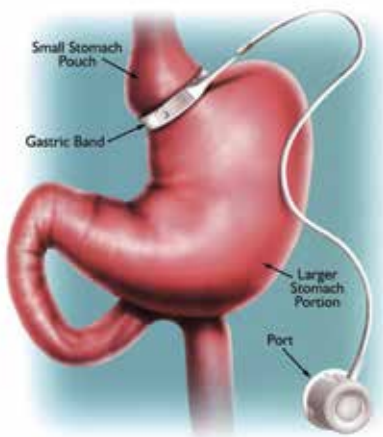


Figure 1

For those readers who might not know what an adjustable gastric band is, let me explain. You have probably heard about adjustable gastric bands but may know them better by their trade names: LAP-BAND® and REALIZE® Band.

An adjustable gastric band is a silicone “belt” that goes around the upper part of the stomach (Figure 1). On the inside of the “belt,” is a balloon. The balloon is connected by a tubing system to a port that is placed on the abdominal (belly) muscles. A doctor can then insert a needle into the port and start to slowly fill up the balloon throughout time. As the balloon is filled, it squeezes on the stomach below and narrows the opening between the stomach above the band (pouch) and the stomach below the band, much like an hourglass.

When the band patient eats, now small amounts of food will still give them the same sense of fullness or satiety that they used to get only with large amounts of food. Because they are eating smaller amounts of food, band patients can see slow, steady weight-loss.

What is a “band slip?”

One known complication of an adjustable gastric band is a band slip. It is estimated that only 2 to 3 percent of patients who have a band will ever develop a band slip. It is important to keep in mind, however, that a band slip can occur at any point, even if a patient is years out from surgery and doing well with their band.

The term “band slip” is really not accurate as the band itself does not move and cause the problem. A “slip” occurs when the stomach that is below the band “slips” up or prolapses through the band (Figure 2). This causes the opening between the pouch and the lower stomach to become even more narrowed or completely blocked. This narrowing is what leads to the symptoms associated with a band slip (Table 1) as solids and liquids get “stuck” in the pouch.



Figure 2

TABLE 1: Symptoms of a Band Slip

1. Severe heartburn or reflux (GERD)
2. Pain when eating solid food (dysphagia)
3. Vomiting with solid foods
4. Night cough
5. Chest pain or pressure

If a band patient experiences any of these symptoms, they really need to be evaluated by their surgeon. If a band patient suddenly finds that they are vomiting all solids and liquids, vomiting saliva or having chest/abdominal pain that won't go away, they need to be seen immediately. Large slips can cause the blood supply to the stomach below the band to be cut off and are a true surgical emergency! Luckily most slips are small and don't require emergency treatment.

What happens if I have a band slip?

If your surgeon suspects you have a slip, they will usually order a radiology test called an upper GI. You will be asked to drink some nasty tasting fluid (barium) and a radiologist will snap some pictures of the fluid going down

your esophagus and into the pouch. By looking closely at the pouch, your surgeon will be able to see if there is a slip and if there is, how big is the slip. Depending on the size of the slip, your surgeon will decide the best therapy. Sometimes just taking fluid out of the band will allow the stomach that slipped up to return to where it was before. Unfortunately this isn't always the case and some band slips may require an operation to reposition the band.

If a patient has a repair of a band slip and they ultimately have another slip, most surgeons would recommend having the band removed. Luckily, band slips don't happen often; however, when they do, it can be serious. If you have a band and are concerned about having a slip, it's always best to get it checked-out by your bariatric surgeon.

Answer provided by:

Lloyd Stegemann, MD, FASMBS, is a private practice bariatric surgeon in Corpus Christi, TX. He is the driving force behind the Texas Weight-loss Surgery Summit and the formation of the Texas Association of Bariatric Surgeons. Dr. Stegemann is a member of the American Society for Metabolic and Bariatric Surgery, OAC National Board of Directors, Co-chair of the Convention Program Agenda Subcommittee and is Chair of the OAC Sponsored Membership Program.



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“I never realized how my weight was impacting my health.”

