

# Weighing In

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## WHY SHOULD I LOSE WEIGHT?

Obesity and overweight status is rapidly on the rise in America. In the latest figures from 2008, 34.3 % of Americans are obese and another 32.7% are overweight. This is staggering for many reasons. Of note, this is twice what it was in 1998! Wow, we have a lot to do to help people be healthier. It is important to understand that obesity is not a condition of choice. It is a disease that needs intense therapy to treat the illness. Once treated, patients must learn the skills needed to succeed in maintaining a healthy weight. Why is this important? In 2009, it is estimated that medical problems from being overweight or obese cost \$147 billion dollars in medical bills and related costs. To put it more personally, each obese person has \$1405.15 in medical bills last year attributable to being overweight. Thus, by losing weight, one can save almost \$1500 in medical bills alone.

In addition to this are a myriad of medical reasons to lose weight. One of the most important is high blood pressure. Obesity is the largest risk factor for high blood pressure. Even a weight loss of 15 pounds has been shown in studies to reduce blood pressure by 20-30%. More weight loss means more reduction. We have seen multiple people stop taking medications for high blood pressure and save money due to using fewer prescriptions.

The rate of diabetes in American adults and children is skyrocketing. If the rates continue to rise, twice as many adults will be diagnosed with diabetes in 2030. The cost of diabetes is tremendous to the health system and in everyday life. It is also a factor in poor health including kidney problems, eye problems, vascular poor health including heart attacks and strokes, nerve problems, and many others. Losing weight, even as little as 15 pounds, can significantly decrease the risk of complications of diabetes and decreases insulin resistance which can lead to stopping medications and no longer being diabetic. Some people need to have more significant weight loss for these to occur but it can be done and is being done at The Weigh Station.

High cholesterol is also decreased with weight loss. Weighing more than an ideal body weight contributes to high cholesterol and its complications. It is associated with metabolic syndrome which increases risks of other health complications. Eating an appropriate diet, exercise, and weight loss all contribute to lower figures for cholesterol and better health.

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**Continued from Cover Article:**

The risk of heart attack is significantly elevated with obesity as well. This can be attributed to an elevated risk with diabetes and high blood pressure but is also independent of these. A high amount of abdominal fat is associated with a high risk of having a heart attack. This is true even for people who are not overweight but is even more true if you are obese. The risk of death from a heart attack increases by 66% if you are obese. So weight loss decreases your risk of heart problems in several ways. It lowers your complications from diabetes, lowers your blood pressure, lowers your cholesterol, and lessens the risk of heart attacks.

Being overweight wears out your joints faster. This slows down your activity and thus slows down your metabolism. When you are less active, you sit more. Usually this means weight gain which means more pressure on your joints which leads to less activity. Not an appealing downward spiral. Did you know that losing 10 pounds of body weight reduces pressure on your knees by 40 pounds? Losing weight lessens pain in your joints and leads to more activity. More activity leads to weight loss which leads to less joint pain which leads to more activity and so on. This is the kind of spiral we would like to see.

Thus, being overweight can shorten your life and being in a normal weight range can prolong your life. A recent analysis of studies published by the British Medical Journal of over 1 million people showed this to be true. Those who are class 1 obese (BMI 30.0-35.9) lost an average of 3 years of their life. Those who are class 3 (BMI>40.0) lost an average of 10 years of their life. Thus, weight loss leads to a longer, healthier life with more energy, less time missed from work, better sleep, and better self-esteem. You will even be richer as you save money on health care costs and miss less work. Come join us and continue on your journey to better health.

Article written by: Dr. Dums

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## **The Weigh Station Kicks Off Support Groups for Stage 1 & 2 Clients as well as Maintenance Clients**



Maintenance Support Group:

Sharing the Journey

New Year Same You!

Keep Looking your best in 2010!

When: Thursday, January 28<sup>th</sup> at 5:30

Please RSVP by 1/21 by calling our office at 540.381.2670

or emailing to: [tFoley@weighstation.net](mailto:tFoley@weighstation.net)

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### **Stage 1 and 2 Support Groups**

Available at Two times! Wednesday, February 3rd at 1pm and 6pm

“Come now, let us reason together says the Lord...If you are willing and obedient you will eat the best from the land.” - Isaiah 1:18-19.

