Science 4-Communities Healthy Living Newsletter

Topic of the Month – *Obesity*

Tips to Reduce Cholesterol

Reducing cholesterol with plant sterols and stanols-
Plant sterols and stanols, plant compounds that are structurally similar to cholesterol, partially block the absorption of cholesterol from the small intestine. They lower levels of LDL cholesterol without adversely affecting high-density lipoprotein (HDL or "good") cholesterol levels.

Reducing cholesterol with soluble fiber-
The American Heart Association recommends that people who are unsuccessful in lowering their cholesterol through lifestyle changes boost their intake of soluble fiber to 25 grams each day. Good sources of soluble fiber include legumes such as peas and beans; cereal grains such as oats and barley and vegetables and fruits such as carrots, apples, and dried plums (prunes).

Reducing cholesterol with nuts-
Although nuts are high in fat, the fats are predominantly monounsaturated and polyunsaturated, which are known to decrease LDL cholesterol levels. A study published in Archives of Internal Medicine found that eating a daily helping of nuts -- about 2.4 ounces -- resulted in an average 5.1 percent reduction in total cholesterol concentration, a 7.4 percent reduction in LDL cholesterol and an 8.3 percent reduction in the ratio of LDL to HDL levels. Many types of nuts have been shown to help lower LDL cholesterol levels, including almonds, walnuts, peanuts, pecans, macadamias and pistachios.

http://www.johnshopkinshealthalerts.com/alerts/nutrition_weight_control/Cholesterol-Busting-Foods_6798-1.html?s=ENH_140409_001&st=email

What is Obesity?

One of the most dangerous epidemics today is obesity. This disease is especially deadly because it can affect anyone and can come with other serious conditions such as heart attacks, diabetes, cancers, and strokes. Some causes of obesity are poverty and lack of education. It is proven that women with a college education are less likely to be affected by obesity than women without a college education. In addition, higher income women are less likely to be obese than worm with low incomes because they are able to pay for healthier foods and prepare healthier meals for themselves rather than just going to a fast food restaurant and paying a couple dollars for a value meal. Obesity is a dangerous disease because not only is it hard to combat but it also comes with many other dangerous side effects.

http://www.cdc.gov/obesity/data/adult.html#top

Growing Problem

Obesity has plagued the U.S. for quite some time now. However, instead of fading away, the health issue has gained prominence. In the past two decades, obesity rates have doubled among adults, and tripled in adolescents. Sadly, this startling statistic is accompanied by countless others. It has been proven time and time again that obesity provides no benefits on any scale. Obesity hinders individuals' lives while impeding the nation as a whole. Not only does the issue have an adverse effect on young Americans, studies illustrate that obesity-related causes place a huge burden on the U.S. economy. Direct health costs attributable to obesity have been estimated at $52 billion in 1995 and $75 billion in 2003 - and the numbers are only increasing in magnitude. Unless more is done to combat the issue that is obesity, waistlines will continue to expand while life spans shorten.

"Food" Goal this Month

Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

"Move" of the Month

Play a sport

Kids who play sports don't just benefit physically. Research shows they also do better in school, develop personal discipline and learn how to get along with others.

Health Quiz of the Month

1.	What does body fat do?	A. B. C.	Stores energy Controls blood flow It has no purpose
2.	What is body mass index (BMI)?	A. B. C.	A way to tell if you are anorexic A way to tell if you are diabetic A way to tell if you are overweight
3.	Exercise makes it harder to lose weight because it adds muscle.	A. B.	True False
4.	Where is the most unhealthy place to have too much body fat?	A. B. C.	Belly Hips Bottom

Answers: 1 – A; 2 – C; 3 – B; 4 – A
http://www.obesitycampaign.org/obesity_facts.asp

Upcoming June 2014

Next newsletter will focus on

Stress

Fun Facts

Obesity Numbers

Today two-thirds of adults and nearly one-third of children struggle with overweight and obesity

2/3 & 1/3

http://www.obesitycampaign.org/obesity_facts.asp

Cancer & Obesity

According to the American Cancer Society, 572,000 Americans die of cancer each year, about one-third of these cancer deaths are linked to excess body weight, poor nutrition and/or physical inactivity

http://www.obesitycampaign.org/obesity_facts.asp

20 Years Ago

Twenty years ago, no state had an obesity rate above 15 percent. Today there are 41 states with obesity rates over 25 percent, according to the Trust for American's Health

15%–<20%   20%–<25%   25%–<30%   30%–<35%   ≥35%

http://www.obesitycampaign.org/obesity_facts.asp

Online access, additional information & related links at

www.science4communities.org   *Science 4-Communites is a Mercer County 4 H Club in association with Rutgers New Jersey Agricultural Experiment Station*