



Waistline Woes – Women Beware!

It's not just an appearance issue. As we grow older, we tend to gain weight and to convert muscle (lean body mass) to fat. A recent analysis of national nutrition data showed that especially in women increased fat gets deposited at the waistline and that there seems to be an association with this abdominal fat and stroke risk.¹ The association was strongest in women aged 45 to 54.

The researchers compared data from the 1988-1994 and 1999-2004 National Health and Nutrition Examination Surveys (NHANES), conducted by the Centers for Disease Control and Prevention (CDC). They found that three times as many women in this age group reported having a stroke in the 1999-2004 study than in the earlier one. The only significant stroke risk factors that increased in that time period were waist size and obesity; no differences were found in smoking, diabetes, or high blood pressure. Men in the same age group did not have an increased stroke incidence.

This study is one more indicator of how important a healthy lifestyle is, and the ARNG Lighten Up! Campaign is here to help! A key message of the campaign is understanding and living by the "calorie equation": maintaining weight means burning as many calories as you take in; losing weight means burning more calories than you consume. Whether you need to maintain your current weight (and avoid the dreaded expanding waistline) or get your waistline back, remember these tips for healthy eating and sensible physical activity:

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

You can get your daily 30 minutes or more all at once, or break it up into shorter sessions of 20, 15, or even 10 minutes. Try some of these moderate-intensity physical activities:

- walking (15 minutes per mile or 4 miles per hour)
- biking
- aerobic exercise classes (step aerobics, kick boxing, dancing)
- energetic house or yard work (gardening, raking, mopping, vacuuming)

Source: Weight Loss for Life

http://win.niddk.nih.gov/publications/for_life.htm

Men are not off the hook! They may not have had the same increase in stroke risk as women, but increasing abdominal fat is a significant risk factor for them too. Make sure everyone in the Family checks out the great news and resources in the LightenUp! Section of the Decade of Health web site, www.decadeofhealth.com.

¹ Towfighi, A, et al, A midlife stroke surge among women in the United States, NEUROLOGY 2007;69:1898-1904, <http://www.neurology.org/cgi/content/abstract/69/20/1898>.

Check out the latest from the American Stroke Association!



Give Me 5

"Give Me 5" is a quick stroke check:

- WALK** (Is their balance off?)
- TALK** (Is their speech slurred or face droopy?)
- REACH** (Is one side weak or numb?)
- SEE** (Is their vision all or partly lost?)
- FEEL** (Is their headache severe?)



What's an FSR??

It's the latest in field nutrition from the Combat Feeding Directorate, U.S. Army Natick Soldier Research, Development and Engineering Center at Natick, MA – the First Strike Ration:



“The FSR™ is a compact, eat-on-the-move assault ration designed for use during initial periods of highly intense, highly mobile combat operations. The FSR™ is substantially reduced in weight and cube and enhances Warfighter consumption, nutritional intake, and mobility” <http://www.natick.army.mil/soldier/media/fact/food/FSR.htm>.

The First Strike Ration is finger food for the Soldier on the move. It weighs only half as much as the traditional daily allotment of MREs (Meals Ready to Eat) and can be eaten just by opening the package, except for the drinks which are powdered and mixed by pouring water directly into the drink pouch. The FSR™ system provides a Soldier with 2900 calories per day of high-energy foods. There are a total of three different menus, so far. Here's one of them:

- | | |
|-------------------------------|-----------------|
| Filled french toast pocket | Applesauce |
| Bacon cheddar pocket sandwich | CHO enhanced |
| Pepperoni pocket sandwich | Nut fruit mix |
| Cheese spread, jalapeno | Caffeinated gum |
| Wheat snack bread | Apple cider |
| ERGO drink | Towelette |
| ERGO drink | Salt |
| First Strike!™ mocha | Matches |
| First Strike!™ chocolate | Tissue |
| Dessert bar, peanut butter | Zip-lock pouch |
| Beef snack, sweet BBQ | Towelette (2) |
| Beef snack, teriyaki | Spoon |

This menu is a day's worth of food. Initial response from Soldiers who have tested the FSR™, both at CONUS bases and in Iraq has been favorable. They are intended for use only on forward missions and not for more than a few days at a time. This is *really* fast food!

Stir-Fried Beef and Vegetables



- 2 Tbsp dry red wine
- 1 Tbsp soy sauce
- ½ tsp sugar
- 1 ½ tsp ginger root, peeled, grated
- 1 lb boneless round steak, fat-trimmed and cut across grain into 1 ½ inch strips
- 2 Tbsp vegetable oil
- 2 medium onions, each cut into 8 wedges
- ½ lb sliced fresh mushrooms
- 2 stalks celery, bias-cut into ¼ inch slices
- 2 small green peppers cut into thin lengthwise strips
- 1 C sliced water chestnuts, drained
- 2 Tbsp cornstarch
- ¼ C water

Prepare marinade by mixing together wine, soy sauce, sugar and ginger. Marinate meat in mixture while preparing vegetables. Heat 1 Tbsp oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl. Add remaining 1 Tbsp oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Return vegetables to skillet. Stir gently and serve.

Yields: Six 6 oz. servings. Each serving provides: Calories: 179, Total fat: 7 g, Saturated fat: 1 g, Cholesterol: 40 mg, Sodium: 201 mg, Total fiber: 3 g, Protein: 17 g, Carbohydrates: 12 g, Potassium: 552 mg

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