**Sign up today!**



More than just “specialty coffee and a bite.” The second you walk in you will find yourself at ease. Our coffees and loose leaf teas are crafted with the purist in mind. Our menu is diverse and leans toward the health conscious and yes, Stage 2 friendly meals. It is sure to please every palette, even your pets with gourmet dog and cat treats! We are locally owned with a passion for community. At Lucie Monroe’s you will find all your needs met, arts and entertainment, free wi-fi, dining indoor or out and drive thru for those on the go. Located around the corner from The Weigh Station!

Open Mon.– Sat., 6:30 a.m.-7:00 p.m.

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## Time Flies

Kid’s gently used clothing and toys

Now accepting clothes and toys by appointment:  
Please call 381-0707 to set us yours today!

Located next to The Weigh Station



## The Maintenance Fast Food Guide Explained:

As the new Maintenance Fast Food guide was rolled out, we had several of our clients notice that some of the foods allowed in stage 2 were not recommended in the guide. Here's why:

At The Weigh Station we are not only concerned about you reaching and maintaining your weight, we also want to provide you with information to keep you healthy and minimize your risk of chronic disease!

When you are eating out you must keep in mind that many of the foods offered are not always the best quality. What may be fine to have at home is much different when eating at a restaurant. In the guide many of the items below are held for this reason. This does not mean that they should always be avoided.

Take for example bacon; it is normally much higher in nitrates. Nitrates are preservatives used in processed food to help maintain its color. The problem with this preservative is that it can increase risk for cancer and other health ailments. It is best to look for nitrate free bacon if you choose to prepare this at home. This is the main reason behind ordering food without bacon while you are eating out.

Cheese is also another ingredient that is often full of additives and sodium. Restaurants also often use too much cheese. In our fast food guide American cheese is held in many of our items for these reasons. If you would like to have cheese with your meal when eating out make sure to always order it on the side. Limit shredded cheese to about 2 tbsp. Mayo and butter are held in our eating out guide because of the quantity that is placed on the entrée. A little mayo and or butter are okay, however too much can lead to weight gain. Many times people are eating on the go and unable to get these on the side. If you would like to have mayo or butter with your meal always request this on the side. A small amount ~ ½ tbsp is fine for maintenance. Actually butter helps you absorb the vitamins and minerals from your veggies; you just don't want your veggies to be doused in butter.

Hope this article helped to provide you with a better understanding of the recommendations in the Eating out Guide. If you have any maintenance questions feel free to stop by the Dietitian's office Monday-Thursday in Christiansburg or email at [tfoley@weighstation.net](mailto:tfoley@weighstation.net).

-Tricia Foley, MS, RD



*“Organic produce had higher levels of vitamin C, iron, magnesium and phosphorus.”*

## Organic Versus Conventional Produce and Protein Sources:

As you know The Weigh Station diet is made up of lean protein as well as a selection of fruits and vegetables. It's a clean way of eating that is also great for weight loss. But have you ever thought about the quality of the produce and protein that you buy?

Organic foods are grown or raised under strict standards. Currently, The United States mandates that the product contain at least 95% of organic ingredients to be deemed certified organic (1). The use of conventional pesticides, insecticides and herbicides are greatly restricted. In addition, organic livestock must be raised without the routine use of antibiotics or growth hormones, and are normally grass fed versus grain fed making their meat naturally leaner and more nutritious. Have you ever noticed that farm fresh eggs have an orange yolk compared to an egg you would get from the grocery store? This is because chickens on the farm are free range and are fed an omega rich diet leading to a more nutritious egg. This can actually improve your cholesterol contrary to the belief that eggs raise cholesterol. Organic food is also more nutrient dense than its counterparts because it is grown in mineral rich soil that is not affected by chemicals. A review published in April 2001 found that organic produce had higher levels of vitamin C, iron, magnesium and phosphorus (2). Nitrates were also lower in organic crops (2).

Organics can be more expensive but I believe they are worth the price especially for high risk groups like pregnant women and children. It has been shown that pesticides can cross the placenta. In addition, a recent study done by University of Washington in Seattle showed that preschoolers who ate conventional diets had six times the level of pesticides in their urine compared to those who ate organic foods (3). A report from 2003 from the Centers for Disease Control & Prevention identified twice the level of some pesticides in the urine of children as in that of adults (4).

If you are on a budget here is some good news, there is some produce that does not need to be bought organic. A good rule of thumb is to buy fruits and vegetables with thin skin organic, those with thicker skin or layered produce like onions can be purchased as normal. Root vegetables can also be bought as normal but need to be scrubbed well before eating to remove pesticides. By knowing which foods are the most contaminated with pesticides you can get the most bang for your buck. The following are known as “the dirty dozen” and should always be bought organic: apples, berries, grapes, celery, broccoli, cauliflower, cabbage, spinach, lettuce, green beans, zucchini and peppers.

