

LIGHTEN UP NEWS, February 2003

Funding: *The Duke Endowment & Your Donations.* Make tax-deductible donations payable to **Lighten Up** and send to us at **Lighten Up**, PO Box 250219, 210 Clinical Science Building, MUSC, Charleston, SC 29425. ph(843)792-3047

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Lexington United Methodist

FEBRUARY 1, 2003. I'm up at 5 am. I grab a cup of tea, eat some oatmeal & raisins, and hit the road. Six people at Lexington United Methodist Church near Columbia will be waiting for diabetes, blood pressure, weight, and cholesterol measurements. I smile because *Lighten Up* is 5 years old today. Happy Birthday Lighten Up! Another reason to smile: Lexington's Associate Pastor, Miyoung Paik, was my pastor at Folly Beach United Methodist Church 5 years ago when we first prayed for *Lighten Up* to be funded. *Our Mission is to inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth.* We believe we are making our mission a reality.

A few hours later, the Columbia Space Shuttle disintegrates on re-entry; 5 men, 2 women, at 200,000 feet, traveling at 12,000 mph perish. "All Americans are thinking of the families of these men and women. Our entire nation grieves with you." President Bush

In Memory of the Columbia Space Shuttle Crew, February 1, 2003:

David Brown, Ilan Ramon, Kalpana Chawla, Laurel Clark,

Michael Anderson, Richard Husband, William McCool

"I'M AIMING FOR 100!" That's how Ercelle Chillis described her goal during an interview with MUSC dietetic interns, Ellen Cary and Vanessa Jones. Both Ruth Singleton and Ercelle shared some of their wisdom. They agreed that to live to your 80's and beyond you've got to exercise, not overeat, and get a lot of rest. Ruth's mother and Ercelle are first cousins, so they have been lifelong friends. They set a wonderful example!

Their health is most certainly related to a lifetime of being active in their gardens and exercising. I frequently see Ruth during our early morning walks. Ercelle goes to the community center to exercise on machines. Ercelle first thought that *Lighten Up* was going to be an exercise class but soon discovered that it was to be a way of life. She asked God to help her make changes for health. Some of their favorite foods include oatmeal for breakfast, cottage cheese and fruit, and fresh vegetables from their gardens.



Ercelle Chillis & Ruth Singleton

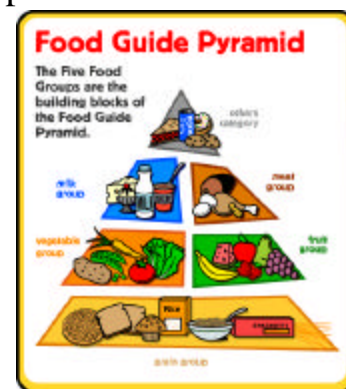


Jacquelyn Gentile, Leader

JACQUELYN GENTILE participated in *Lighten Up* last fall at St. James Episcopal Church on James Island. “I came in the middle of turmoil, but God gave me something to succeed at.” Through her faith, Jackie has come a long way. She has now found a freedom from the scales, counting calories, and obsession with the process. She found the health check (cholesterol and body fat) to be very powerful and a motivating factor for change. She likes the spiritual aspect because “it teaches you that God loves you from the inside out.” Drinking soda (sometimes 8 cans a day) was a big part of her life before *Lighten Up*. She went

through many days of caffeine withdrawal headaches. Today, she is soda free, caffeine free, headache free, and has lost 23 pounds! Exercise is easier too as Jackie now goes swimming. “I don’t feel tired anymore and can walk around without huffing and puffing.” Jackie now lets her light shine each week as a *Lighten Up* leader at St. James Episcopal Church. Jackie is focusing on God more than food. Congratulations!

