

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

AUGUST 6, 2018

### SOME STATS TO BE AWARE OF...

IT'S A GREAT THING TO HAVE YET ANOTHER BIRTHDAY...EVEN SO, "GETTING OLD" AND "AGING GRACEFULLY" CAN BE TWO VERY DIFFERENT THINGS! GENETICS, OF COURSE, PLAY A PART IN THIS. HOWEVER, THERE ARE SOME THINGS WE CAN DO TO MAKE THIS PROCESS JUST A LITTLE BIT MORE GENTLE!

FOR MOST OF US, OUR METABOLISM SLOWS DOWN *AFTER THE AGE OF 25* (THE AGE WHEN YOU STOP GROWING BONE) BY 2% OR MORE PER DECADE! (I ACTUALLY READ UP TO 8% TODAY!) COMBINE THAT WITH A BUSY LIFESTYLE (OR JUST PLAIN OLD LAZINESS!) AND YOU'RE LEFT WITH NO TIME TO COOK AND EAT AT HOME - MUCH LESS PAY ATTENTION TO AN EXERCISE ROUTINE! THIS ALL ADDS UP TO SOME FRANKLY UNDESIRABLE NUMBERS!

CURRENTLY, THERE ARE NEARLY 160 MILLION ADULT AMERICANS WHO ARE OBESE OR OVERWEIGHT. TO BREAK IT DOWN FURTHER, APPROXIMATELY  $\frac{3}{4}$  OF ADULT MALES AND AROUND 60% OF FEMALES MAKE UP THIS FRIGHTENING STATISTIC. JUST FYI, AS A STATE, OHIO IS RANKED 19<sup>TH</sup> AS FAR AS ADULT OBESITY.

WE HAVE SEEN OUR SHARE OF SUCCESS IN THIS ROOM! JUST TAKING INTO ACCOUNT THE LAST 6 MONTHS, WE'VE COLLECTIVELY LOST OVER 55 POUNDS – NOT TOO SHABBY, CONSIDERING WE'RE ONLY AVERAGING ABOUT 8 PEOPLE PER CLASS!

HERE ARE A FEW NOT-SO-FUN FACTS:

- AS OF 2017, 41% OF FAMILY FOOD EXPENDITURES ARE SPENT ON MEALS OUTSIDE THE HOME. THIS IS ACTUALLY DOWN A LITTLE FROM THE LAST TIME I LOOKED UP THIS FIGURE: IN 1997, THAT NUMBER WAS 46%. THAT'S STILL PRETTY HIGH, BUT JUDGING FROM MY TWO DAUGHTERS (BOTH MILLENIALS) AND THEIR FRIENDS, THIS GENERATION IS ACTUALLY PRETTY INTERESTED IN COOKING. HOWEVER, THE LATEST PERCENTAGE FOR THAT GENERATION FOR FOOD DOLLARS SPENT ON MEALS AWAY FROM HOME IS STILL 44%.

ANYWAY. THE FACT IS, WE EAT OUT TOO OFTEN, AND WE EAT TOO MUCH. ONCE UPON A TIME, DINING OUT WAS A RARE TREAT. IT WAS AN OCCASION TO SPLURGE A LITTLE AND NOT HAVE TO WORRY ABOUT THOSE EXTRA CALORIES. HOW TIMES HAVE CHANGED! THE MAJORITY OF US NOW EAT OUT IN SOME FORM ALMOST EVERY DAY – AND ALL THOSE INDISCRETIONS ADD UP! IN 2010, WE CONSUMED AN AVERAGE OF 2,481 CALORIES DAILY – ABOUT 23% MORE THAN IN 1970!

WHEN I SAY, “EATING OUT,” IT COULD BE SOMETHING AS SIMPLE AS GRABBING A DONUT AND COFFEE FOR BREAKFAST – PICKING UP A PIZZA FOR SUPPER – OR GETTING A PRETZEL WHILE SHOPPING AT THE MALL. WE NEED TO EAT, THAT’S A FACT...BUT WITH SOME PLANNING, THERE WOULD BE A SIMPLE SOLUTION TO EACH AND EVERY ONE OF THESE SITUATIONS.

- RESEARCH SHOWS THAT THOSE GENETICALLY SUSCEPTIBLE TO OBESITY MAY HAVE A STRONGER BIOLOGICAL DRIVE TO EAT.

