



Live Well Be Well

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Never underestimate the power of a few small changes.

Think of the ripple effect of throwing something so tiny it would seem unnoticeable into a pond. Seems like it wouldn't matter much, but we know that it doesn't take a lot to disturb the delicate ecological balance of a pond. Our bodies are very similar to environmental systems. Small changes in behaviors can and do lead to dramatic changes in our health and wellbeing.

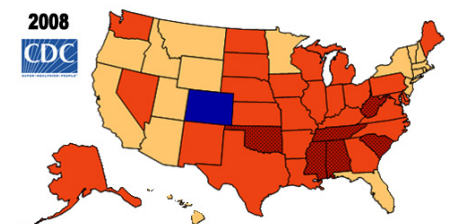
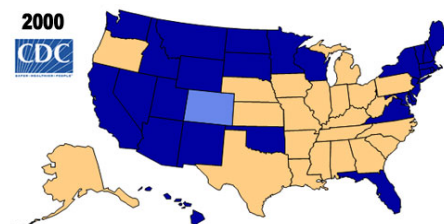
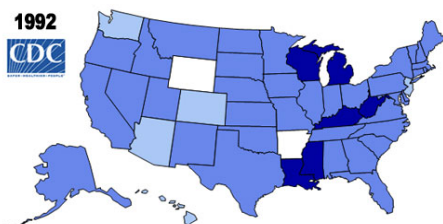
In this country changes in our food supply and lifestyle have had striking effects on our health. Twenty years ago only 10% of adults were obese, now 30% suffer from obesity. One in 50 children were obese in 1970, now one in three struggle with extra weight. Type 2 diabetes, once considered an old person's disease, is now a growing epidemic in both children and adults.

The small shifts in calorie intake and calories burned and the effects it has had on our health are highlighted in a recent article in the *American Journal of Medicine*. The study analyzed diet, weight, and health statistics for nursing students in the United States. The study

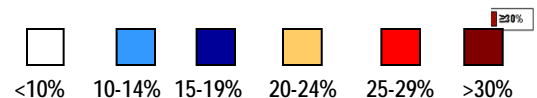
followed the students from their 20s until they were in their 50s. During the 28-year study the students gained on average approximately 35 pounds. **To gain 35 pounds over 28 years the students' caloric balance (calories in minus calories out) was over by 370 calories a day. Behaviorally that could be accomplished by adding an additional 13 extra calories a day to your diet every year for 28 years.**

Unfortunately many Americans have fared worse than the students in the study. Statistics for the 20th century show that body weight was stable for most Americans through the late 80s. In the early 90s, adults and children started to gain weight rapidly. By 2008 obesity in America had increased from 10 to 14% to 25 to 30%, with several states reaching obesity rates of greater than 30% of the population. Child obesity rates grew 10 times as fast.

In just 20 years the weight and, consequently, the health of America changed dramatically. Let's look at a few things that have led to these changes.



Obesity Trends
www.cdc.gov/obesity/data/trends



THEN AND NOW

Twenty Years Ago

Now



500 Calories



850 Calories



233 Calories



1640 Calories



140 Calories



385 Calories



333 Calories



690 Calories

We burn far fewer calories. We move less and less. We spend about 80 minutes a day or 3 years of our lives in a car. We watch television for about 7 hours a day or 9 years in a lifetime. If we are an adult, we Facebook, Twitter, surf the Web, text, and use cell phones about 4 hours a day or 10 years in a lifetime and, if we are between 8 and 18, we spend twice that amount of time on those activities. Now imagine adding all the time we spend sitting at school, at work, at restaurants, and sleeping. Over the span of a lifetime the average American will spend half their life moving very little, if at all.

We live in times of food abundance. High calorie food is affordable, easy to find, tastes really good, and is heavily marketed to us on an hourly, if not minute-to-minute basis. In 1960, the average serving size for a soda was 7 ounces, not the 12 to 64-ounce servings common today. Movie theater popcorn used to be 5 cups and 233 calories. Now it is served in 20-cup portions that total 1,640 calories. When a New York study evaluated 39 popular food products, with the exception of white bread, the portion sizes for all those foods had more than doubled in the last 30 years. Increased portions alone have added about 200 extra calories a day to the typical American diet.

We snack more and on higher calorie, sugar-laden foods. In fact sugar consumption and obesity have grown at about the same rate. Since 1988, obesity has increased by 15 to 20% and sugar consumption by 17 to 23%.

In the early 1900s Americans ate 5 pounds of sugar a year or $\frac{2}{10}$ ths of an ounce per day. By 1980, sugar consumption had increased to 109 pounds per person a year or 5 ounces a day. Currently, Americans consume a whopping 170 pounds or almost a half pound of sugar a day!