“I wasn't sure how to talk about my weight with my doctor.”

“I was ready to make a change, but I didn't know how.”

If you're reading this article, then the chance of you having said one of the above quotes is pretty good. But what if you haven't?

- WHAT IF YOU HAVEN'T ADDRESSED YOUR WEIGHT?
- WHAT IF YOU HAVEN'T SPOKEN TO YOUR HEALTHCARE PROVIDER ABOUT YOUR WEIGHT?
- WHAT IF YOU HAVE A LOVED-ONE OR FRIEND WHO WANTS TO ADDRESS THEIR WEIGHT BUT DOESN'T KNOW WHERE TO START?
- WHAT DO YOU DO?
- WHAT CAN YOU OFFER THEM?
- WHERE DO YOU START?

Well, the OAC has the answer and it's the *Your Weight Matters* Campaign.



Focus of the Campaign

The *Your Weight Matters* Campaign, originally unveiled in 2010, will be re-launched this spring with brand new features, including a new Web site, a new Toolkit and much more. The focus of the *Your Weight Matters* Campaign is simple – Measure your weight and talk to your healthcare provider about how it may be impacting your health.

The OAC knows that one of the most difficult parts of battling excess weight or obesity is having that conversation with your healthcare provider. The goal of the *Your Weight Matters* campaign is to make the conversation easy for you.



Get Started!

First things first, how does weight impact health? Located on the Campaign Web site, www.YourWeightMatters.org, you will first learn how weight impacts health in a variety of ways. Weight can impact your physical health, mental health and emotional health. There are more than 40 obesity-related conditions associated with excess weight, such as type 2 diabetes, hypertension, sleep apnea, some cancers and more. All of these obesity-related conditions have serious health implications and need to be addressed.

The Challenge

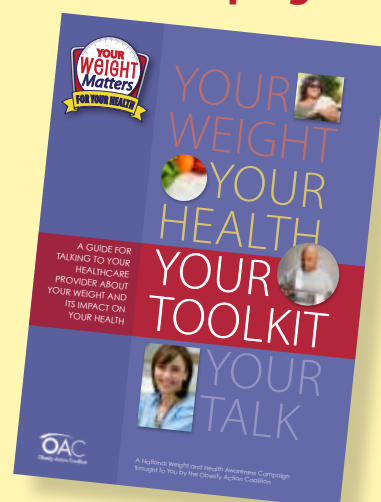
Taking the *Your Weight Matters* Challenge is simple. The Campaign challenge is a quick online form where you make the pledge to speak to your healthcare provider about your weight. But that conversation isn't always easy, right? It's not, and that is where the Campaign comes into play.

All those who take the Campaign challenge will receive the FREE *Your Weight Matters* Campaign Toolkit in the mail.

The Your Weight Matters Campaign Toolkit

The *Your Weight Matters* Campaign Toolkit was specifically designed with you in mind. This toolkit will prepare you for that important conversation of weight with your healthcare provider.

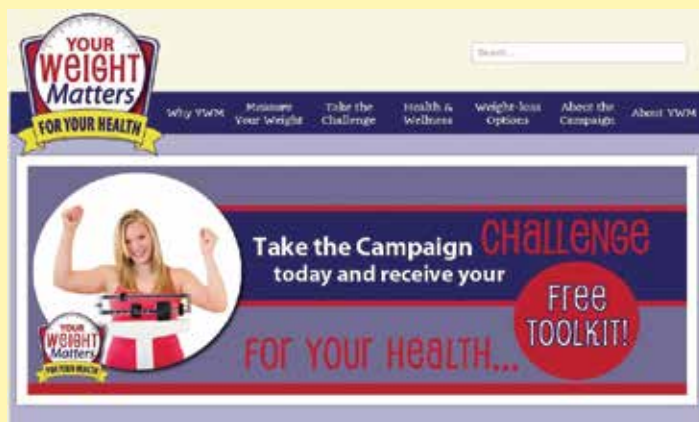
Inside your toolkit you will find useful information on the following topics, sample questions for your first appointment with your healthcare provider and much more:



- Weight and Health
- Emotional Issues and Weight
- Health and Wellness Tips
- Weight-loss Options
- Benefits of Weight-loss
- Food Journal
- Body Mass Index (BMI) Chart
- And Much More!

