

Weighing In: January 2013



The Shame.... The Blame.... The Game

One of the many joys that I have each and every month is sitting down and writing the newsletter. This month I have been inspired by a very nice lady who had gained back about sixty pounds because she drifted back into her old ways. She told me; "I was so ashamed to return, I just couldn't deal with how much weight I've gained". "I didn't want to disappoint you or the staff." This statement is not one I hear much, I hear it A LOT! I believe she and other individuals like her are terrified at the response they might receive when they come back. So what is the right response to the shame and the blame game?

Shame and blame are our response to health problems. These are primitive reactions that remain with us today. Americans venerate health and vitality! It's on the cover of every magazine. Employers and insurance companies are making you take responsibilities for your own health. They want us to care for our own body. The Bible too wants us to take care of our bodies. Corinthians reminds us of this, our body is a temple.

Blame was certainly on the minds of the disciples and Jesus. Jesus encountered a blind man in John chapter 9. (John chapter 9: verse 1 through 7). Christ's response first was with compassion and healing not criticism, we have much to learn. Obesity is a health issue, it is a disease. End of statement!

One in three people in America are currently dealing with obesity. A wise physician once told me, "if you want to live a long and healthy life, the most important thing to do is choose your parents carefully everything else pales by comparison". All of us know this is somewhat an impossible task since we cannot choose our parents.

The truth is, everyone, regardless of genetics and heredity has health risk and most are invisible. Our bodies, large and small, are beautiful gifts from God, but we are all frail children of God. The trouble with obesity is that our frailty is on display for the world to **judge** us each and every day. And as we are judged each and every day we make judgments on ourselves. Once we are successful, and we see the weight start to come off we think we are done. We lose focus and tell ourselves that maybe its okay to have that last bite of pie. We buy into the lie... Your delicious serving of pie will show up later, but right now we need to concentrate on you.

In our present culture, the same biological traits that put a person at risk for chronic disease also puts them at risk for premature death and social isolation. The isolation for people that are obese comes from deep bias in our culture against those people. Research shows that people with obesity are judged harshly based on their size, regardless of their personal Merit or accomplishments.

People with obesity encounter discrimination and hateful treatment from an early age in school, at work, and from there health care providers, and social situations, and even within their own families.

This impact on their lives is so profound and harmful. Research shows the increasing bias and discrimination against people with obesity comes at least part from mistaken assumption that the stigma and shame will motivate these people to lose weight. The fact is there are more obese people today than fifty years ago. Because of profound changes in the quality of the food available to us in the communities where we study, work and live, our food supplies gradually changed to fulfill what Lays potato chip promise: "no one can eat just one". Schools keep students in their seats; occupying them with academic work that leaves less time for physical activity. Workplaces are more sedentary than ever and our communities are gradually built to rule out peddling or walking where you want to go.

Pg. 2 The Shame,
The Blame, The
Game Continued

Pg. 2 Recipe of the
Month

Pg. 3 Weight Loss
Resolutions

Continued on pg 2.....

As a child growing up in Spring Hill, West Virginia I rode my bike everywhere. In my neighborhood today (that is only 12 years old) there are no sidewalks. If my son and his friends want to ride their bikes they must ride the streets and then weave through people's yards. Unfortunately, this doesn't make him and his friends very popular sometimes. The take away from this is to never be ashamed of where you are and where you're headed. Each morning is a new day. I suggest making a Weigh Station calendar to keep up with your appointments, even through maintenance! This will keep you accountable and on track. Jesus said "choose this day whom you shall serve".

Each day make an X at end of the day if you have completed your goals and followed what you know you should do to keep your weight going down. We are here to encourage you to do better, not criticize you. Do not carry shame into this office; only carry the determination to finish this battle once and for all. Happy New Year to All of You! Remember, we are here to bless you and lift you up.

