



Breastfeeding Reduces Risk of Obesity

Sixty-five percent of adults in the U.S. are overweight or obese. The Center for Disease Control has named four priorities for fighting the obesity epidemic: reduce TV viewing, increase physical activity, increase fruit and vegetables, and – surprise – **increase the rate of breastfeeding.**

There has been a huge increase in the research and evidence supporting the health benefits of breastfeeding, linking breastfeeding in infancy to a reduction of obesity later in life. One study included tens of thousands of children from seven countries. Those children who were breastfed beyond their first birthday decreased their risk of obesity by 72 percent.

What is it about breast milk that has such a preventive impact on weight years later? There are many reasons:

- Breastfed babies have higher levels of the hormone leptin, which helps regulate appetite. When they're full, they can program themselves to

stop eating, whereas bottle-fed babies are often overfed because parents encourage babies to empty the entire bottle. This overeating can increase the number of permanent fat cells.

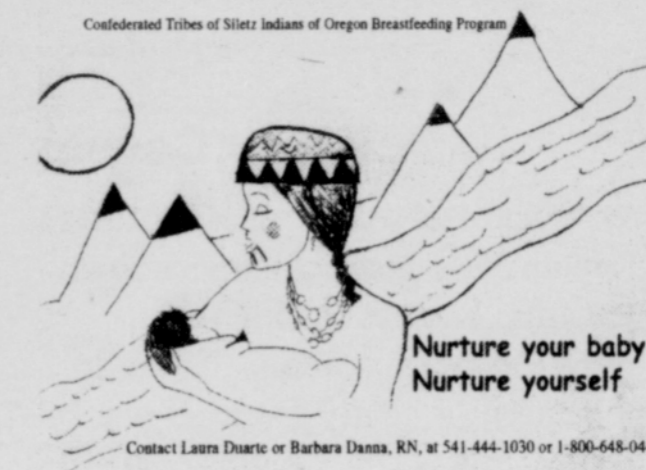
- Formula-fed babies experience changes in their pancreas that breastfed babies rarely experience. This change causes the pancreas to make too much insulin, which can lead to adult obesity.
- Formula is made with sucrose (basically white table sugar), which is much sweeter than lactose, the sugar found in breast milk. So formula-fed babies develop an increased desire for sweet, fatty foods.

It's clear that breastfeeding is not the sole answer to reducing the obesity epidemic in this country. Genetics, diet, and exercise also play a major role. Yet the importance of breastfeeding cannot be denied in light of the sea of research supporting its healthy effect on humans.

Moms and Babies Breastfeeding Circle

2nd Tuesday of each month
6 p.m. – 7:30 p.m.
Housing Department
Conference Room

You're invited to come eat,
visit, and learn about
the many benefits of
breastfeeding.



Sponsored by Siletz Tribal Diabetes Grant

Diabetes Retreat Coming Up

What: Spring 2004 Diabetes Retreat.

Learn how to **take control** of your diabetes. Be prepared for two days of learning, moving, fellowship, and fun.

Who: Siletz Tribal members with diabetes and a support person; others with diabetes who receive their primary health care at Siletz Community Health Clinic (and a support person); interested Siletz Clinic staff members.

When: March 4-5, 2004

Where: Embarcadero Resort, Newport, Ore.

Why: The more you know about diabetes and practice good self-care, the less likely you are to develop the long-term complications that are so often associated with diabetes.

For more details and registration information, contact Darcy Trego, RD, CDE Diabetes Program coordinator, Siletz Clinic, 1-800-648-0449, ext. 647, or 541-444-9647; fax 541-444-1278; e-mail SiletzDM@ctsi.nsn.us.

Medicare Part B Update

by Judy Muschamp

Once again, the Siletz Tribal Council has set aside gaming revenue funds to reimburse tribal elders, **age 65 and older**, or qualifying disabled persons, for Medicare Part B premiums.

It's time for anyone who isn't already covered by Medicare Part B to enroll. You can enroll from Jan. 1 through March 31 for coverage effective July 1.

This is an excellent program for anyone who qualifies and if you live in the 11-county service area, helps the Contract Health Service program by shifting the majority of the cost of physician services to Medicare. Here are answers to some common questions.

Question: What paperwork do you need so I can receive reimbursement?

Answer: I need a copy of your Medicare card. This shows that you're covered by Part B medical. I also need a copy of your benefit statement from Social Security that shows how much per month is withheld from your check.

Mail these copies to Judy Muschamp, CTSI, P.O. Box 549, Siletz, OR 97380.

Question: The Social Security office said I would be penalized if I sign up for Part B now. Will the tribe reimburse me for the penalty too?

Answer: Yes.

Question: I want to add Part B to my Medicare. When can I do that?

Answer: You can sign up for Medicare Part B:

- 1) When you first enroll in Medicare (your initial enrollment period). The initial enrollment period starts three months before you turn 65 and for seven months after.
- 2) Jan. 1 – March 31 of each year (your general enrollment period). If you enroll in Part B during a general enrollment period, it'll be effective July 1 of the year in which you apply. Your Medicare Part B premium will go up 10 percent for

each 12-month period that you could have had Medicare Part B, but didn't take it.

- 3) If you didn't take Medicare Part B when you were first eligible because you or your spouse were working and had group health plan coverage through your or your spouse's employer or union, you can sign up for Medicare Part B during a special enrollment period. You can sign up anytime you're still covered by the employer or union group health plan through your or your spouse's current or active employment, or during eight months following the month the employer or union group health plan coverage ends, or when the employment ends (whichever is first).

Contact the Social Security Administration at 1-800-772-1213 to add Medicare Part B.

Question: When will I receive my reimbursement from the tribe?

Answer: After your initial check is processed, you should receive your regular monthly check the first week of the month.

Question: Is the reimbursement taxable?

Answer: Yes, in some cases the reimbursement is considered taxable income. You will receive a form 1099 from the tribe.

Question: My premium increased in January 2004. Will the tribe reimburse the increase?

Answer: Yes. Mail me the benefit statement you received from Social Security indicating how much your premium increased. Non-penalized premiums in 2004 increased to \$66.60 per month. We need your documents.

If you have any other questions, please call either Amie Williams or me at 1-800-648-0449 or 541-444-1030.