The toolkit will help you prepare for your first appointment with your healthcare provider and it will help you in your weight-loss journey by providing you with basic resources to manage your weight and improve your health.

Your Weight Matters continued on page 40



Measure Your Weight

Next, you will measure your weight through body mass index (BMI) or waist circumference. Each method is simple to use and will help you identify your weight category. Once you measure your weight, if you find that you are affected by excess weight, obesity or severe obesity, you will then have the opportunity to take the *Your Weight Matters* Challenge.



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New Life Bariatric Supplements, LLC ("New Life") published an advertisement for its products on pages 22 and 23 of the Winter 2013 edition of *Your Weight Matters*. New Life retracts this advertisement. The advertisement and graph contained inaccurate information relative to vitamin deficiencies in products produced by Bariatric Advantage and Building Blocks. This error was inadvertent and not intentional in any way. New Life has corrected the information contained in this advertisement. The corrected graph can be found at: www.newlifereaction.com. New Life apologizes for any inconvenience or confusion this may have caused.

Your Weight Matters continued from page 39

Family Members and Friends

The conversation of weight is never an easy one, especially when trying to talk to a loved-one or friend.

If you've already addressed your weight but have a family member or friend who has not, the *Your Weight Matters* Campaign is an excellent resource to help them learn more about how their weight impacts their health.

Located on the Campaign Web site, we've created a special section titled "Loved Ones and Weight" under the "Health and Wellness" tab. In this section, we offer information and tips on how to talk to a loved one or friend about their weight.



Help Spread the Word

If you've already taken the *Your Weight Matters* Challenge, there are a variety of ways you can help us spread the word about the Campaign!

Help Promote the *Your Weight Matters* Campaign

We've developed a special section on the Campaign Web site to help you promote this campaign. Visit the Campaign Web site and click on the "Promote the Campaign" link in the Sitemap section at the bottom of the website. This page will give you all the tools and resources you need to help us spread the word, such as:

- Sample newsletter stories to submit to your company newsletter
- Sample social media posts
- *Your Weight Matters* Campaign postcard
- Downloadable banner ads
- and much more!



Attend the *Your Weight Matters* Annual Convention

Taking the Campaign Challenge is the first step in addressing your weight and improving your health. As you progress on your weight-loss journey, education will be the key to improving your health. The Obesity Action Coalition (OAC), founders of the *Your Weight Matters* Campaign, host an event, titled *Your Weight Matters* National Convention, designed for those interested in learning more about weight and how it impacts their health.

The *Your Weight Matters* National Convention is designed to be a welcoming environment where any individual can come to learn useful, evidence-based weight management strategies to improve their health. Turn to page 4 or visit www.YWMConvention.com for more information.

Join the Campaign's Social Network

Stay connected with the *Your Weight Matters* Campaign and encourage others to learn more about it by joining the Campaign on Facebook, Twitter or Pinterest. Simply visit the Campaign Web site at www.YourWeightMatters.org, scroll to the bottom of the home page, and click on either social networking icon to join us today!



DO IT FOR YOUR HEALTH

As you know, weight and health go hand-in-hand. Having this important conversation with your healthcare provider, or encouraging a family member or friend to do so, can greatly impact your life and help you manage your weight and health.

The goal of the *Your Weight Matters* Campaign is simple – talk to your healthcare provider about your weight. Why do you need to have this conversation? Because *YOUR WEIGHT MATTERS – FOR YOUR HEALTH!*



Visit
www.YourWeightMatters.org
Today and Take the Challenge!



The *Your Weight Matters* Campaign is sponsored by Eisai Inc. Eisai Inc. had no control over the contents of the Campaign Web site or Toolkit.

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List as of 04/09/13

Get Out, Be Active

and Understand the Truth about Exercise for Weight-loss

by Julia Karlstad, MEd, CSCS



Spring is here and those New Year resolutions may just be a thought of what you intended to accomplish in 2013! Maybe you didn't follow your fitness plan for the first part of this year, but it's not too late to get serious about improving your fitness and losing weight.