I leave you with this parting thought. While I was in medical school and to say the least I struggled many times, I thought about just throwing my arms up and quitting. Encouragement came to me from my lovely wife Terri. She kept telling me you can do this, she would sit up at night and help me study pathology; and help go through my review for slides presentations the next day. Sometimes, even into the wee hours of the morning it was her faith in me that pushed me to continue.

Here at The Weigh Station I hope you see the faith we have in you. Continue on, never quit and if needed, restart with the new zeal. To know that you can reach your goal and finish the course is a powerful thing. Don't get lost in the shame of the moment. Realize, it's just a small part of your life, the rest of your life is before you and you can face it.

Happy melting!!!

Chuck Shaffer M.D.

Recipe of the Month:

Pork with Blueberry Herb Sauce:

4 servings- provides 1 fruit and 5 ounces protein per serving.

2 Cups blueberries
1 clove garlic, minced
1 tsp pepper
1/8 tsp cayenne pepper
4 six ounce boneless pork loins
1/4 C Stevia
2 tbsp minced fresh parsley
1 tbsp balsamic vinegar
2 tsp butter
1 tsp minced fresh thyme
1 tsp fresh sage



In a small bowl, combine the garlic, pepper and cayenne; sprinkle over pork. In a large skillet coated with cooking spray, brown pork chops and bake at 350 degrees for 10-15 min or until temp of pork is 160 degrees. Remove the pork, in the same skillet add remaining ingredients. Cook and stir over medium heat until thickened, about 8 minutes. Serve with



Weight Loss Resolutions

Each year most of us will make a resolution, some of you may be at The Weigh Station for this very reason. In fact, in 2009 19% of people's resolutions were to lose weight and 10% of people wanted to exercise more. Unfortunately, only about one in five people (20%) are able to stick to their resolution and three in five people (60%) drop their resolution within six months. Five years ago, 65% of people kept their resolution for at least part of the year while 35% of people didn't even successfully begin their proposed resolutions. Research shows that people who explicitly make resolutions are ten times more likely to meet their goals than people who pick multiple resolutions.

Explicit resolutions often include goals. Goal setting doesn't have to be difficult, but it does need to be done right. Here are a few tips to ensure you will be successful this year:

Be Specific

Saying that you want to lose weight is too subjective. You should set specific, objective goals. For example, if your goal is to lose weight assign a number of pounds you would like to lose and a date you would like to lose them by. If you need to lose more than a few pounds consider making mini goals like "I will lose 10 lbs by February 15th".

Set Realistic Goals

Make sure you set something achievable and sustainable. Maybe you can lose 10 pounds in 3 days but do you really think you can keep all of that weight off? Probably not.

Establish a Plan

This is where the Weigh Station can help! Accountability is key when it comes to losing weight. Our staff is here to support you but also give you a healthy dose of accountability. If you have had a bad week, there is no hiding it. You can also do things at home to set yourself up for success like cleaning out your pantry, adjusting your portions and eating on a smaller plate.

Set a Time Frame

Thirty days is a manageable goal to start with, goals can and should be readjusted. Mini goals are a great way to ultimately reach one large goal. After all, focusing on one huge goal may set you up for failure. Dwelling on losing one hundred pounds by next year for example may be too daunting and overwhelming that you become discouraged. Instead make smaller goals, they will accumulate overtime and with time you can accomplish great things! Above all, like Dr. Shaffer always says, stay the course.

Talk about it

Lastly, talk about your goal. If you have true intentions of losing weight, make them heard. You will be more likely to stay on track and gain support while doing so. Don't keep your intentions a secret in fear that you will fail. Celebrate your milestones with the people you share your goals with. Make obtaining your resolution fun and enjoy the journey.

- Tricia Foley, MS, RD

References:

Cone Health: <http://media.trb.com/media/acrobat/2011-12/252800860-26172927.pdf>

<http://www.cnn.com/2010/HEALTH/diet.fitness/12/31/lose.weight.new.resolution/index.html>