

## THE “SHRINKING” CLASS OF 2011

N.C. TEEN SPEAKS OUT ON SUCCESSFUL WEIGHT LOSS PROGRAM BY PATRICK DETWILER

North Carolina ranks fifth in the nation in childhood obesity, according to the North Carolina Department of Health and Human Services. However, a grant from the Obici Healthcare Foundation is helping to change that statistic through a youth-focused weight-loss program called Eat Smart, Move More at the Gates County Medical Center in Gatesville, NC.

The program is already seeing success. A graduate from the first and second classes, Stephen Faison, 18, successfully lost 20 pounds by changing habits that hindered his weight loss. His weight dropped from 263 to 243 pounds, and he has plans to lose 10 more.

“Besides eating more salads at lunch and dinner, I drink a lot more water and only drink sweet tea on special occasions,” Faison said. “We learned through the program that soft drinks and fruit juices are high in sugars, and they add a significant amount of calories that aren’t necessary.” These are lessons learned from the nutrition component of the program.

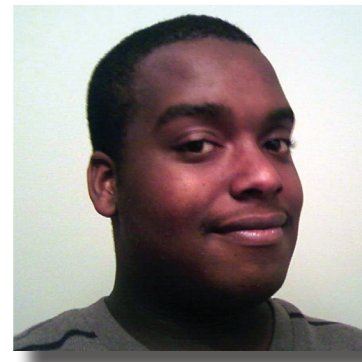
Because of Eat Smart, Move More, Faison also learned that exercise can be fun. His class was introduced to many active group exercises like Zumba and kick-boxing. The Move More classes have become so popular and beneficial that other Gates County High School athletes, including the cheerleaders, attend.

“...Faison’s involvement encouraged his mother to develop healthier eating habits...”

“I was surprised that exercising does not have to be boring,” Faison said. “I go to the YMCA, join their group exercises and now spend more time playing basketball with my friends than watching TV.”

Faison’s involvement encouraged his mother to develop healthier eating habits. By making healthy activities and healthy eating a family lifestyle, Faison’s mother lost weight too. She joins her son for walks and helps him reach his weight loss goals by stocking the refrigerator with healthy foods like yogurt and vegetables.

The Adolescent Care Center administers the Eat Smart, Move More grant and is a school-based health center that provides comprehensive health services to the youth of Gates County. Rayette Pollard, MD, GCMC Medical Director, said, “Encouraging and guiding our youth to take an active and conscious role in their health affects our entire community’s future. Together, we’re fighting obesity.”



Stephen Faison lost 20 pounds while participating in Eat Smart, Move More.



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# ON THE MOVE WITH B.J. WILLIE:

Parental Influence Goes a Long Way BY RICK SPENCER

**B.J.** Willie is a role model for being active. He gleefully follows the physical activity regiment recommended by the Centers for Disease Control and Prevention (CDC).

The agency suggests that adults do two types of physical activity each week to improve health: aerobic and muscle strengthening.

Adults need 2.5 hours (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

B. J. works out six days a week by running, lifting weights and “shooting a few hoops” with his son.

B. J. Willie is the owner of B.J. Willie State Farm Insurance and a member of the Obici Healthcare Foundation Board of Directors. He can be found three mornings per week at the East Suffolk Recreation Center lifting weights with his barber, who doubles as his personal trainer.

Brisk runs that last from 3-5 miles occupy the other early morning hours. “Running has been a routine that I’ve enjoyed for the past 20 years,” he reflected.

Basketball is another important past time he experiences with his son, Breon, who is a senior and guard on the Nansemond-Suffolk Academy Varsity Basketball Team.

In addition to attending Breon’s games, father and son engage in competitive bouts of one-on-one basketball.

“When it comes to inspiring the next generation, B. J.’s work ethic and love of being active is an inspiration for us all,” said Gina Pitrone, Foundation Executive Director. “An aggressive workout schedule is one of the ways he has been able to maintain a healthy lifestyle.”

...“When it comes to physical activity, B. J.’s work ethic and love of being active is an inspiration for us all;...”



*B.J. Willie’s commitment to fitness helps motivate his son, Breon, to stay active. B.J. Willie is a member of the Obici Healthcare Foundation Board of Directors and owner of B.J. Willie State Farm Insurance on Constance Road in Suffolk.*

## BMI, WAIST CIRCUMFERENCE OR NORMAL WEIGHT RANGES



### Defining obesity

Understanding your weight risk is important but may be confusing.

Obesity has been defined by the Centers for Disease Control (CDC) as weight at least 20% above the weight corresponding to the lowest death rate for individuals of specific heights, gender and age; or as excess weight carried around your waist. There is also the BMI (body mass index) calculation.

Obesity can lead to many serious diseases such as hypertension, Type II diabetes mellitus, coronary disease, increased unexplained heart attack, hyperlipidemia, infertility, and a higher prevalence of certain cancers: colon, prostate, endometrial and, possibly, breast cancer.

The Obici Healthcare Foundation is pleased to be involved with many individuals who are working toward a plan for the purpose of addressing and preventing obesity in Suffolk, Virginia.

Visit our website: [www.obicihcf.org](http://www.obicihcf.org) to find more details on using the above measurements for determining if you are as healthy as you could be.

*Suffolk Public Schools was among the recipients of a Obici Healthcare Foundation grant to purchase BioMeasure scales. Teacher Sarah Smith used the device to calculate Shelby Gregory’s height, weight and body mass index in a matter of seconds. Body mass index is another tool used to measure obesity. Shelby is in the 10<sup>th</sup> grade.*