The beauty of the spring is that now the weather is more conducive to get out and accomplish those New Year health and fitness resolutions. There is no need to feel bad about why you didn't get to your goal weight last year or justify why you weren't able to get to the gym for the first few months of this year. It's still a new year and a new you. It's a time to start fresh, change the old habits and set new goals. The best part about this is that you are about to learn the real skinny about how to exercise for weight-loss. You may have just been spinning your wheels in the past.

How Does Exercise Impact Weight-loss?

First, understand that exercise, in and of itself, will not foster a lot of weight-loss. This is somewhat depressing but important to comprehend. You simply do not burn a lot of calories in comparison to the amount of calories it takes to burn one pound of fat when it comes to exercise.

For example, walking or running one mile burns approximately 100 calories, lifting weights for 45 minutes burns about 300 calories, one hour of Zumba burns about 500 calories and riding your bicycle for 90 minutes burns about 800 calories. Sounds like a lot right, well not when you consider 3,500 calories make up one pound of fat and there are approximately 140 calories in one tortilla, 320 calories in a small avocado and 500 calories in a cheese burger. This is why your nutritional habits are critical for weight-loss.

Now, exercise is absolutely the key in keeping the weight off long-term and we'll talk about that more in a bit. But if you only change your exercise routine and don't change your dietary habits, you will not see a significant amount of weight-loss.

Exercise Equals Insurance

As I mentioned previously, exercise is a vital component to long-term sustainable weight-loss. In fact, I always tell my clients, "Exercise is your 'insurance' for long-term weight-loss, and it's not free so you'll have to put in the time and effort to reap the benefits!" Align your fitness regimen so that it includes cardio and strength in order to maximize weight-loss.

Cardio

For your cardio routine, be sure to incorporate different intensities throughout the week. This method of training forces your body to become more efficient at burning fat calories for fuel at various intensities.

For example, if you do three cardio sessions throughout the week, one workout may be longer duration and low-intensity (45-60 minutes at a low heart rate), a second may be short duration high-intensity (15-30 minutes at a high heart rate) and a third may be intervals for moderate intensity (40 minutes of low and high heart rates; walk 3 minutes and jog 2). Your body will react to the way you train, and the key is getting your body to be more efficient at burning fat fuel at various heart rates. This being said, I recommend everyone invest in a heart rate monitor to ensure you're training at different intensities.

Strength Training

Strength training is very important for sustainable weight-loss because it takes more energy to maintain lean muscle versus fat mass. The focus of your strength training should be to maintain the lean muscle through the weight-loss phase and then body-sculpt once you hit your goal weight. In order to do this, keep your sets and reps around 2-4 and 12-20 respectively and make sure you're targeting all muscles groups for a total body strength routine (ideally, train each muscle group a minimum of two times per week).

I also recommend you circuit train, complex or superset your strength training exercises to increase the caloric burn. Circuit training means you do all of your strength training exercises with little to no rest between each set and then rest for one to two minutes before performing them all again. For complexing or supersetting, you take two exercises (often opposing muscle groups) and perform those two back-to-back with no rest. Then rest for about 30 seconds before starting the next set.

As you increase your fitness, another helpful tip is to incorporate one to five minute bouts of cardio exercise into your strength training routine to increase the total caloric burn for your workout (perform one total circuit and do five minutes of moderately intense cardio before starting your second set or cycle of exercises).

Here are a few tips to keep you on track from a nutritional standpoint:

1. **Portion Control** – Be aware of how many calories you are taking-in each meal.
2. **Small Meals** – Eat small meals more frequently throughout the day (four to six small meals and no single meal should have more than 500 calories).
3. **Balance** – Create a balance of good carbohydrates, healthy fat and lean protein.
4. **Fruits and Vegetables** – Eat a wide variety of non-starchy vegetables and fruits (spinach and apples).
5. **Calorie Deficit** – Create a daily calorie deficit (expend more calories than you take in).

