

# LIGHTEN UP NEWS, August 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*

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

*Email: [lightenup@musc.edu](mailto:lightenup@musc.edu)*

**SPECIAL THANKS** to the *Lighten Up* board for working together to reach you by phone and ask for contributions. Verbal commitments came to \$1,155 in just 3 hours. We are keeping the faith and trust everyone will follow through. We recognize your generosity and faithful commitment to *Lighten Up*. Donations for the year come to \$3,135. If our mission is important to you, consider writing a tax deductible check to *Lighten Up* and send to: *Lighten Up*, DDC, MUSC, PO Box 250327, Charleston, SC 29425.



*Back Row: Shane, Erica, & Erica  
Front Row: Skeet, Saida, & Ercelle*



**Carrie Mitchell & Erica Shipkoski**

**ERICA SHIPKOSKI, RDE** has become the Program Assistant for *Lighten Up*. Erica worked with *Lighten Up* during her dietetic internship at MUSC and now brings knowledge, compassion, and enthusiasm to our program. Through the Catholic Church of Saint Ann in Marietta, Georgia, she combined health and spiritual education to help teenage girls struggling with eating disorders. Erica continues to witness the importance of treating the body as a holy temple. Let's welcome Erica as she shares the vision of health for all people.

**“I'M TERRIFIED.** The room seems to sway and I have trouble focusing. One side of my face is clammy and cold and my hand feels strange. I wait for the doctor to come in and tell me something. Sometimes anything is better than just using your imagination. And so he came and went and still I know only fear. A mini stroke he said - clusters of mini strokes. Can anything be done? No. Take aspirin. Can I do anything? No. It's a red flag. Too much weight. Too little nutrition. It's late in the game to worry. If I'd worried and changed at age 30, the likelihood of a stroke would be far less. My mother died of a stroke. Her mother and now me at age 63. I will try to fight back. I urge each of you to pay attention and *Lighten Up*.” Thank you Suzanne Bolger for sharing your story.

***Only 1 of 4 (23%) of Americans eat the recommended 5 fruits or vegetables a day!  
What fruits and vegetables did you eat yesterday? How about today?***

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## IS YOUR CHILD OR GRANDCHILD OVERWEIGHT?

**BODY MASS INDEX (BMI)** is a relationship between height and weight. Standards for children are based on gender (girls or boys) and age in years. Use these tables to find when overweight begins and when obesity begins. If your daughter is 10 years old, overweight begins with a BMI of 20, obesity would begin with a BMI of 23. If your son is 12 years old, overweight begins with a BMI of 21, obesity begins with a BMI of 24¼. For adults, overweight begins with a BMI of 25; obesity begins with a BMI of 30.

<b>BMI Standard for GIRLS</b>			
Age	Normal	Overweight	Obese
6	15¼	17	18¾
8	15¾	18¼	20¾
10	16¾	20	23
12	18	21¾	25 ¼
14	19½	23¼	27 ¼
16	20½	24½	28 ¾

*BMI of 20 is overweight for a 10 yr old girl.*

<b>BMI Standard for BOYS</b>			
Age	Normal	Overweight	Obese
6	15½	17	18½
8	15¾	18	20
10	16¾	19½	22
12	17¾	21	24¼
14	19	22½	26
16	20½	24¼	27½

*BMI of 21 is overweight for a 12 yr old boy.*

Match height with weight to find **Body Mass Index (BMI)** at the top.

*If the 10 yr old girl is 4'10" and weighs 96 pounds, her BMI is 20. She has passed the overweight line.*

Height	16	17	18	19	20	21	22	23	24	25	26	30
3'8"	44	47	50	52	55	58	61	63	66	69	72	83
3'9"	46	49	52	55	58	60	63	66	69	72	75	86
3'10"	48	51	54	57	60	63	66	69	72	75	78	90
3'11"	50	53	57	60	63	66	69	72	75	79	82	94
4'0"	52	56	59	62	66	69	72	75	79	82	85	98
4'1"	55	58	61	65	68	72	75	79	82	85	89	102
4'2"	57	60	64	68	71	75	78	82	85	89	92	107
4'3"	59	63	67	70	74	78	81	85	89	92	96	111
4'4"	62	65	69	73	77	81	85	88	92	96	100	115
4'5"	64	68	72	76	80	84	88	92	96	100	104	120
4'6"	66	71	75	79	83	87	91	95	100	104	108	124
4'7"	69	73	77	82	86	90	95	99	103	108	112	129
4'8"	71	76	80	85	89	94	98	103	107	112	116	134
4'9"	74	79	83	88	92	97	102	106	111	116	120	139
4'10"	77	81	86	91	96	100	105	110	115	120	124	144
4'11"	79	84	89	94	99	104	109	114	119	124	129	149
5'0"	82	87	92	97	102	108	113	118	123	128	133	154
5'1"	85	90	95	101	106	111	116	122	127	132	138	159
5'2"	87	93	98	104	109	115	120	126	131	137	142	164
5'3"	90	96	102	107	113	119	124	130	135	141	147	169
5'4"	93	99	105	111	117	122	128	134	140	146	151	175
5'5"	96	102	108	114	120	126	132	138	144	150	156	180
5'6"	99	105	112	118	124	130	136	143	149	155	161	186
5'7"	102	109	115	121	128	134	140	147	153	160	166	192
5'8"	105	112	118	125	132	138	145	151	158	164	171	197