Our greatest source of sugar is from soda pop. **Soda, which is a nutritionally bankrupt food item, has now become the major source of American calories contributing 10% of our daily intake.** Since 1960, the US soft drink industry has grown over 350% and now produces 18 billion gallons of soft drinks a year. The average adult drinks 50 gallons of soda a year. Since the 70s, 12 to 19-year olds drink 52% more soda and children under 11 consume 305% more soda. Soda and sweetened fruit juices have added yet another 300 calories daily to the average American palate.

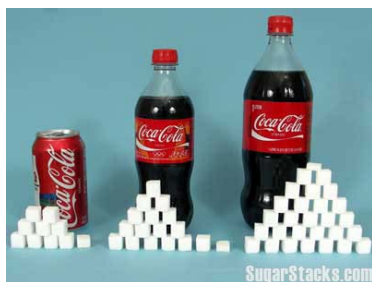
No doubt there are other factors that have contributed to the uphill climb on the scale; but the ones discussed here are enough to stop and give one pause. Thinking about reversing these trends may seem overwhelming, but remember that it has been a series of *very small changes*, like the tiny object thrown in the pond, that led us down this road. Likewise, a few small changes can get us started back in the right direction.

“Better to take many small steps in the right direction than to make a great leap forward in the wrong direction.”

Chinese Proverb

If you need more convincing evidence about the effect of small choices, consider this: If you swapped out one 16 oz. bottle of soda for water everyday you would save yourself 73,000 calories in a year. That equals the amount of calories stored in 21 pounds of body fat!

In our weight management groups at the Positive Choice Wellness Center, we ask people do the following exercise to illustrate how small steps make for big changes. Stand and walk forward for 8 to 10 steps, make a mental note of where you are and the view in front of you. Now repeat the exercise, only this time take a ½-inch turn to the right of your original starting place and then step forward 8 to 10 steps. You will see after walking for awhile that a turn of just a ½-inch leads you in a whole new direction and offers a whole new view! The same is true when taking control of your health. Don't worry about how you are going to achieve the final destination. Instead, focus on taking the daily small steps needed to get you going in the right direction. The rest takes care of itself.



If you find you need help making those small changes, try some of these support options.

[Kaiser Permanente members](#) can connect with a personal lifestyle coach by calling 1-866-402-4320 (8:30 a.m. to 4:30 p.m.). You will receive coaching on a weekly basis for weight loss, healthy eating, and fitness. There is no charge for this service.

[Non-members and members are welcome at Kaiser Permanente's Positive Choice Wellness Center](#) located in Clairemont at 7035 Convoy Court, (858) 573-0090. The center offers free nutrition and fitness counseling and fee-for-service options like supplemented weight management programs, metabolic rate testing, body fat testing, personal training, muscle toning classes, yoga, food addiction recovery classes, and more.



Images from sugarstacks.com

[SugarStacks.com](http://sugarstacks.com)

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Small Steps Towards Better Health...

- Drink water with your meals. Try putting a pitcher of water flavored with lemon, lime, or cucumber slices on the table and keep one in the refrigerator.
- Eat fruit instead of fruit juices.
- Limit sodas to special occasions and holidays.
- Pack lunches with water and offer to bring water to kids' school parties, etc.
- Avoid snacking because it is the thing to do at parties, the movies, etc.
- Try to have just one planned snack a day.
- Watch your portions, don't fall for the super-size trap.
- Move, move, move. Your whole lifestyle needs to be active to stay in calorie balance.
- Eat at restaurants less often and, when you do, split the meals or take leftovers home. Avoid eating everything that is put in front of you.
- If you must text or talk on a cell phone, etc., try to do it while walking or standing.
- If you have to take away your kids' cell phones to get them to move, do it!
- Keep sugary snacks and treats out of the house and eat these foods as an occasional treat, not a daily option.
- Eat at home more often and eat wholesome home-cooked foods.
- Eat at least 2 cups of vegetables a day and have at least 4 servings of fruit.
- Come to one of the free visits with a dietitian or an exercise physiologist at the Positive Choice Wellness Center and get help with your diet or exercise routine.
- Choose a life that has you outside, walking in the sun (with sunscreen), laughing with your friends, and spending time with people you love.



Ask the Dietitian

Receive free nutritional counseling from a dietitian. Sessions are offered on Mondays, Wednesdays, and Thursdays from 5 to 5:30 p.m. or Tuesdays 11:45 a.m. to 12:15 and 5:30 to 6 p.m. at the Positive Choice Wellness Center.

Fitness Forum

Free advice from an exercise physiologist. Sessions are offered on Mondays thru Thursdays from 5 to 5:30 p.m. at the Positive Choice Wellness Center

Everyone is welcome.

You do not need to be a Kaiser Permanente member to attend.