JUST AS YOU INHERIT HIGH CHOLESTEROL, GENETIC MAKEUP DOES PLAY SOME PART IN HOW MUCH YOU EAT, HOW MUCH YOU BURN OFF, AND HOW MUCH WEIGHT YOU GAIN. THEN AGAIN, YOU ALSO “INHERIT” YOUR AVERSION TO EXERCISE AND YOUR PREFERENCE FOR CERTAIN FATTENING DISHES – ENVIRONMENT IS SOMETHING THAT’S LEARNED, AND THEREFORE CAN BE CHANGED! THAT’S THE TRICKY PART!

- DURING MENOPAUSE, THE THYROID (THAT DARN FICKLE GLAND THAT REGULATES HOW QUICKLY WE BURN CALORIES!) IS ALREADY FUNCTIONING LESS EFFECTIVELY! CUTTING CALORIES TO THE EXTREME CAN FURTHER INHIBIT THE THYROID’S FUNCTION. ADD THAT TO THE FACT THAT OUR METABOLISM IS ALREADY TRYING TO SHIFT INTO LOW GEAR, AND IT’S NO WONDER OUR JEANS KEEP SHRINKING IN THE DRYER!

TO ADD INSULT TO INJURY, DURING THIS MOST AWESOME AND INCREDIBLE TIME OF OUR LIVES WE ALSO TEND TO GAIN BELLY WEIGHT. ABDOMINAL FAT IS VISCERAL FAT, WHICH IS THE KIND THAT’S MORE ACTIVE METABOLICALLY AND CAN WREAK MORE HAVOC BY CONTRIBUTING TO HIGHER CHOLESTEROL, HIGHER BLOOD FATS, AND HIGHER BLOOD PRESSURE. THOSE WITH MORE BELLY FAT ALSO TEND TO HAVE HIGHER RATES OF DIABETES AND HEART DISEASE. (AFTER I TYPED THIS UPLIFTING PIECE OF INFORMATION, I WANTED TO GO HOME AND SIT ON THE COUCH WITH MY DOG!)

- AMERICANS SPEND OVER *\$60 BILLION* ON WEIGHT LOSS PRODUCTS ANNUALLY! I’M REFERENCING AN OLD LESSON FROM 2005...\$30 BILLION WAS THE MOST RECENT FIGURE I COULD FIND THAT YEAR. ARE YOU SERIOUS?!? WE ALL OUGHTA BE SKINNY!

I DON'T THINK I HAVE TO TELL YOU THIS...UNREALISTIC EXPECTATIONS LEAD US TO BELIEVE ALL THOSE RIDICULOUS PROMISES. QUICK-FIX NOTIONS ARE INTRIGUING, FOR SURE. IN THEIR DEFENSE, THEY DO WHAT THEY'RE DESIGNED TO DO: SELL STUFF! ANY "DIET" CAN WORK – BUT REMEMBER, 90% OF DIETERS GAIN BACK WHAT THEY'VE LOST WITHIN TWO YEARS. TOO WACKY AND RESTRICTIVE TO BE SUSTAINABLE, EVENTUALLY WE HAVE TO FACE THE TRUTH AND ACCEPT THAT TO BE SUCCESSFUL, PERMANENT (AND SENSIBLE!) CHANGES MUST BE MADE.

- REPEAT AFTER ME: "LIFESTYLE CHANGE!"

IF CALORIES *IN* ARE MORE THAN CALORIES *OUT*, YOU WILL GAIN WEIGHT. NO IFS, ANDS, OR BUTS! IT'S NOT THAT CONFUSING. **EAT LESS, MOVE MORE!**

- WHY DO I KEEP AFTER MY PAL DEANNA TO EXERCISE? HERE'S WHY: FOR EVERY POUND OF MUSCLE SHE WOULD BUILD, HER BODY WOULD BURN AN EXTRA 35 TO 50 CALORIES MORE PER DAY.

YOU CAN LOSE WEIGHT BY CUTTING BACK ON YOUR CALORIES. IF YOU DON'T ADD SOME FORM OF EXERCISE TO YOUR DAILY ROUTINE, IT'S GOING TO BE ROUGH GOING TO MAINTAIN ALL THAT HARD WORK.

HOW DID YOU DO WITH "NO COOKIES, CRACKERS, OR SNACK BARS?"

OUR "NO!" FOOD FOR THIS WEEK: **PIE, INCLUDING PIZZA PIE!**

