An early start to healthy eating

Lose weight, gain good health

Why extra pounds are unhealthy

Why WEIGHT?

Effects of excess weight on your health mean now’s the time to act

It might be the extra calories in a favorite morning coffee drink. It could be portion sizes that keep getting larger. Or it might be increased time in front of a computer or TV screen. Whatever the reason, Americans weigh more—in many cases, much more—than in generations past.

Extra weight tends to creep up gradually—along with the risk of various health conditions associated with additional pounds, such as high blood pressure, type 2 diabetes, high cholesterol, heart disease, sleep apnea and osteoarthritis. The health risks of excess weight are significant enough that obesity has been described as the country’s biggest health threat.

Reduce your risk, improve your health

The good news is that many health conditions associated with being overweight improve with just a 5 to 10 percent weight loss.

“People tend to think that better health is possible only with a large weight loss, but that’s not the case,” says Crystal Petersen, RDN, LD, Grundy County Memorial Hospital (GCMH) Health Promotion Manager. “For instance, a 200-pound person can improve their obesity-related health conditions with a 10- to 12-pound weight loss.”

There’s more positive news for those who have decided that it’s time to take action. Whether your doctor has advised you that it’s time to take off some weight or you’ve decided on your own that you’re ready to make a move, GCMH offers choices to help you reach your goal and put yourself on a path to improved health. Turn to page 3 to learn which program best fits your health and weight loss need.

Coaching and small group discussion help participants achieve success in Grundy County Memorial Hospital’s health education classes. Whether you’re seeking motivation to lose a few pounds or lifestyle coaching to avoid developing a chronic disease like diabetes, we can help.

Call now and register for the 100 Day Weight Loss Challenge. The new session begins Aug. 28. Call 319-824-5085. Details on page 3.
Population health is personal

Grundy County Memorial Hospital (GCMH) is celebrating our 65th birthday as we complete a renovation of the original hospital building, which opened in 1952. While the new roof, modern workspace, and energy-efficient lighting and windows are welcome changes to our building’s structure, the remodeling is also creating space for busy areas of the hospital to grow.

When the hospital opened, it was designed as an inpatient facility because that’s how health conditions of the era were treated. Much has changed in 65 years. Today, the hospital delivers predominantly outpatient services. Our current renovation adds more exam rooms for the Specialty Clinic, as well as spacious and private areas for imaging exams, such as ultrasound and new 3-D mammography.

GCMH is also emphasizing programs that help people stay well. Providing a variety of classes and programs is key to supporting a community’s, or population’s, health. For instance, this issue of Live Well features the programs we offer to support healthy weight management—which we know is a key component to avoiding many chronic health conditions, as well as the new diabetes prevention program.

GCMH is consistently working to ensure that rural residents have access to a wide variety of health care services—both to treat you when you are sick and to help you live well. Serving our small-town neighbors with highly personalized health care keeps population health at the forefront of everything we do.

Jennifer Havens, RN, MHA
CEO
Grundy County Memorial Hospital

An early start to healthy eating

Dietitian gives new parents guidance

Eric Neverman, DO
Pediatrics and Internal Medicine
UnityPoint Clinic, Grundy Center

PARENTS want nothing but the best for their new baby. And that includes information about feeding a newborn. Grundy County Memorial Hospital has teamed up with UnityPoint Clinic in Grundy Center to offer new parents a consultation with a licensed dietician at well-baby checkups.

Pediatrician Eric Neverman, DO, says that the consultation is empowering parents to create a healthy relationship around food, reducing the risk of children becoming overweight and experiencing risk factors for chronic disease.

“Our goal is for every child to grow up to be a healthy adult,” says Dr. Neverman. “Establishing healthy eating patterns early is an important part of the goal.”

Learning and doing

Parents of infants are provided a book, and they discuss common feeding challenges with the dietician at the 2-week, 4-month and 15-month visits. As babies become toddlers, a second feeding guide is presented that provides further guidance.

Books for both age groups advise parents to introduce what’s called a “division of responsibility” for feeding to help avoid problems that can cause their child to become overweight or develop other chronic health conditions.

As parents (and grandparents) feed children, it’s important to provide mealtime and snacktime structure as well as decide what types of food are available. Battles over snacks, “forbidden foods,” and fast food are common but can be handled simply, according to the parenting and feeding practices in the guides.

Visit the hospital’s website for practical tips on feeding your family, including why “forbidden foods” really shouldn’t be! Go online to grundycountyhospital.org.

