

Warm Springs study

Obesity linked to nutritional inadequacies

The problem of being overweight plagues many people in this nation. But bringing that problem closer to home, obesity on the Warm Springs Reservation is significant enough to be looked at seriously.

Obesity has been found to be linked to many disorders on the body including diabetes, hypertension, gall bladder disease, cardiovascular disease and others. It is basically a nutrition problem.

In working with Indian patients on the Warm Springs Reservation providers of health care have noted a high incidence of obesity. In an effort to quantify the incidence of obesity in all ages, health educator Lee Loomis and nutritionist Karen Gorden enacted a study to gather information.

The purpose after gathering such information from a random sampling is to formulate a plan of action to reduce both obesity and with it disorders related to obesity.

Information gathered from the charts of patients seen at the Warm Springs Indian Health Service clinic from October 1979 to September 1980 provided a source for the study.

Approximately 370 charts of nearly 2,000 were examined in depth for this study. The clinic currently has 6,000 to 7,000 active charts.

It did not matter if the chart belonged to male, female adult or child. The sampling was random. The only information taken from the charts was age, height, weight and gender.

This information was converted to metric equivalents and applied to a formula used to determine an index number. The index number then provided raw data for a graphic

display.

The results of the study show obesity to be a problem in Warm Springs in young as well as old.

Obesity is determined to be 20 percent above ideal weight. The more overweight a person is the higher the risk of disease.

The average for females showed that from birth to two years, normal weight was maintained.

From the years three to five the child goes into overweight. By the time she is six years of age she has become obese and remains so until she becomes a teenager when her weight drops drastically.

As the average girl enters adulthood from 18 to 21 years of age her weight increases to an overweight range and levels

out for the next 15 years. Between the ages of 34 to 39 she again enters the obese range.

The average female is well into obesity between the ages of 40 and 55 after which the weight drops to the overweight range and follows a similar overweight pattern as the male, leveling out at this stage.

Male children, according to the results of the study start out overweight. This is the only time the male weight status exceed that of the female.

By 12 years of age the average male has slimmed down.

Between the ages of 18 and 25 years of age the average male stays fairly trim with slight variations, still in the normal range.

A big jump into the overweight range occurs after age 25. By 30 years of age the

average male is well into this range and he stays there.

Each chart in the study was considered separately and then a norm was established enabling Loomis and Gorden to graph the findings. Some people actually were well below normal weight and some were far beyond obesity on the scale. The graphs indicate the norm for those charts studied. Most patients tipped the scale in the direction of obesity.

In discussion of these findings Loomis and Gorden stated, "Today's dietary intake in this community is one that is dominated by prepared foods, many of which are high in fat and sugar. A high rate of consumption of soft drinks and snack foods is also evident.

"As dietary habits have undergone change so have

levels of physical activity.

From a culture where manual labor, in one form or another, was a way of life, the contemporary worker often is required to expend very little physical effort.

"It would seem that it is very likely that obesity that is so pervasive is due to a combination of major modifications in food intake and physical activity levels.

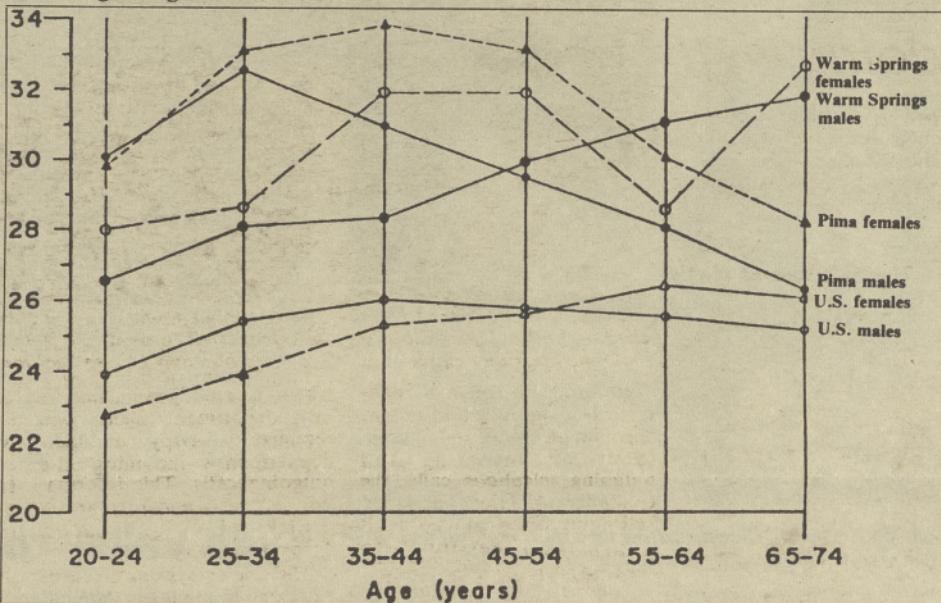
"The lowered incidence of obesity among those in the late teens and early twenties would seem to be closely related to an increased level of activity during these years."

