

# LIGHTEN UP NEWS, June, 2001

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**Funding:** The Duke Endowment & Your Donations. Tax deductible contributions can be sent to: Health Science Foundation, 18 Bee Street, PO Box 250450, Charleston, SC 29425. Make checks payable to *Lighten Up*.  
**Website –** <http://www.lightenupforever.org> **Email:** [lightenup@musc.edu](mailto:lightenup@musc.edu)

## WHO PARTICIPATES IN LIGHTEN UP?



To date, over 800 people from 35 churches in North and South Carolina have participated in *Lighten Up*. Participants have an average age of 53 years, 83% are women, and 55% are African American. Many are obese (70%), have high blood pressure (55%), high cholesterol (50%), and diabetes (18%).

*All churches can be found on the website.*

Plymouth Congregational UCC, Charleston, SC

[www.lightenupforever.org](http://www.lightenupforever.org)

## DOES LIGHTEN UP MAKE A DIFFERENCE? YES!

Participants have significantly reduced their weight, blood pressure, and blood cholesterol over the short & long term. These changes have decreased **your** risk for stroke and heart disease. **You are living longer!** Remember, this is not a quick fix; this is a **LIFE STYLE CHANGE**. Review the behavior change check list. Keep up the good work!

<u>SHORT TERM CHANGE</u>	<u>Baseline</u>	<u>10 Weeks</u>	<u>LONG TERM CHANGE</u>	<u>10 Weeks</u>	<u>1 Year</u>
Weight, lbs	195.5	- 3.9*	Weight, lbs	- 5.0*	- 2.5*
BMI, kg/m <sup>2</sup>	31.8	- 0.7*	BMI, kg/m <sup>2</sup>	- 0.8*	- 0.4*
Systolic BP, mmHg	133.8	- 5.0*	Systolic BP, mmHg	- 6.8*	- 6.6*
Diastolic BP, mmHg	81.3	- 2.0*	Diastolic BP, mmHg	- 3.0*	- 3.3*
Triglycerides, mg/dl	135.3	- 11.6*	Triglycerides, mg/dl	- 17.9*	- 10.7*
Cholesterol, mg/dl	200.4	- 7.0*	Cholesterol, mg/dl	- 11.1*	- 5.0*
N = 447, 83%F, 55%AA, Age = 53 yrs			N=162, 81%F, 64%AA, Age = 57 yrs		
*p<<0.001			*p<<0.001 vs. baseline		

**HONEY HILL LIGHTENS UP!** The Honey Hill Neighborhood Resource Center will be running *Lighten Up* starting in June! On May 8<sup>th</sup>, four *Lighten Up* participants came to Honey Hill to share their success stories and we explained our program. After our formal meeting, we enjoyed Mary Joan's vegetable soup & home made bread, fruit salad, and Rhoda's blueberry cake! The group decided to include delicious and nutritious meals after each session to help everyone make smart food choices. If you would like to attend, call Inez Brown-Crouch, RN at 762-2850. The **Baseline Health Check will be Saturday, June 9<sup>th</sup>, 8-10 am. Come fasting!** The Center is located at 1164 Sea Side Lane on James Island. Mark your calendars!

## Honey Hill Educational Sessions Tuesdays 11:00 am

Love	Knowledge	Peace	Faith	Kindness	Joy	Self-Control	Godliness
June 12	June 19	June 26	July 3	July 10	July 17	July 24	July 31

## **Health Checks 8:00-10:00 am SKIP YOUR BREAKFAST!**

**Honey Hill Resource Center Nazareth AME Honey Hill Resource Center**  
**James Island, SC Georgetown, SC James Island, SC**  
**Saturday Saturday Saturday**  
**June 9 June 16 Aug 4**

## **LEADERSHIP TRAINING 9:00 am-3:00 pm**

How can you bring *Lighten Up* to your church community? Attend a Leadership Training workshop and find out! Leaders run the educational sessions and help organize health checks. Sessions can be team taught, where one leader focuses on spiritual growth while another focuses on the health messages. The burden is lighter when it is shared! Call us at 792-3047 if you would like to attend our next training session.

**Folly Beach United Methodist Church**  
**118 W Indian Ave, Folly Beach**  
**Saturday, June 23**



*Leaders from Georgetown, SC*

### ***Lighten Up* quote from Nazareth AME**

“Running *Lighten Up* is very rewarding! It puts joy in your heart to see how you can motivate people to live a healthier life. The Bible is inspiring! We are so excited; we also meet to walk to get in some exercise. Special thanks to everyone at Nazareth AME Church in Georgetown.”

