



Lighten Up![©] Newsletter

ARNG Decade of Health
www.DecadeofHealth.com



Volume 1, Issue 1

Fall 2007

Overweight Kids Really Struggle

According to the National Center for Health Statistics (NCHS), 16 percent of children aged 6 to 19 are overweight. This represents about a 45 percent increase in overweight in children in a decade.¹ A great deal has been learned and written about the effects of this trend on the health of children – increased incidence of Type 2 diabetes, increased evidence of cardiovascular changes, decreased physical fitness, and increased risk for obesity in adulthood are examples.² Contrary to popular opinion, there is not a strong trend for overweight children to “outgrow” their “baby fat.”

But there's another issue associated with overweight in childhood that is of equal concern and that is the effect on a child's quality of life. Think about how important it is to a child to be liked and have friends. Overweight children are frequently treated differently and subjected to teasing, bullying, and isolation by other children, leading to low self-esteem and even depression, plus the tendency to practice the same antisocial behaviors they've experienced on other, more vulnerable children.^{3,4} Parents often experience stress symptoms when they see their children experiencing these stigma, which can further affect the kids. The whole thing can become a vicious cycle, which may play a role in another new research finding that heavy children have significantly more absences from school.⁵ Are they sick more often? Do they find excuses to miss school or simply skip? Probably both are happening.

So, as we start the Decade of Health Lighten Up! campaign, let's make it a family affair! We're our kids' role models, guides, and teachers. They learn about food and eating by watching, imitating, and listening to our approach to food. Here are some basic comments on that process:

- Kids can begin learning from an early age what the cues are for eating: feeling hungry, knowing when the family's mealtimes are, learning the role of snacking (to replace calories after expending an extra amount of energy, to be a fill-in when a meal is going to be delayed, near bedtime to provide calories for a long night's sleep, during travel when schedules are disrupted), learning what foods are best for energy and growth and which are strictly special treats.
- They can also learn the inappropriate use of foods: as rewards for good behavior or to stop bad behavior, as a way of dealing with emotions, as something to nibble at constantly and randomly.
- Growing (or shopping for) and preparing nutritious foods are often

of great interest to children, and even very young children can participate in some way.

- Most importantly, watching parents' and other adults' approach to food will set the tone for the development of kids' attitudes toward food: eating meals slowly and with obvious enjoyment, as a family, while sharing pleasant conversation, seeing the right amount of food put on a person's plate, according to his/her size, and hearing someone say to the offer of a second helping, "No thank you, my tummy is just full enough and feels happy." These are just some of many ways to be a good role model to little people who are always watching, whether we think they are or not!
- And of course, we don't want to forget helping our children to be active every day by doing fun and energetic things with them.

The rising rate of overweight in children is a serious threat to our next generation of Soldiers. Recruit training programs and boot camps are already finding it necessary to provide extra help to growing numbers of recruits who start military life in a weight control program. Let's make sure that this is a short-lived trend!

Great food and nutrition sites for kids:

- MyPyramid for Kids: http://teamnutrition.usda.gov/resources/mpk_close.pdf and Blastoff Game: http://www.mypyramid.gov/kids/kids_game.html
- USDA Kid's Home Page: <http://www.fda.gov/oc/opacom/kids/default.htm>
- NIDCR's Snack Smart for Healthy Teeth: <http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth/SnackSmart/>
- Pacific Science Center's Nutrition Café: http://exhibits.pacsci.org/nutrition/nutrition_cafe.html

And parent resources:

- CDC's Tips for Parents: Ideas and Tips to Help Prevent Childhood Overweight: http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm
- NIDDK's Energize Yourself and Your Family: <http://win.niddk.nih.gov/publications/energize.htm>

¹ <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm>

² <http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.htm>

³ http://www.obesityresearch.org/cgi/content/full/9/suppl_4/S239

⁴ <http://www.obesityresearch.org/cgi/content/abstract/15/7/xtoshow=&HITS=10&hits=10&RES ULTFORMAT=&author1=Janicke&fulltext=obesity&andorexactfulltext=and&searchid=1&FIR STINDEX=0&sortspec=relevance&resourcetype=HWCIT>

⁵ <http://www.obesityresearch.org/cgi/content/abstract/15/8/2157>



Lighten Up! Newsletter

ARNG Decade of Health
www.DecadeofHealth.com



Volume 1, Issue 1

Fall 2007

AR 600-9 – Things you may have wondered about...

Are deployed Soldiers exempt from meeting weight standards per AR 600-9?

No. ALL deployed Soldiers must meet requirements of AR 600-9. Soldiers exceeding the body fat standard will be provided weight reduction counseling by health care personnel, entered in a Weight Control Program by their unit commander, and flagged under the provisions of AR 600-8-2. Enrollment in the AWCP starts on the day that the Soldier is informed by the unit Commander that he/she has been entered in a weight control program.