THE FOOD PYRAMID is 10 years old and may be ready for major changes. “The pyramid is a disaster,” says K. Dun Gifford of Oldways, a nonprofit think tank based in Boston. “The American epidemic of obesity is the proof that it hasn’t worked. Period. Amen.” These are pretty harsh words. View the food pyramid as a guide for lifelong health versus short-term weight loss. There are many things right about the pyramid. *More fruits, more vegetables, less fat, and less sugar go a long way to improving health.* I think Anne Underwood in a Newsweek article has it right. “It will take more than a pyramid to improve America’s diet. It will take motivation, awareness and a realization that eating well is more fun than eating badly.” I don’t know how much fun it will be; but I do think people certainly need to accept and believe that what you eat does make a difference.



WHO ARE YOU? Wendell Gilliard, a Charleston County Councilman, spoke about his Dad in a recent Charleston newspaper article. “My father would tell me that there are three kinds of people in this world, those who make things happen, those who watch things happen, and those who wonder what the heck happened.” This quote made me think about how people respond to the current obesity epidemic in America. Some of us become leaders of change by the way we live our lives and encourage others. Some of us are complacent and don’t really accept any of the responsibility. Finally, there are many overweight and obese people who seem surprised when their body begins to pay the price with diabetes, high blood pressure, high blood cholesterol, difficulty breathing, and finally pain from the strain (knees and back). So, who are you?

COME SWEAT with US! Moncks Corner Baptist Church invites you to come and exercise on Tuesdays at 6:30 pm and/or Saturday at 10 am. This important exercise program has evolved from a seed planted with *Lighten Up*. It's the perfect example of a church taking the initiative to figure out what works best to continue the tide of change. Great stuff! Keep up the good work Dorothy, Inez, Barbara, and Michelle!

The Number of People in New York City with diabetes has doubled during the last 8 years. That equals 675,000 people. Diabetes is the 6th leading cause of death in the city. It's not going to get better until we move away from the table and take a walk!



Photo from BBC News

The Lawsuit Against McDonald's was thrown out. The argument against McDonalds was that the high fat, sugar and cholesterol content of their food is a "toxic kind of thing" when eaten regularly by children. Because of supersizing, the burger, fries, & soda meal has gone from about 500 to 1,500 Calories. Who do you think is responsible? McDonald's was blamed for the food that leads to obesity, diabetes and other health problems in children.

Children are most at risk. The number of overweight and obese children has doubled in 30 years. Obese children grow into obese adults with heart disease, diabetes, & depression!

LIGHTEN UP for FAMILIES. One concern for us all is the health of the next generation. Childhood obesity is increasing at an alarming rate for many different reasons: too much food, too little exercise, too much television, and parents not making health a priority. We are beginning a new initiative, *Lighten Up for Families*, to address this problem. The 8-week program will encourage *Lighten Up* participants (**THAT'S YOU!**) to become mentors. The planned activities will include cooking, health, and exercise classes! Another activity will be children preparing health newsletters, which will be distributed to their community and congregations. **Everyone can become an Ambassador for Health!** This new initiative will be a wonderful opportunity for dietitians, parish nurses, ministers, teachers, *Lighten Up* participants, health ministers, seniors and anyone with a passion to volunteer time to help design the program. Have fun and be part of the planning task force!

NEW BOARD OF DIRECTORS. The *Lighten Up for Families* initiative will be seeking funding and support. Part of the process is the formation of a new board of directors. There are many decisions to be made which require wisdom, energy, and talent. Keep the Lighten Up Forever Board of Directors in your prayers as we forge ahead!

If *Lighten Up* is important to you, call 792-3047 to learn what you can do to help!

"The future belongs to people of vision, courage and ethical strength – those who know we're all in this together." Emily Friedman

PIZZA CAN BE GREAT!



Substitutions can Make Foods:
Lower in Calories & Higher in nutrients!

Thin Crust or Thick Crust?
Vegetables or Fatty Meats?
Low Fat cheese or High Fat Cheese?

The Choice is Yours!

Nutrition Facts

Mustard Seed Veggie Pizza (8")

**390 Calories, 12 gm fat,
570 mg sodium,**

51 gm Carbohydrate, 18 gm protein

The Lower Calorie, Lower fat Choice

Personal Pan Pizza (6")

**710 Calories, 35 gm fat,
1580 mg sodium,**

71 gm Carbohydrate, 31 gm protein

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Lighten Up

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