Conclusion

So the real skinny for exercise and weight-loss is to:

#1 Always stay on top of your nutrition.

#2 Incorporate a wide variety of cardio intensities throughout the week.

#3 Incorporate total body strength routines to foster lean muscle mass.

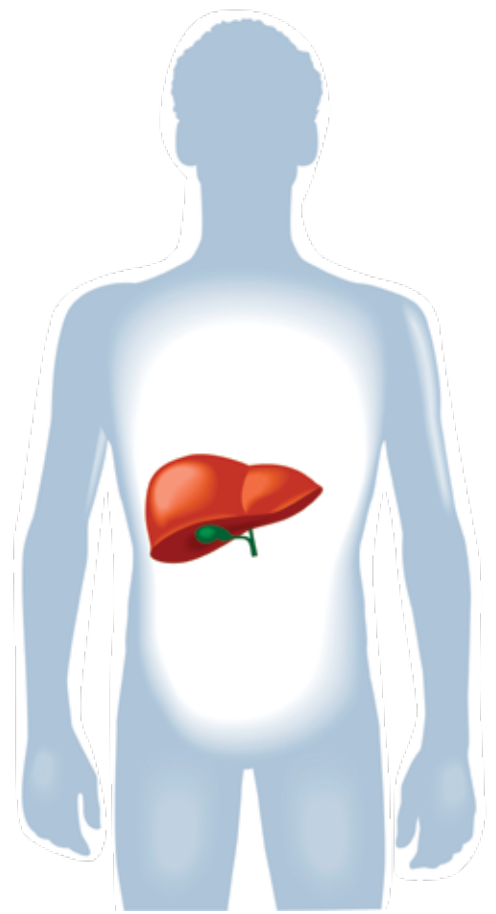
Use these tools to help you meet and surpass your fitness and weight-loss goals for 2013, it's never too late to get started!

About the Author:

Julia Karlstad, MEd, CSCS, is the founder and president of JKFITNESS, LLC and author of Rx Fitness for Weight-loss: The Medically Sound Solution to Get Fit and Save Your Life. Julia has worked in the fitness industry and specifically the medical wellness community for several years. Previously, Julia developed and directed an exercise physiology program for two bariatric hospitals and three medically supervised weight-loss clinics. She currently authors a bi-monthly column in the Walk from Obesity e-newsletter. For more information on Julia, please visit juliakarlstad.com or jk-fit.com.

The Skinny on “Fatty” *Liver Disease*

by Jennifer E. Franceschelli, DO



You or someone you know may have been told that you have a “fatty liver.” In fact, in the U.S., just over 1 in 10 people have what is called nonalcoholic fatty liver disease (NAFLD). It is the most common liver disorder in the Western industrialized countries. The risk of this disease is much higher in people who are affected by excess weight or obesity. And as we’ve seen the rates of overweight and obesity rising, we are seeing the prevalence of NAFLD do the same thing.

What is a fatty liver?

The liver is the organ that is just below your ribs on the right. The liver has many important functions. It is the place where glucose is stored and where products are made for blood clotting. One of the most important jobs of the liver is to help your body get rid of toxins like medications or alcohol.

Fat tissue can build up in this organ and can lead to inflammation. In some patients, it can even lead to fibrosis and cirrhosis. This scarring of the liver can lead to a dysfunctional liver. People who are heavy alcohol drinkers could get similar damage to their livers, but alcohol is not thought to be the cause of people with NAFLD (remember

this stands for nonalcoholic fatty liver disease). There are two different kinds of NAFLD:

- Nonalcoholic fatty liver disease (NAFL)
- Nonalcoholic steatohepatitis (NASH)

NAFL refers to a liver that has accumulated fat. After some time, the fat accumulation can cause inflammation. This is referred to as NASH. In the word steatohepatitis, “steato” means fat and “hepatitis” means liver inflammation.

What causes it?