All programs and services are available at the Positive Choice Center located in Clairemont Mesa. In addition, the Weight Management Programs are offered in the South Bay, East County, and, beginning in June 2010, in North County.

Positive Choice Wellness Center
positivechoice.org
(858) 573-0090

Be Well on Your Way

The FREE seminars and workshops

listed on these pages are hosted by Kaiser Permanente's Positive Choice Wellness Center as a support network for developing and maintaining healthy lifestyles. Activities are educational, fun, and open to everyone. Kaiser Permanente members and non-members are welcome. All seminars are at the Positive Choice Wellness Center. Call the main phone number to reserve your space. If this schedule is out of date visit our Web site to view current schedules.

Walk 2 Win ~ Beginners or Seasoned Walkers Train to Walk a 5K, 10K, Half or Full or Half Marathon ~ Anyone Can Do It!

Monday, April 5 6 to 7 p.m.
Friday, June 11 6 to 7 p.m.

Learn a whole new way to walk off pounds with Coach Lizzy Kemp Salvato, MS, a National Race Walking Team member, 1992 Olympic Trials race walking qualifier, and exercise physiologist. Groups start quarterly and provide weekly training and workout schedules using the race-walking technique; a low-impact, injury-free method that burns more calories than running.

Beyond Pain, Back to Life! Treatments for Chronic Pain

Tuesday, April 20 6 to 7 p.m.

Living with chronic pain makes even the smallest of life's chores harder and can dim every pleasure. Loved ones of those chronically in pain suffer, too. Despite the challenges, experts agree that people living with chronic pain and those living with them can live full and meaningful lives. Monica Foster, PhD, manager of Kaiser Permanente's Comprehensive Pain Program, will help you connect with resources, support groups, and strategies to minimize your pain and maximize your life enjoyment, as well as offering support to family members. There is hope!

You Use Only 10% of Your Brain ~ Learn How to Use the Other 90% with Self-Hypnosis

Tuesday, May 4 5:30 to 6:30 p.m. or
7 to 8 p.m.

Dr. Brian Alman, PhD, an internationally known author and psychotherapist, will show you how to create positive changes in your life. Combining techniques in self-hypnosis, meditation, visualization, and deep breathing, Dr. Alman will help you personalize these techniques so you can apply them to just about any life situation and see amazing results.

Healing Power of Aloe Vera ~ Discover Its Benefits and How to Use it for Different Treatments

Friday, May 21 6 to 7 p.m.

First documented for its ability to soothe burned, irritated, or damaged skin, studies suggest that aloe vera is also helpful in treating a variety of other medical conditions including diabetes and cancer. Yan Skawara, CEO of US Farms, Inc.—the biggest supplier of aloe vera plants and products in North America—will be speaking about the healing benefits of aloe, how to use it, and how to purchase quality plants and products.

Heal to the Beat of Drums ~ Discover Drum Therapy

Tuesday, June 15 6:30 to 7:30 p.m.

Sundiata Kata, music director for the San Diego Center for Children uses music as a therapeutic tool to help children and adults learn a gentle way of introspection and relaxation. Using drums, xylophones, rain sticks, and tambourines, Sundiata leads groups in self-expression and experiencing a sense of community. Children and adults are welcome at this seminar. Come heal to the beat of these drums.

Solutions for Insomnia ~ Acupuncture for a Better Night's Sleep

Tuesday, June 29 6 to 7 p.m.

Sleepless nights can lead to weight gain, relationship problems, lowered immune systems, and poor health. Learn how acupuncture can help you to sleep and renew your body and mind. Martha Odegaard LAc, OMD, a US and China trained, licensed acupuncturist and Chinese Medicine specialist with over 20 years experience will show you how.

Surviving a Painful Children ~ Learn How It Effects Your Health as an Adult

Friday, July 9 5:30 to 6:30 p.m. Or
7 to 8 p.m.

Dr. Vincent J. Felitti, speaks on his collaboration with the Centers for Disease Control and his groundbreaking research showing that adults just don't "get over" the effects of a painful childhood. Childhood experiences of emotional/physical abuse or parental drug/alcohol abuse lead to adults that are 4,600% more likely to experience drug addiction, 460% more likely to chronically suffer from depression, and have over 260% increased risk for other serious health issues such as lung disease, obesity, diabetes, coronary heart disease, unplanned pregnancies, and sexually transmitted diseases.

Positive Choice Wellness Center

positivechoice.org

7035 Convoy Court, San Diego, CA 92111

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If you received this newsletter in the mail, you are on our mailing list. If you picked up a newsletter in a waiting area—you are not, but you can be.

If you would like to be added to the *Live Well Be Well* mailing list, or you would like to have your mailing address removed, please contact: Vicki Pepper (858) 573-5558.

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