With this index in mind the question rises, "What can be done about obesity in Warm Springs?"

Nutrition education, Loomis feels, is necessary, aimed particularly at pregnant women and parents of young children. The myth that a "fat baby is a healthy baby" must be dispelled.

Aiming a nutrition program at adults above 20 years of age is more difficult. Fad diets don't work. Loomis and Gorden state in their paper, "The basic element necessary to long-term success is behavior change regarding eating habits. ...Nutrition education on an individualized consultation basis would seem to be the primary mechanism for encouraging dietary modifications among this group."

Along with nutrition education, "support and encouragement for patient participation in various physical/sports activities on a regular basis should be promoted by health care providers since activity of this nature can be an effective mechanism."



The mean body mass (Kg/m2 which is a measure of obesity is indicated by numbers on the left. That is compared with the average age of groups studied. A study has found that Pima people rate very high on the average. The normal mean body mass is 20-25 for males, 19-24 for females. The average Warm Springs male and female fall lower on the scale but still higher than the average U.S. male and female.

Seat belts save lives, prevent injuries

Can you improve your chances against injury or death in an auto accident by using your safety belt? According to recent Government studies, the answer is a definite yes. Auto safety belts are about 65 percent effective in preventing death and injury in a crash. In other words, about 18,000 lives in the U.S. could be saved every year if belts were used.

Many people are afraid to use belts because they think they could be trapped in a burning or submerged car. But

actually, chances of escape are much better if you are conscious and uninjured—and belts improve your chances for surviving for escape. Also, only a very small percentage of accidents involve fire-or water-submersion. Safety belts also keep you inside the auto during collisions, and you are safer inside than to be thrown out and forced onto the pavement.

If your safety belt is not holding you down, in a crash the car stops and you keep on traveling until you hit the

dashboard or windshield. At just 30 mph, this is like hitting the ground from a three story building!

Safety belts on child safety seats are even more effective. Studies show that children in safety seats are about 70 percent less likely to be killed or injured in an auto accident.

If auto drivers and passengers can start the habit of using safety belts, they can greatly improve their chances in a crash. A few seconds that it takes to "buckle-up" is well worth the time.

Yikes Yikes Toe Ness Yikes Yikes

These two guys were in the bar discussing life, the first said, "Yep, I had everything a man could ever want money, a handsome home, the love of a beautiful and wealthy woman. Then, bong, one day my wife walked in!" YIKES
SS SS SS

There were these two guys talking, when one said, "My wife is very optimistic about the future. She has already spent my next year's salary." YIKES
SS SS SS

A nice beautiful coed had to write a paper for her English course on "How I Spent My Last Vacation." It must have been a dandy because she and her professor left for a two-week vacation in the mountains. YIKES
SS SS SS

CONFUCIUS SAY: Old maid count on fingers, but young girl count on legs! YIKES
SS SS SS

A professor told one of his sexy looking girls that she was about to fail history. She started mumbling and said, "I'd do anything to pass." "Are you doing anything Saturday night?" The handsome professor asked. The girl answered, "Oh, no sir!" "Well, then, that would be a good time to study your history." YIKES
SS SS SS

There was this personal ad in the newspaper which read, "Tex. Thank you for a beautiful evening. Call as soon as you learn to swim. Waterbed all fixed. By the way, why did you leave your spurs on?" YIKES

SS SS SS

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