

Waging a War on Weight in 2010!

America's Epidemic Right Here In South Central Kentucky Stand Your Ground and Win Your Battle!

By: Dr. Brandon Crouch

The War: The issue of American's being overweight, or even worse obese, can no longer be kept quiet behind closed doors or overlooked until tomorrow. Statistics show that as we become overweight our risks for poor health, sickness, and disease also go up proportionately. Obesity is projected to soon overtake smoking as the leading cause of preventable death in America. People that struggle with being overweight or obesity have an increase risk of cardiovascular disease, high blood pressure (hypertension), increased blood sugar (diabetes), and other life threatening diseases related to their weight. In fact, the Centers of Disease Control and Prevention (CDC) studies show a direct correlation of increased obesity with increased diabetes (type II) across the U.S.

127 MILLION
Adults in U.S. are Overweight
60 Million are Obese
Source: American Obesity Association

Please do not just quickly toss this article aside as if it doesn't affect you. It affects every single person in some way. Not only must every individual at some point in their life deal with this issue, but it also affects our friends, co-workers, and our families. Statistics show that approximately 127 million adults in the U.S. are overweight, 60 million obese, and 9 million severely obese. Even worse, it is a tragedy to see our children quickly being sucked into this obesity epidemic.

WARREN COUNTY
29.6% of Residents were **OBESE**
Source: 2007 CDC

The most up to date data collected from the Centers of Disease Control and Prevention (CDC) shows that **29.6%** of residents in **Warren County** Kentucky in 2007 were **obese**. (Just a note: Warren County's previous years: 2004 – 24.4%; 2005 – 26.3%; 2006 – 28.6%. This progressive climb should tell you where we are headed!) We are becoming more overweight and obese every year!

The CDC states that both "overweight" and "obesity" are labels for ranges of weight that are greater than what is generally considered healthy for a given height. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "Body Mass Index" (BMI). The reason BMI is used is simply because for most people it correlates with their amount of body fat.

Body Mass Index Ranges – Where are You?
Underweight = <18.5 Normal weight = 18.5-24.9 Overweight = 25-29.9 Obesity = 30 or greater

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height	Weight in Pounds																	
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
5'4"	111	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
	Healthy Weight						Overweight						Obese					

For a BMI table online go to: <http://www.cdc.gov/healthyweight/assessing/bmi/>

Although this chart can be used by most, athletes and those with large muscle mass will not fit correctly on this chart. They will often fall into categories of overweight or obese.

The Battle Starts In Your Head: Weight affects all of us at one time or another. It does not matter whether you are 100 lbs or 10 lbs overweight. It is a slow gradual process. The sooner you recognize that there is a problem then you can start to fight for your health again.

Although your mirror may show you that it is your belly that is in need of help it is your mind that must consciously recognize that you need a life change of weight loss. Yo-Yo dieters have a tough time losing weight and keeping it off because their reason for losing the weight in the first place does not have significant meaning or a high life priority. An example is someone that chooses to lose weight because they want to fit into an old favorite dress. Yes, it will motivate you, but what will happen when it gets cold and that dress is put way back in the closet? Better yet is a motivation of wanting to lose weight because of the health impact, or the example it sets for their children, or because the weight is causing them back, hip, or leg pain. These reasons are good motivators that also hit a more emotional – physical connection.

How to Win in 2010!:

1. First you must **want** to lose weight for the right reasons.
2. You must have a **plan**. We all need structure, guidance, and support. With the speed of today's world with work, children, and activities if you do not have a

plan your eating will be sacrificed with poor food choices. Without fail you will not succeed if you do not have a plan of some type every day. If your not disciplined to do this yourself there are many programs out there that are just for helping you such as Weight Watchers, L.A. Weightloss, etc.

3. **Exercise** is important but alone will not solve the problem. Exercise helps to increase heart rate, increase metabolism, and increase blood flow. Your body must have motion to survive. Exercise alone however, is not the answer. Let's look at it. It takes an average 175 lb person burning 3500 calories to lose 1 lb of body fat. Walking 1 mile burns approximately 100 calories. Therefore this person would have to walk 35 miles to lose 1 pound of body fat!
4. You must eat **5 – 6 small, low fat, low caloric meals** every day! This starts with breakfast. Eating breakfast is crucial to getting your metabolism going first thing in the morning. Then every two to three hours another small meal will help keep your blood sugar level stable and your metabolism burning.

To lose weight you must figure out a healthy daily total caloric intake level and stick to it. Eating too many calories will keep you from burning your body fat. Eating too little will not allow your body to have enough energy to perform its daily functions. Additionally, be sure to try to get an equal carbohydrate to protein ratio with a small amount of essential fats.

Did you know that eating only one or two meals per day will often lead to weight gain! Why? Eating this infrequently your body has a hard time figuring out when it will get its next meal. Since it believes it may go into hibernation at any moment it takes any additional calories from your food and stores it away as body fat.

When you're battling your weight always remember that reaching your goal weight is not end of the race! If you have this attitude you will find yourself, as so many do, back on the wagon trail to weight gain. If you keep in mind that it is the beginning of the first days of the rest of your life it will keep you in check.

The days of ignoring excessive weight and obesity must come to an end. It is killing our friends and our families right here in our community and across the country. Obesity is winning this war progressively and with swift action. If weight is bringing you down or someone you know then take 2010 to make a change for your health and for your life.

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Sources:

1. American Obesity Association, <http://obesity1.tempdomainname.com/>

2. Centers for Disease Control and Prevention, www.cdc.gov

CDC Warren Co. Info: http://apps.nccd.cdc.gov/DDT_STRS2/CountyPrevalenceData.aspx?stateId=21