

Bariatric focus

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

One in four individuals now has a body mass index above 30

Obesity still rising among Americans

Obesity is still rising among Americans, according to figures from the US Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System released in July.

Under this system, the agency carries out an annual, nationwide survey of over 350,000 adults aged 18 and over interviewed on the telephone. The BMI figures, calculated from the respondents' answers to questions about their height and weight, showed that between 2005 and 2007, the percentage of obese individuals (BMI > 30) went up from 23.9 to 25.6, a rise of nearly 2 per cent.

The report found that none of the 50 states, or the District of Columbia, attained the Healthy People 2010 goal, which is for a state's maximum proportion of obese adults to be 15 per cent or less. The state with the lowest rate of obesity was Colorado, with 18.7 per cent of adults self-reporting as being obese, and the highest prevalence was in Alabama, Mississippi, and Tennessee, with self-reported obesity rates reaching over 30 per cent of the adult population. Obesity rates are higher in the Southern states, where 27 per cent of those interviewed fell into the obese category. In the Midwest, Northeast and West, the

obesity rates were 25.3, 23.3 and 22.1 per cent respectively.

"The epidemic of adult obesity continues to rise in the United States indicating that we need to step up our efforts at the national, state and local levels", said Dr William Dietz, Director of CDC's Division of Nutrition, Physical Activity, and Obesity. "We need to encourage people to eat more fruits and vegetables, engage in more physical activity and reduce the consumption of high calorie foods and sugar sweetened beverages in order to maintain a healthy weight," he added.

Looking at the 2007 figures by age, obesity rates ranged from 19.1 per cent for men and women in the 19 to 29 age group, up to 31.7 per cent for men and 30.2 per cent for women aged 50 to 59.

Broken down by race/ethnicity, the highest obesity rate was among Black, at 35.8 per cent, followed by Hispanic at 28.5 per cent and White, at 24.5 per cent. Within these figures, by gender, the figure that stands out is the 39.0 per cent obesity prevalence among Black, non Hispanic women, which contrasts with 28.8 and

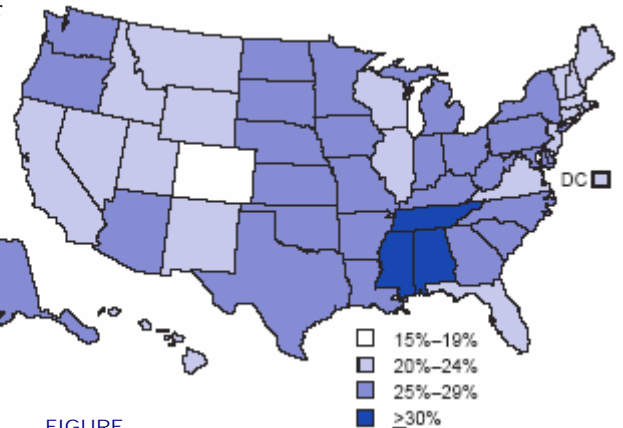


FIGURE
Prevalence of obesity among adults aged >18 years

22.9 per cent among Hispanic and White non Hispanic women respectively.

Examined by education level, the lowest obesity rate among men and women was among female college graduates, with a 17.9 per cent obesity rate, compared with the highest rate of 32.6 per cent, which was among females with less than a high school diploma.

HEALTHY EATING CORNER

CHICKEN & CANTALOUPE SALAD

2 cups chilled, cooked chicken breast, chopped
2 cups chilled cantaloupe, chopped
3-4 fresh mint leaves

Dressing:

3 tbsp orange juice	1 tbsp canola oil
2 tbsp balsamic vinegar	2 tsp lime
1 tsp salt	1 tsp onion powder
1/4 tsp curry powder	3-4 dashes of Louisiana hot sauce or equivalent



Place chicken and cantaloupe into a bowl. Mix dressing and pour over salad. Mix gently & serve.

Do You Keep A Food Diary?

Keeping a food diary can double a person's weight loss according to a study from Kaiser Permanente's Center for Health Research which will be published this month. It seems that the simple act of writing down what you eat encourages people to consume fewer calories.

Keeping a food diary doesn't have to be a formal thing. Just the act of scribbling down what you eat on a Post-It note, sending yourself e-mails tallying each meal, or sending yourself a text message will suffice. It's the process of reflecting on what you eat that helps us become aware of our habits, and hopefully change our behavior. Food journaling in conjunction with a weight management program or class is the ideal combination of tools and support