Source: Secrets of Feeding a Healthy Family by Ellyn Satter

Want to learn more about helping your child develop healthy eating habits? Check out Secrets of Feeding a Healthy Family by Ellyn Satter. This book has been made available in your local library courtesy of Grundy County Memorial Hospital.
Which GCMH health program is right for you?

“I NEED SOME MOTIVATION TO FOCUS ON BETTER EATING HABITS.”

MAINTAIN, DON’T GAIN
Team-based activity provides motivation and accountability for maintaining weight through the holiday season (Thanksgiving through New Year’s). A low cost ($5) per person covers weigh-in and weigh-out as well as timely advice on making small changes to your eating habits.

“MY DOCTOR SAYS IT’S IMPORTANT FOR ME TO LOSE WEIGHT. I’VE TRIED EVERY DIET UNDER THE SUN!”

100 DAY WEIGHT LOSS CHALLENGE
The key to achieving and maintaining a healthy weight isn’t short-term dietary changes. It’s adopting a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume with the number of calories your body uses. Weekly weigh-ins and five classroom sessions provide coaching, motivation and proven strategies for behavior modification. New session begins Aug. 28.

“I’M AT RISK FOR DEVELOPING TYPE 2 DIABETES. MY DOCTOR SAYS THAT WITHOUT CHANGES, I’M LIKELY TO BE A DIABETIC IN A FEW YEARS.”

LIVE WELL DIABETES PREVENTION PROGRAM
This program features intensive coaching and lifestyle modification and has been proven to be effective in delaying or preventing type 2 diabetes in those who have higher than normal blood sugar levels.*

*Centers for Disease Control and Prevention

“Making health-related goal setting a priority and a habit is the biggest thing I’ve learned. I want to avoid diabetes and other health complications.” — Evie Haupt, Wellsburg, Diabetes Prevention class member

WEIGHT and DISEASE RISK
Approximate percentages of people reporting health conditions in each weight category

Diabetes
- Healthy Weight: 4%
- Overweight: 7%
- Obese: 15%
- Extremely Obese: 23%

High Cholesterol
- Healthy Weight: 22%
- Overweight: 35%
- Obese: 42%
- Extremely Obese: 40%

Heart Condition
- Healthy Weight: 18%
- Overweight: 30%
- Obese: 42%
- Extremely Obese: 50%

Joint Pain
- Healthy Weight: 30%
- Overweight: 40%
- Obese: 49%
- Extremely Obese: 58%

Source: Agency for Healthcare Research and Quality [Reported 2012]

Call 319-824-5085 to register for weight-loss classes.
100 Day Weight Loss Challenge
Challenge begins Monday, Aug. 28, and runs through Tuesday, Dec. 5.
- Classroom sessions: Mondays, Aug. 28, Sept. 25, Oct. 9, Oct. 30 and Nov. 6, 5:30 to 7 p.m.
- Weigh-ins: weekly, on Mondays
- Cost: $150 with a $25 success rebate for participants who reach their healthy weight goal.
Learn lifelong strategies to assist you with healthy choices and leave you feeling in control of your eating habits. The class cost includes a free Grundy Family YMCA membership during the 100 days of the class, followed by a discounted membership for the remainder of the year. For more information, call Wendy Brewer, RDN, LD, at 319-824-4127.

Maintain Don’t Gain
Gather your co-workers or friends to participate in this holiday-season challenge to maintain your weight. Challenge runs Thanksgiving until after New Year’s, 2018. Studies show that a typical two to five pound holiday weight gain is rarely lost, but contributes to a lifetime gain of +25 pounds or more. This fun, team-based approach provides accountability and solid information on how to curtail over-eating during the holiday season. Enroll your team by emailing GCMH_Info@unitypoint.org; or phone 319-824-5085.

Individual and Family Nutrition Coaching
Would you like help with your personal nutrition and wellness goals? Schedule an appointment with a GCMH registered dietitian nutritionist. You can expect to leave with a plan to achieve your health goals.
- Initial one-hour session: $50; 30-minute follow-up visits: $20
Schedule your personalized nutrition coaching by phoning GCMH Scheduling at 319-824-5081.

Just What the Dr. Ordered—New topics!
GCMH registered dietitians introduce lifestyle choices that can help you improve your and your family’s health—no prescription required! Each session is 90 minutes long. There is no cost to attend, but registration is requested. New topics:
- Metabolic Syndrome—What you need to know
  Monday, Sept. 18, 5:30 to 7 p.m.
- Tackle Your Sugar Cravings
  Monday, Oct. 16, 5:30 to 7 p.m.
- Mindless Eating for Weight Loss
  Monday, Nov. 20, 5:30 to 7 p.m.

