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Western Montana Clinic

BY 2015, 75 PERCENT OF UNITED STATES ADULTS WILL BE OVERWEIGHT



Obesity prevalence has increased at a rate of 0.3 - 0.8 percent in the United States over the past three decades, from 13 percent in the 1960s to 32 percent in 2004. Authors of the study from the Johns Hopkins School of Public

Health predict that if the increase in obesity and overweight continues to increase at this pace, 75 percent of adults and 24 percent of children will be overweight or obese by 2015.

The research and information studied in this meta-analysis included 20 journal papers, reports and online data sets as well as data from four national surveys. Overweight for adults in the study was defined as having a body mass index (BMI) of over 25, while obese was considered as a BMI over 30. Children at risk for being overweight were classified as being in the 85th percentile of BMI, and those at risk for being obese in the 95th percentile.

The study found that:

- More than 66 percent of United States adults were overweight or obese in 2004.
- Women between the ages of 20-34 had the fastest increase rate of overweight and obesity.
- About 80 percent of black women over the age of 40 are overweight, and 50 percent can be classified as obese.

- Asians generally have a lower obesity prevalence than other ethnic groups. However, Asians born in the United States are four times more likely to be obese than those born overseas.
- Less educated people have a higher prevalence of obesity than other groups, with the exception of black women.

The analysis showed patterns of obesity or overweight for various groups of Americans. All groups consistently increased in obesity or overweight prevalence, but the increase varied by group, making this public health issue complex. More research needs to be completed to look into the underlying causes," says May A. Beydoun, coauthor of the study and a postdoctoral fellow in the Bloomberg School of Public Health's Department of International Health. "Obesity is likely to continue to increase, and if nothing is done, it will soon become the leading preventable cause of death in the United States."



EXERCISE FOR KIDS

WHY IS EXERCISE IMPORTANT?

Most children love to run, jump, climb and play games. Outdoor activities give kids the opportunity to use up some of their energy, develop coordination, and build strength and confidence. Unfortunately, computers, video games and television, are taking up more and more of children's leisure time. As our kids spend more time inside involved in sedentary activities, they are at higher risk for becoming overweight, feeling tired or lazy, and losing muscle tone.

HOW MUCH EXERCISE DOES MY CHILD NEED?

It is recommended that children get at least 60 minutes of exercise every day. It does not have to be done all at once. Short 10 to 15 minute spurts of activity works well too. If your child is not used to exercising very much, have him or her work up gradually to this level of activity.

HOW CAN I HELP MY CHILD GET MORE EXERCISE?

- Try to be a role model. Children that are part a family that has fun doing activities together learn to love the feeling of being active. If you have fun exercising your child will notice and want to do it too. However, do not encourage your child to do adult types of exercise that are not suitable for children such as using a treadmill, stair-stepping, power walking, endurance running, or weight-lifting.
- Join a team. Encourage your kids to get involved in school sports, dance classes or gymnastics. Basketball and soccer are good sports for even young children to learn. If your school doesn't offer anything, try community resources, such as YMCA or your local parks and recreation district.
- Try to find an activity your child enjoys. Be sensitive to your children's feelings. If your child feels uncomfortable playing certain sports or exercising in front of a group, try to find something that is more suitable. If the exercise is not fun, your child will not do it.
- Find a program for your overweight child. If your child has been diagnosed as severely overweight, you can check with your health care provider or child's school to see if there is a local exercise group or program that works with overweight kids.



WHAT IF MY CHILD DOESN'T LIKE TEAM SPORTS?

For children that don't want to participate in organized sports or classes, finding ways to get them moving can be more of a challenge. However, there are some forms of exercise that can be done alone or with the family.

Your child may enjoy:

- Biking
- Walking or hiking
- Skating
- Swimming
- Tennis

Do some activities as a family. If there is time in the evenings, you can go out for a walk. Smaller children enjoy riding or skating alongside their parents as they walk or jog. You could also go out after dinner and play a game of catch, jump rope or hopscotch. Kids are often more willing and excited to exercise when mom, dad or older siblings are doing it with them. Try to plan weekends where the whole family participates in doing something active.

Active chores can also get kids moving, such as:

- Raking leaves
- Washing the car or windows
- Sweeping
- Vacuuming
- Walking the dog
- Simple gardening

For those children, that are very resistant to outdoor exercise, consider exercise videotapes developed just for kids. There is a wide selection of these tapes and your child may prefer this type of activity.



ACUTE BRONCHITIS

What is acute bronchitis?

Bronchitis is swelling and irritation in the air passages that connect the windpipe with the lungs. With acute bronchitis you usually have a cough that produces phlegm and pain behind the breastbone when you breathe deeply or cough.

How does it occur?

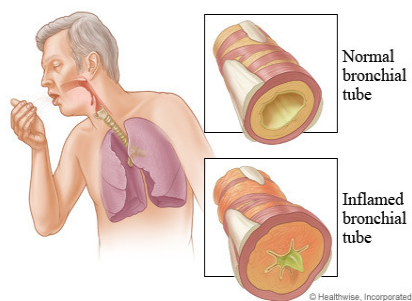
Bronchitis often occurs with viral infections of the respiratory tract, such as colds and flu. Bronchitis may also be caused by bacterial infections. It may occur with childhood illnesses such as measles and whooping cough.

Attacks are most frequent during the winter or when the level of air pollution is high.

Infants, young children, the elderly, smokers, and people with lung or heart disease are most likely to get acute bronchitis.

What are the symptoms?

Symptoms may include: a deep cough that produces yellowish or greenish phlegm, pain behind the breastbone when you breathe deeply or cough, wheezing; feeling short of breath; fever; chills; headache; sore muscles.



How is it diagnosed?

Your health care provider will examine you and ask about your symptoms. You may have tests, such as:

- a test of phlegm to look for bacteria
- chest x-ray
- blood tests

How is it treated?

Acute bronchitis often does not require medical treatment. Resting at home and drinking plenty of fluids to keep the mucus loose may be all you need to do to get better in a few days. If your symptoms are severe or you have other health problems (such as heart or lung disease or diabetes), you may need to take antibiotics.

How long will the effects last?

Most of the time acute bronchitis clears up in a few days. Your cough may slowly get better in 1 to 2 weeks.

It may take you longer to recover if:

- You are a smoker
- You live in an area where air pollution is a problem
- You have a heart or lung disease
- You have any other continuing health problems

How can I take care of myself?

You can help yourself by:

- following the full treatment your health care provider recommends
- using a vaporizer, humidifier, or steam from hot water to add moisture to the air
- drinking plenty of liquids
- taking cough medicine if recommended by your health care provider
- resting in bed
- taking aspirin or acetaminophen to reduce fever and relieve headache and muscle pain (no one 18 years of age and under should take aspirin because of the risk of Reye's syndrome)
- eating healthy meals

Call your health care provider if:

- You have trouble breathing
- You have a fever over 101°F (38.3°C)
- You cough up blood
- You don't begin to feel better in 3 days
- You have any symptoms that concern you

How can I help prevent acute bronchitis?

To reduce your risk of getting a respiratory infection:

- Do not smoke
- Wash your hands often
- Get regular exercise
- Eat healthy foods

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