What was the reason for revising the female Soldier screening weight table?

Army researchers found that female Soldiers were held to a more stringent weight screen than needed to predict those who exceed fat standards. Consequently, the female screening weight table has been increased to reduce the number of women unnecessarily measured for body fat and meets the body mass index (BMI) outlined in Department of Defense (DoDI) 1308.3, DoD Physical Fitness and Body Fat Programs Procedures, dated 5 November 2002. This increases efficiency and fairness.

When will a Soldier be flagged for being overweight?

IAW AR 600-9 para 3-2b Active, Reserve, and National Guard Soldiers exceeding the body fat standard will be provided weight reduction counseling by health care personnel, entered in a Weight Control Program by their unit commander, and flagged under the provisions of AR 600-8-2. Enrollment in the AWCP starts on the day that the Soldier is informed by the unit Commander that he/she has been entered in a weight control program.

Are medical evaluations required before a Soldier is flagged?

No. However, in accordance with (IAW) AR 600-9 para 3-2d, a medical evaluation will be accomplished by health care personnel when the Soldier has a medical limitation, or is pregnant, or when requested by the unit commander. A medical evaluation is also required for Soldiers being considered for separation as a result of failing to make satisfactory progress in a weight control program, or within six months of ETS. It is recommended that all Soldiers that are enrolled in a weight control program receive a medical evaluation. However, a medical evaluation does not exclude the Soldier from meeting body fat standards per AR 600-9.

For more Qs and As about AR 600-9, please visit <http://www.armyg1.army.mil/hr/weight/docs/WT%20FAQ%20update%2004%20MAY%202007%20FINAL.pdf>.

Did you know...

Vitamin D seems to prevent gum disease in adults over 50. Recommended Daily Value for those 51 to 70 is 400 IUs; for those over 70, it's 600 IUs. A cup of fortified milk contains 100 IUs, so taking a supplement in addition to adequate milk consumption, is a good idea for older adults.

Source: Tufts University Health & Nutrition Letter, Aug 04

Juicy Jerk Chicken

Spice up tonight's dinner with a succulent jerk chicken. This traditional Jamaican preparation features a rub of invigorating spices, including hot peppers, allspice, cinnamon and nutmeg. Onions are also used in the marinade and provide more than just pungent flavor; onions contain quercetin, an antioxidant that may help prevent cancer. Pair this chicken with whole grain rice and two or more vegetables for a tasty, well balanced meal.

Ingredients

1 cup diced onions	1 Tbsp. canola oil
3 green onions, chopped	1 tsp. ground allspice
2 Tbsp. fresh thyme leaves (or 2 tsp. dried)	½ tsp. freshly ground black pepper
1 Tbsp. chopped fresh ginger	½ tsp. ground cinnamon
1 to 3 Scotch bonnet or habanero peppers, according to taste	¼ tsp. freshly ground nutmeg
	½ tsp. salt
	1 lb. boneless skinless chicken breasts

In a blender or food processor, combine the onion, green onions, thyme, ginger, hot peppers, oil, allspice, black pepper, cinnamon, nutmeg and salt. Puree these into a paste (it will yield about 1 cup). Rub the paste liberally over the chicken breasts. Arrange the chicken on a plate, cover it with plastic wrap and marinate it in the refrigerator for at least 2 hours to overnight.

Remove the chicken from the refrigerator and blot it with a paper towel to remove the excess marinade. Grill or broil the chicken, 6-8 minutes per side (turning once) until it reaches an internal temperature of 165 degrees.

Makes 4 servings.

Per serving: 175 calories, 5 g total fat (<1 g saturated fat), 4 g carbohydrate, 27 g protein, 1 g dietary fiber, 367 mg sodium. To see more AICR recipes visit our [Recipe Corner](#). We want to know what you think. Send your questions and comments to recipes@aicr.org. [AICR's Diet and Health Guidelines for Cancer Prevention](#). The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results.

REVIEW BOARD

LTC Joe Ortiz, Chief, Preventive Medicine ARNG
Dr. Patrick Sculley, DDS, MG, (USA ret.), Decade of Health Consultant
Cortney Nicolato, Senior Manager, Strategic Alliances & Health IT, American Heart Association
Ann M. Stark, Decade of Health Campaign Development
Mr. John McGowen, Health Affairs Consultant, Army National Guard

EDITOR

Judith S. Harris, BSN, MA, CHES

PRODUCTION STAFF

Andrea Norris - Print Design and Production
Visiontracks, Inc. - Web Programming

Contact Us: info@decadeofhealth.com

Copyright 2006, WinMil, LLC



Visit us at www.DecadeofHealth.com