Diabetes Prevention Program
If you are at risk for developing type 2 diabetes or your doctor has told you that you have pre-diabetes, this program is for you. You can prevent or delay type 2 diabetes by losing weight, eating healthy and being more active.
Phone 319-824-4154 for program details or to enroll for the sessions that will begin in early 2018. Class dates and times will be determined based on program participant needs.

CPR & First Aid Class
- Saturday, Sept. 9, 8:30 a.m. to 2:30 p.m.
- Saturday, Oct. 14, 8:30 a.m. to 2:30 p.m.
- Saturday, Nov. 11, 8:30 a.m. to 2:30 a.m.
- Saturday, Dec. 9, 8:30 a.m. to 2:30 p.m.
$35 to cover cost of materials and a certification card.
Take advantage of classes to learn CPR for adults, infants and children, including defibrillator use. The class also includes choking and first aid skills. Class size is limited.
**ASK THE EXPERTS**

Does my weight make a difference in my long-term health?

*The primary care provider says:
Absolutely! Where I see this most significantly in my practice is in the management of type 2 diabetes. Being overweight or obese (body mass index greater than 30) has detrimental effects and makes diabetes management more difficult. A higher risk of some cancers, including colon cancer, is also linked to being overweight or obese.

*The cardiology provider says:
If you have extra weight—especially around your waist—you’re at higher risk for health problems, including high blood pressure, high blood cholesterol and diabetes. Being at a healthy weight and following a good exercise program can increase HDL (good cholesterol). HDL cholesterol is linked with a lower risk of heart disease and stroke. Obesity increases LDL (bad cholesterol), which increases the risk for stroke and heart attack.

*The orthopedic surgeon says:
Body weight is magnified across the joints. Every pound gained is 3 to 5 pounds as experienced by the hips or knees. Even a modest weight loss of 10 to 15 pounds can have a big effect on joint pain.

*The podiatrist says:
Many studies have linked foot and ankle problems to an individual’s weight and body mass index (BMI). One study found that a gain of just 5 to 10 pounds can trigger foot problems. Common foot conditions associated with weight gain include plantar fasciitis, arthritis, tendinitis, foot fatigue, and sprains of the foot and ankle. Shedding a few pounds is a great starting point in addressing foot pain associated with increased BMI.

The Grundy County Memorial Hospital Specialty Clinic offers convenient access to the medical specialties you need for good health. Phone **319-824-5081** for scheduling information.
ONE of the tried and true tactics that I share with people in nutrition counseling and diabetes prevention class is the idea that attaining a healthy weight doesn’t mean dramatic or uncomfortable changes in one’s lifestyle. Little changes can add up—for instance, if you cut just 100 calories from your daily diet, you’ll lose roughly 10 pounds in a year.

The small changes you make become easier to stick with over time, which will help you lose even more weight. Here are 10 ideas:

1. Order your favorite coffee drink with fat-free milk and sugar-free syrup.
2. Enjoy slow-churned, reduced-calorie ice cream instead of regular ice cream.
3. Have a diet soda instead of a regular one.
4. Skip the cheese on your burger, or order a small serving of fries instead of a large serving.
5. Split a single dessert with others.
6. Munch on raw veggies with salsa instead of eating chips.
7. Get your chocolate fix with a fun-sized candy bar instead of a full-sized one.
8. Make an open-faced sandwich by using one slice of bread instead of two.
9. Cook with a cooking spray instead of butter or margarine.
10. Don’t clean your plate at each meal—leave a few bites.

Check out the hospital’s website for a few of my favorite fall recipes that swap lower calorie ingredients for those higher in calories. Each small change you make can help you maintain a healthy weight.

Sources: Academy of Nutrition and Dietetics; American Diabetes Association; American Institute for Cancer Research

Tweak your tailgate game plan

Put these practices into play to help shave calories at your next fall party:

» Scan the spread of food before picking up a plate. Then go back and cherry-pick your favorites.

» “See” all you eat and drink—by keeping empty plates, cups and bottle caps visible to you as a reminder that you have eaten.

» Face away from the food and find a spot to eat far away. Being out of sight plus distance equals eating less food.

» Use the half-plate rule: Make half your plate fruits and vegetables.

» Engage in conversation and activities. Decide to be there for the people first and to eat second.

» Bring a colorful, low-calorie dish to share.

Tips for mindlessly eating less taken from Brian Wansink’s book, Mindless Eating: Why We Eat More Than We Think.

Find recipes such as our White Chicken Enchiladas Makeover at grundycountryhospital.org or visit us on Facebook.