By: Tricia Foley, MS, RD

Citations:

1. [http://www.usda.gov/wps/portal/!ut/p/\\_s.7\\_0\\_A/7\\_0\\_1OB?navid=ORGANIC\\_CERTIFICATIO&](http://www.usda.gov/wps/portal/!ut/p/_s.7_0_A/7_0_1OB?navid=ORGANIC_CERTIFICATIO&)
2. <http://www.escholarship.org/uc/item/0c6386bt>
3. Organophosphorus pesticide exposure of urban and suburban preschool children with organic and conventional diets. *Environ Health Perspect.* 2003 March; 111(3): 377–382. Cynthia L Curl, Richard A Fenske, and Kai Elgethun
4. [http://www.cdc.gov/exposurereport/data\\_tables/OP-DPM\\_ChemicalInformation.html](http://www.cdc.gov/exposurereport/data_tables/OP-DPM_ChemicalInformation.html)

# Taking Charge

## Making the Transition to a Healthier Life

By: Tricia Foley, MS, RD

I often ask myself what is the catalyst that a person endures that all of a sudden causes them to make a change in their life. I'm not talking small change either; I'm talking life altering change. When I started at the Weigh Station I was put in a unique position where my clients had already experienced that catalyst. Most Dietitians as you are probably aware play a role in helping people to achieve weight loss before it takes place. Here the opposite is true; I meet with clients after they have lost weight! I find this rather refreshing actually.

Lately I have begun to ask my clients just what it was that made them come here. Often the response is "I had gained weight and it began to interfere with my life". Others had an upcoming event in their life that was important to them, maybe a wedding or reunion. Whatever it was, they were here and were successful. Equally important to me is to find out why or how clients gain weight in the first place. Some people have busy schedules, others had been brought up in a low socio-economic environment, and some had even deeper reasons for their weight gain. One thing all of these clients have in common was they all had a positive intention for eating what they did. For some the positive intention was convenience for others it was what they could afford and for some the food posed as a sense of security and/or comfort.

To find change I have found that you also have to find an ending. For those who have made this change they most likely came to a conclusion that the food was not doing as much for them as they thought. The trade off was not equal. They had to let go of their belief that it was benefiting them in some way and face the truth of the matter that it was actually harming their health and self image. They began seeing what I call the 4 P's: A purpose for losing the weight, a picture of what it would be like, a plan of how they were going to get there, and they made sure to take an active part in that plan.

One thing I still find incredible is that many of these people continue to have an old image of what they used to look like before their weight loss. We have coined this as having "fat eyes". Then it dawned on me, the change has been made but the journey for these people was far from over. They were still struggling inside. I have learned that ultimately it's not about the physical change but the internal transition into a new self. You must learn to let go.

Change focuses on outcomes, it is all external (in other words something that happens to you). Transition on the other hand is internal; it focus' on how you react to change and identify yourself. To transition you must both physically and mentally alter the image of how you see yourself. Communication, spiritual support and being consist in these endeavors are important in achieving this. If you feel an ongoing since of guilt, resentment, anxiety or stress it is a good indication that you're not transitioning well. Seek support and voice your feelings. Once you reach our maintenance program you have achieved your intended change but your journey is not over. The ultimate goal is to reach a point of annihilation where you have complete confidence in your new self. You know you can cope with barriers and setbacks without guilt or the fear of weight gain. Our goal at The Weigh Station is to help you to this point. We look forward to sharing this Journey with you!

## *Recipes:*

### *Stage 2 Friendly:*

#### *Peach Salsa*

*Makes 2-3 Servings*

*1 peach*

*1/2 red onion*

*1/4 red and or green pepper (optional)*

*1/4 C Cilantro*

*1/2 tsp lemon juice*



*Chop peach, onion, peppers and cilantro and add to bowl. Mix with lemon juice and enjoy. Allow a few hours to infuse flavors in the refrigerator. This recipe goes great with fish!*

### *Maintenance Friendly:*

#### *Easy Salmon with Salsa*

*Makes 4-5 Servings*

*1 wild salmon, thinly sliced*

*1 can salsa*



*Place thawed salmon in glass baking dish and pour entire can of salsa over fish. Bake on 350 degrees for ~35-40 minutes or until salsa is browned and salmon is flakey. Enjoy!!! Pair this with a side salad and winter squash as a side.*