

Weighing In 2013

What Weapon Is Formed Against You?

Inside this issue:

Can you believe that the Christmas season has already arrived and that 2014 is just around the corner? The Weigh Station is already getting calls from people who want to start at the first of the year. I've always wondered why people would want to start in January. Why do they not want to start in July? What is it about January? I'm sure all the holiday eating is behind this. I'm convinced there are a lot of weapons against people losing weight. You saw some of the weapons over the Thanksgiving holidays, such as when Aunt Sally said to you, "You just have to taste one bite" or when someone said, "Let's go back for seconds." Most people respond as they have for years, they fall for the trap! They go back to the same old eating habits. In contrast, those of you that have been faithful to the program, probably received lots of comments this Thanksgiving about how great you look, or about how much weight you've lost. You've fought back with your own weapons against temptation. Now as we face a new year, let's arm ourselves so we can defend against weapons of failure.

I want to give you some recent data on adults with obesity:

1. More than one third of US adults (that's 37.7%) are obese
2. No state has met the nation's **healthy people** 2011 goal to lower obesity prevalence to 15%.
3. Obesity related conditions including heart disease; stroke, type II diabetes, and certain type of cancers are still some of the leading causes of death.
4. In 2010, medical costs associated with obesity were estimated at \$157 billion. More than 80% of people with type II diabetes are overweight.
5. People who are overweight are more likely to suffer from high blood pressure, high levels of blood fats, LDL-cholesterol, and all risk factors related to heart disease and stroke.
6. The South has a prevalence of obesity with 29.4%, followed by the Midwest at 28.7%, followed by the Northeast at 24.9%, and in the West at 24.1%
7. More than 50% of adult Americans do not get the recommended amount of physical exercise to provide any health benefits.

According to the CDC, between 60 million adults, or 35% of the adult population, in the United States are now obese. Type II diabetes is being diagnosed among young people and 61% to 65% of overweight five to ten-year-olds already have one risk factor for heart disease and diabetes; 26% have two or more.

As we face the New Year, the Weigh Station is doing everything we can to keep costs down so that many more people can take advantages of our services. The economy is a weapon used against us, but we will succeed. How can we help with this weapon of mass destruction known as obesity? That answer is what the Weigh Station was founded on. We allow people to come and weigh for free. We provide a physician, nurses, and a dietitian to help you in your struggle of obesity. We're here to help you on a daily basis to win your war!

We cannot help you if you don't continue to come in. I love all the people who want to restart, but at the same time, I feel as if I have failed them somehow because they're restarting for the third or fourth time.

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Some people jump ship and go on to other programs for multiple reasons. It used to bother me, but it doesn't anymore. We can only do what's best for each individual patient. Some of our patients admit that it truly is a war that goes on inside them. They struggle each and every day with their addiction. However, many of our patients have succeeded. Sometimes it has taken them two times around the circle, but they continued. They fought a good fight and finished the course. As you start January wondering if you are able to continue this fight, think of those that have succeeded. I pray daily that all of my patients succeed in this program. The joy of my heart is watching people become successful.

If you think about the above statistics, it's staggering. This has gone on for the last four decades. These are not problems that just happen. They are problems that we can do something about. What I can tell you is that you did not reach the point of being obese overnight and you won't lose all the weight overnight. It just doesn't work that way. However, if you remain consistent in your effort to make better food choices, listen to our advice, and commit to changing your lifestyle, you will lose the weight and obtain better health. This will change your life for good. Remember, it's the small steps that make the biggest difference.

As you continue on your weight-loss journey in December and moving toward January, remember we are here to help you. We are more committed each year than we were the year previously. The reason is that we continue to gain more data, hear more success stories, and meet more people we need to help. So, if you wish to sponsor a neighbor, a relative, a brother or sister, or a husband or wife, please help us arm them with what they need to defend themselves in their weight-loss struggle.

I'll close with a Scripture verse that has meant a lot for many people from Second Corinthians 10:2-6. "For though we walk in the flesh we do not war after the flesh, for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds, casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

If you feel that you're in a battle with your weight, we want to help you. You are not defenseless against temptation. As you make your New Year's commitments and your promises to yourself for a better lifestyle, call on us to help you!

Merry Christmas & Happy New Year.

Chuck Shaffer M.D.

Recipe of the Month: **Broiled Chicken and** **Artichokes:**



Ingredients:

- 8 boneless chicken thighs
- 2 jars artichoke hearts, drained
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 C shredded Parmesan cheese
- 2 tbsp parsley

Directions:

Preheat boiler. In a large bowl, toss chicken and artichokes with oil, salt and pepper. Transfer to a broiler pan. Broil 3 inches from heat 8-10 minutes or until a thermometer reads 170 degrees, turn the chicken and artichoke halfway through cooking. Sprinkle with cheese. Broil 1-2 minutes longer or until cheese is melted. Sprinkle with parsley.

*Recipe from Taste of Home Magazine.

How to stay Successful over the Holidays:

It can be especially challenging to stay on course with the Weigh Station's meal plan during the holidays. We are by culture mindless eaters. With busy schedules like juggling work, school, kids and now the holidays, we can begin to see why we sometimes make eating healthy a low priority. One helpful way to hold yourself accountable (especially if you are traveling and are unable to come in for your weekly visit) is to keep a food log. Food logs are also very helpful to those who have been doing the program, but have recently stalled. Our staff will be better able to assist you if we have this information. I don't know about you, but I have a hard time remembering what I ate for dinner the night before much less trying to tell someone what I have been eating all week. This is where keeping the food log can really help. Yes, it takes time and some effort, but it's worth it in the end!

Before you begin, there are a few key things to consider. If you are going to take the time to keep a food log you want to make sure you do it right! You can't simply expect to write down that you ate soup and salad and expect our staff to be able to help you. Food logs need to be detailed. What was in the soup and salad? What were the portions, did you have any dressing on your salad? If so, what was the brand and how much of it did you use? Nutrient timing can also be very important as well so jotting down what time you ate the meal is key. Finally, did you have any side effects from eating the food? Brain fog, bloating or constipation, for example, can indicate that we need to change what you are eating.

There are several different ways you can approach keeping a food log. If you have a smart phone, there are some great apps that can assist you. One is called my fitness pal. If you don't want to use an app, you could simply carry a small pad of paper and pen (in your purse ladies or car for the gentlemen). Don't feel like you have to keep a log every day, instead commit to at least 2 or 3 days a week. With a little extra effort you will be surprised looking back on what you eat. Keeping a food log can also make you think twice about what you chose to eat after all it has to be written down for our staff to see.

In conclusion, keeping a food log can be a huge help in both accountability and weight loss success, especially after a weight plateau. Remember to be as specific as possible including time of the meal, any brand name items you eat, the portions that you are eating and if it is a combination food like soup or salad, also include the ingredients. Finally, if you have any symptoms write them down as well and specify the time in which they occurred. Feel free to email me food logs anytime, I'm always happy to take a look at them! Wishing everyone a happy, healthy Christmas season with successful weight loss!

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