*Overweight Adults      Obese Adults*

## **GET MOVING! Only 10% of Americans get enough exercise for health!**

*Only truth will set us free and it is not always what we want to hear but what we need.  
Thank you for truth.*

*Bishop David Brown, Holy Light Miracle Temple*

**SISTERS of CHARITY** has funded a new project to encourage African American women who participated in *Lighten Up* in the early days to become mentors to additional women. This provides support and increases accountability. On July 12, participants from Holy Light Miracle Temple and New Victory Temple came together at St. James Episcopal Church for a health conference. The event included a health check and discussions to find a Biblical solution



to the health crisis in America. Join the group at Holy Light, **6 pm on Wednesday evenings, beginning September 3.** Holy Light Miracle Temple is located in North Charleston, 3998 Dorchester Road. Call to become part of this exciting group. The battle for health is not over!

*“I came today determined to make a difference in my life and the life of my family. With God’s help (strength) and my application of the spiritual truths, I will Lighten Up! I have witnessed health problems and death within my family due to incorrect eating habits and I will not be another statistic.”*

*Rozita Wylder, Lighten Up Participant*

**THE HOLY CITY CHRONICLE** provides Christian news to 150 businesses and churches each month in the Charleston Low Country. It is a privilege for me to contribute a column. If your church is getting it, read it! To get copies for your church, call Joel, Victoria, Alex, or Sara Radin at (843) 849-5519. Their ministry is blessing our community.



**Christ Our King - Stella Maris School**

**SPECIAL THANKS** to Christ Our King Church of Mount Pleasant, SC for their generous gift to *Lighten Up*. We offer our blessings and gratitude for their generosity in reaching out to the community and its needs. *Christ our King aspires to be a Christ centered, joyful, faith-filled Catholic community. By becoming vibrant witnesses to the Gospel message through Eucharistic participation and reaching out in love, respect, and support for all, they seek to promote the Kingdom of God on earth.* Christ Our King established East Cooper Community Outreach (ECCO) in 1989 in response to Hurricane Hugo and continues to reach many people in need. Their example truly inspires!

*“Thank you for the work that you do in loving support of God’s people.”*

*Rev. Msgr. James A. Carter*



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***For Where Your Treasure Is, There Your Heart Will Be Also. Matthew 6:21***

<i>Willie Bailey</i>	<i>Janet &amp; Early Griffin</i>	<i>Marilyn Shokes</i>
<i>Greg Brown</i>	<i>Saida Huey</i>	<i>Joanne Simson</i>
<i>Mabel Campbell</i>	<i>Nan &amp; Stacy Hull</i>	<i>Dorothy Singleton</i>
<i>Marie Cannon</i>	<i>Gertrude Lincoln</i>	<i>Martha Singleton</i>
<i>Ercelle Chillis</i>	<i>Sherry Maharrey</i>	<i>Ruth Singleton</i>
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<i>Kathryn Coons</i>	<i>Joanne Milkereit</i>	<i>Julia White</i>
<i>Maria Cordova</i>	<i>Paul Henry Mitchell</i>	<i>Fred &amp; Joyce Wichmann</i>
<i>Susan Cromwell</i>	<i>Emily Morrison</i>	<i>Margaret Wilkins</i>
<i>Mark &amp; Becky Delegge</i>	<i>Mary Joan Oexmann</i>	<i>Bonum &amp; Janet Wilson</i>
<i>Brent Egan</i>	<i>Wynetta Parks</i>	<i>Chase Wood</i>
<i>Marlene Estridge</i>	<i>Beatrice Pinckney</i>	<i>The Butterfly Shop</i>
<i>Elizabeth Godow</i>	<i>Stephanie Pritchett</i>	<i>Carolyn's Skin Care</i>
<i>Betty Graham</i>	<i>Helen Sanders</i>	<i>Christ Our King Catholic Church</i>
<i>Mary Sue Graham</i>	<i>Virginia Satterfield</i>	<i>Read &amp; Read Realtors</i>
<i>Lula Grant</i>	<i>Ellie Setser</i>	<i>Saint James Episcopal Church</i>
<i>Cary &amp; Eleanor Grayson</i>		

**THANK YOU FOR YOUR SUPPORT!**