***Florene Linnen***

### **Say “YES” To 12 Statements!**

“Using this behavior change checklist, I lost 30 pounds in 6 months and have kept the weight off. My problems were drinking too much juice and eating my son’s leftovers as well as my full plate. By switching to diet soda, remembering to eat mindfully, and accepting that I was the one in charge of what I eat, the pounds melted away. My doctor thinks I have been working hard. All I have done is change my attitude and think about what I eat.”

***Rhoda Ascanio***

1. I put God first.
2. I read the Bible or devotional.
3. I exercised 30 minutes.
4. I ate my food mindfully.
5. I didn’t eat in front of the TV.
6. I didn’t drink any sugared beverage.
7. I left the table a “little” hungry.
8. I ate 5 fruits & vegetables.
9. I didn’t eat any fried foods.
10. I drank 5 cups of water.
11. I said grace before meals.
12. I accepted responsibility!

At the end of the 10 days they looked healthier appeared better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink, and gave them vegetables instead.

**Daniel 1:15-16**

## IS YOUR DIET BALANCED?

Use this **HAND-Y** guide from  
The Nutrition Institute of Louisiana  
& Count 1-2-3-4-5



ONE



6 oz serving of meat



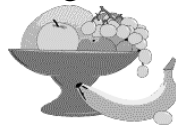
TWO



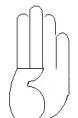
Servings of dairy



THREE



Servings of fruit



FOUR



Servings of vegetables



FIVE



Servings of complex carbohydrates

## SUMMER-TIME SALADS



Keep your salads nutritious and delicious. Variety in color, flavor, and texture will make them interesting. Try different kinds of lettuce (iceberg, Romaine, spinach, etc). Green beans, broccoli, beets, tomatoes, cucumbers, celery, purple onions, and chopped carrots add color and crunch. For protein, try low fat cottage cheese and lean deli meats. To sweeten things up, add mandarin oranges, pineapple chunks, grapes, or raisins. Top with your choice of flavored vinegar, lemon juice, lime juice, or for a spicy twist, salsa! If you use a salad dressing, make sure it is fat free. Read those labels to make sure you aren't adding hundreds of calories. Salad dressings can be very fattening.

***Do NOT top with bacon!***

**CALL RHODA ON JUNE 11<sup>th</sup>!** Thanks to funding from The Duke Endowment, Rhoda Ascanio, will pass her 1-year anniversary of working as Program Assistant for *Lighten Up!* She truly has been a Godsend. She is tireless in her commitment to make *Lighten Up* and *Lighten Up Forever* the best that they can be. She has a willing heart, mind, and spirit, which keeps Rhoda's light shining bright! Thank you and God bless.



Mary Joan and Rhoda

## **EIGHT HOURS. TIME WELL SPENT!**

For a long and healthy life, eat right, exercise, and get a good night sleep. We need 8 hours of sleep each night and Americans miss out 330 hours each year! According to Eve Van Cauter at the University of Chicago, **sleep loss may lead to impaired glucose tolerance and obesity!** Losing sleep decreases growth hormone and Leptin, which tells the body when it feels full. Lack of sleep may also lead to some types of cancer and a decreased ability to fight infections. In addition, about 100,000 crashes a year are related to drowsiness at the wheel. Recharge your body with 8 hours of rest! It's good for your health!



## **IT'S SUGAR, NOT ICE!**

**Sweetened Soda (2 liters) has  
1/2 pound of sugar = 940 Calories!**

Quenching your summer thirst with soda OR juice will lead to weight gain. You can gain a pound a month by drinking one 2-liter bottle each week!

**Sneaky Calories turn to FAT!  
LIGHTEN UP! and DRINK WATER**

**“I was a walking time bomb and now I have lost 100 pounds!”**

*Evelyn Addison*

**“Lighten Up is important to me, my church, and my community.”**

*Ercelle Chillis*

**“The knowledge I gained through Lighten Up has put money in my pocket! My doctor took me off one of my prescriptions.”** *Valla Lafayette*

**MUSC**  
MEDICAL UNIVERSITY  
OF SOUTH CAROLINA

*Lighten Up*

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