We do not know exactly what causes the fatty accumulation or inflammation, but we do know that it happens in people who have the following conditions:

- Excess weight
- Diabetes
- High blood pressure
- High cholesterol

All of these conditions are associated with excess weight and, therefore, these changes in our liver might be a result of being affected by excess weight or obesity. Certain medications have also been linked to NAFLD. These include medications used to treat cancer, heart rhythm abnormalities, Human Immunodeficiency Virus (HIV), and even ste-

roids. If you are on one of these medications and concerned about liver disease, then you should talk with your doctor. You should NOT stop these medications without seeking medical attention for advice first.

Can children get NAFLD?

Yes. The incidence of overweight and obesity has been increasing throughout the past few decades. Unfortunately, this has extended to our children as well. As a result, NAFLD has been seen more and more in children too. Children have similar symptoms and treatments as adults.

What are the symptoms?

Most people do not have any symptoms. However, some people can complain of right upper quadrant pain, fatigue or general body discomfort.

How is it diagnosed?

It can be found on routine blood work. A liver function test (LFT) looks at your liver enzymes to help determine the health of your liver. These enzymes are often elevated in NAFLD but can be normal in some cases. If your liver enzymes are elevated, your doctor may get additional blood tests to look for other causes of this abnormality like infection, autoimmune disorders or iron disorders.

Your doctor may also order an ultrasound of your liver. This is a test where a gel-like material is spread on the skin overlying your stomach and a probe is placed on this same area. This will give a picture of your internal organs. It can show if there is any fat accumulation or inflammation in your liver. Other imaging, like a CT or MRI scan, may also be done but are often not needed. In rare cases, a liver biopsy is needed to make the diagnosis. This is where a very small sample of your liver is taken and then examined underneath a microscope for any signs of fat accumulation, inflammation, scarring or fibrosis. Your doctor will review your case and decide which tests are right for you.

How is it treated?

There are many treatments being studied, and the best treatment so far is weight-loss. A weight-loss of no more than 3.5 pounds per week can reduce fat accumulation and improve inflammation. A rapid weight-loss of more than 3.5 pounds a week can actually worsen the disease.

Here are a few helpful tips to get you started:

1. Avoid unnecessary medications or over-the-counter supplements.
2. Avoid drinking excessive alcoholic beverages.
3. Eat a well-balanced diet.
4. Increase your physical activity.
5. Avoid simple and refined sugars.
6. Avoid sugary drinks like juice and soda.

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Fatty Liver Disease continued on next page

Fatty Liver Disease continued from previous page

These may seem like standard recommendations, but they can really help to reduce the fat accumulation and inflammation in the liver. Your doctor may start you on a Vitamin E supplement as some studies have shown that this can improve NAFLD.

People who have NAFLD are at a higher risk for heart problems. Your doctor will want to make sure your heart is healthy. This means making sure your blood pressure and sugars are well-controlled and that your cholesterol is in an acceptable range.

Why should you be treated?

If this condition is left untreated, it can lead to cirrhosis of the liver. This means that your liver has been scarred and may not function properly. It can cause clotting problems, confusion, yellow eyes/skin (jaundice), nausea, blood in stools, weakness and low blood counts. It can even lead to cancer. This is why it is so important to follow-up with your doctor even though you may not be experiencing any symptoms.

What can you do if you think you have a fatty liver? You should discuss your concerns with your doctor. In the meantime, if you are affected by excess weight or obesity, you might consider trying to eat healthier and increase your exercise regimen since weight-loss is your best treatment option. You should continue taking all of your medications, but be sure to bring up any concerns about your medicines to your doctor. They will be able to determine if you are at risk and what steps you should take next.

About the Author:

Jennifer E. Franceschelli, DO, is a physician training in bariatric medicine and nutrition at Geisinger Medical Center. She earned her bachelor's degree in cellular and molecular biology at West Chester University and completed medical school at Philadelphia College of Osteopathic Medicine. She has an interest in pediatric obesity and is a strong proponent of the multi-disciplinary approach in the prevention and treatment of obesity.

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References: 1. Wadden TA et al. A multicenter evaluation of a proprietary weight loss program for the treatment of marked obesity: a five-year follow-up. *Int J Eat Disord.* 1997;22:203-212.

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