

From: Susan Wilder [mailto:ssw@lifescapemed.com] **Sent:** Saturday, May 09, 2009 9:12 AM **To:** Ruann Ernst **Subject:** RE: Thanks

Kids Sports Stars Lecture

When I was in the military, I recall standing in line behind a couple who were both clearly obese along with their very overweight kids, unloading 2 carts full of large bags of chips, dozens of donuts, gallon tubs of ice cream, large slabs of red meat, liters of sodas, and beer and the last thing they pulled out of their cart, I kid you not, was a can of “Slimfast.” God Bless America!

The obesity epidemic is easy to witness – just go to any school or shopping mall and do a “spare tire” count. We are on track, within a few years, of finding 3 out of 4 of us overweight and 41% obese.

The INCREASE in medical spending due to obesity in the past decade alone is enough to have insured every US citizen for preventive and catastrophic care.

Obesity may not be as compelling a disaster as a major hurricane or terrorist event, but I guarantee it is no less impactful to our nation. Obesity is crippling us economically and physically. We spend more on healthcare than any nation on earth yet rank 32nd in leading health indicators and 28th in healthy life expectancy.

An obese employee will spend on average 30% more on health care and cost their employer substantially in insurance and reduced productivity. If we continue on our current trajectory, our kids, the current generation of American children, will be the first in US history to

suffer a decline in life expectancy, and it will be substantial. We are diagnosing type 2 obesity-related diabetes, cholesterol disorders, and high blood pressure in children who can then expect heart disease and strokes in their peak productive years. We have only to look at disasters like Katrina so understand we value rescue over prevention. We invest less than 3% of our health care dollar on prevention. Truly penny wise and POUND foolish. We are smarter than this!

However, groups around the nation like Kids Sports Stars are coming forward with amazing work and creative solutions to this problem. Obesity is not purely a medical issue, it is a community issue, a business issue, an education issue, a family issue, and a values issue. It is evident in the hundreds of choices we make every day. A patient recently said, “if I had someone who could make me exercise every day and prepare all my meals for me, I’d be fine.” We’re taking learned helplessness to whole new levels. We can do SO MUCH better!

I have a drug that can improve your IQ, libido, memory, prevent breast, prostate and colon cancer, prevent Alzheimer’s dementia, cut the risk of diabetes in half, reduce your blood pressure and cholesterol better than any other drug and prevent heart attacks and strokes, and reduce the number of medications you need with very minimal side effects and NO COST. That “drug” is “vitamin EXERCISE” or REGULAR DAILY ACTIVITY.

Healthful eating is not complicated – eat small portions

of mostly plants, whole grains, and lean sources of protein, stop before you are “full”, avoid sweetened or artificially-sweetened foods or beverages, and drink more water. There is NO QUICK FIX for this. Part of our national dilemma occurred when subsidies of wheat and corn made refined carbs an American staple. Most type 2 diabetics and people with autoimmune disorders like lupus, rheumatoid arthritis, and thyroiditis are gluten intolerant. I witness dramatic life transformations and when people take action to eliminate gluten grains from their diet. It is not easy but it only takes about 2 weeks to change a habit. Once people truly see the rewards of regular exercise and healthy eating, it is self-fulfilling. You only get this bod once – no refunds. Moving towards health is not an all or nothing proposition. We all choose what we put in our mouths, how much we eat, what we drink, and how active we are but people need education, encouragement, motivation, and reward. We desperately need organizations like Kids Sports Stars comprised of passionate citizens willing to take action to assure the health and prosperity of ourselves, our children and our nation for years to come.