

Obesity rates still rising

By Peggy Korody, RD

Earlier this month the Centers for Disease Control & Prevention (CDC) published the latest obesity statistics for U.S. adults. The report shows that some states are holding steady but in other states the obesity rates are still rising. In 2007 the obesity rate was 25.6 percent for U.S. adults. In 2008 the obesity rate increased to 26.1 percent. Healthy People 2010, a consortium of Federal, business, and community agencies, has set a goal to reduce obesity in the U.S. to 15 percent or less by 2010. We have a lot of work in front of us to



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Nutrition and you

reach this goal.

How is obesity defined? Obesity is defined as having a Body Mass Index (BMI) > 30. BMI is a calculation that takes into consideration your height and weight. The National Heart Lung & Blood Institute has an easy to use BMI calculator on their website at www.nhlbhsupport.com/bmi.

Why is obesity such a major concern? Obesity can lead to coronary heart disease, type 2 diabetes, certain cancers (endometrial, breast, colon), hypertension, high total cholesterol and triglycerides, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and gynecological problems. The costs related to obesity were estimated in 2000 as approximately \$117 billion. The CDC estimates that medical expenses for obese workers, depending on severity and sex, range from 29 percent to 117 percent greater than expenditures for normal weight adults.

The factors that lead to obesity are environment, family history, genetics, metabolism, behavior and habits. Some of these we cannot change, such as family history and genetics. But the others we do have control over. For example, Mississippi has ranked number one for the past five years, with 32.8 percent obese adults. Environment and habits play a role in this statistic because the traditional "Southern Diet" is high in fat and fried foods. On the other hand, Colorado is this only state in the nation with less than 20 percent of adults being obese (18.5 percent). Once again environment plays a role because Colorado is known as a state that gets out to exercise with many hiking and biking trails. Also, the high altitude does increase your metabolism a bit. Looking at California we are 35th with 23.7 percent obese adults. With our sunny environment there should be no excuse to get out and move. From the beach to the mountains, there is plenty to do.

Let's look at some things we can change, such as our diet. Calories consumed on a daily/weekly basis affect our weight. To maintain weight, your calories in and calories burned should be the same. To lose weight you need a negative calorie balance. A good way to achieve this is to eat a little less and exercise a little more. Weight gain is a result of consuming more calories than you burn. Personally, I don't count calories — too time consuming. Portion control is much easier. However, please note the serving sizes at restaurants are not true portions! We'll go more into detail on portion size in a future column. Also, remember food with color, fruits and vegetables are lower in calories than high fat items. Aim for half of your plate to be colorful, a fourth starch, and a fourth protein. Also, we need 25-32 grams of fiber in our diets each day. Fruits and veggies help to achieve this goal. Another good tip is to make at least half of your daily grains whole grains. Look for the word "whole" on the ingredient list of the nutrition label.

Daily physical activity is very important. The more active you are, the more efficient you will be at burning calories. Physical activity helps to build muscle, which burns more calories on a daily basis than fat. You should aim to do some sort of physical activity every day. The recommended total amount of activity is 30-60 minutes per day, but you can break it up into 15-minute intervals if that works better for your schedule.

As a Registered Dietitian I would love to see our state of California reach the Healthy People 2010 goal of 15 percent or less obese adults.

Portion control, eating colorful foods, and physical activity are all things we can do to improve our BMI. Maintaining a healthy weight is not just for looks, it helps to reduce the many risk factors for so many diseases and unhealthy conditions.

Once again I will be offering my three workshops, Jumpstart Your Metabolism, Heart Health Nutrition, and Nutritional Myths, through the San Dieguito Adult School. The classes will be held in Encinitas this September. If you are interested visit the San Dieguito Adult School website at www.sdadulted.com and go to the "Fitness & Health" section.

Peggy Korody is a Registered Dietitian and owner of RD4Health Nutrition Counseling, LLC in Rancho Santa Fe. For more information on services offered please visit RD4Health.com or email pkorody@RD4Health.com.

Mama's Kitchen to present 14th Annual Wine Tasting event

Mama's Kitchen will present its 14th Annual Wine Tasting event on Thursday, Aug. 20, at Bourbon Street, a popular bar located in San Diego's neighborhood community of University Heights. Proceeds from the event will help fund Mama's Kitchen's home-delivered meals program for people suffering from HIV/AIDS and other critical illnesses in San Diego County.

The evening will feature wine tastings poured throughout the evening with food pairings designed for each pour by California Cuisine. A silent auction featuring San Diego's hottest spots and finest dining and Wine Vault 52 card drawing with a chance to win 25 bottles of premium wine.

The wine tasting event is from 6-9 pm. Tickets for the event are \$55 before the event and \$65 at the door with all proceeds benefiting Mama's Kitchen. For further information and to purchase tickets please visit our website at www.mamaskitchen.org or call Aimee Halfpenny at (619) 233-6262 ext. 113.



The Villas at Rancho Valencia

The Villas at Rancho Valencia: The finest in Southern California living

The Villas at Rancho Valencia — A Timbers Resorts Residence Club, offer the finest in Southern California living. Set in the stylish resort of Rancho Valencia Resort and Spa in tony Rancho Santa Fe, The Villas provide an inviting environment for entertaining family and friends; engaging in an array of activities from tennis to croquet to golf; treating yourself to a massage at the spa; or simply relaxing poolside or in the privacy of your Villa.

Just 25 miles from San Diego and five miles from Del Mar beaches, Rancho Valencia Resort and Spa is renowned for its internationally acclaimed hospitality, world-class amenities and cutting edge cuisine from Auberge Resorts.

Owners delight in the comfort and intimacy of this one-of-a-kind community. Just 12 private villas are nestled on 40 acres of rolling hills and lush landscaping. The three-bedroom, three-and-one-half-bath residences are a spacious 3,500 square feet, complete with jetted plunge pools, private terraces, indoor and outdoor fireplaces, and the finest appliances and furnishings throughout.

In residence, owners enjoy a private clubhouse and pool and unlimited access to the services and amenities of the resort. The resort is a lively setting with frequent events and activities especially for owners and their guests. In June, Rancho Valencia celebrated its 20th anniversary with a White Weekend in honor of its legacy as John Gardiner's Tennis Ranch. Torrey Pines and other championship golf courses are mere minutes away — where the fairways are as beautiful as the endless blue sky. A visit to the Del Mar Thoroughbred Club is a popular draw during the summer horseracing season. Surfing the breaks along the coast complemented by beachside picnics beckons year-round.

The Villas are available through the private residence club program, an unprecedented ownership opportunity in Rancho Santa Fe. Pioneered by Timbers Resorts, residence club ownership is a practical and convenient way to own a luxurious vacation home of the highest quality without any of the hassles of second-home ownership. When you own at The Villas at Rancho Valencia, all upkeep, maintenance, security and other needs are handled by the attentive staff. Before your arrival, your clothing and personal items are in your Villa, your refrigerator and pantry are stocked, and you can begin enjoying your vacation immediately. And when you leave, you can rest assured knowing your residence is being cared for, kept clean and well maintained until your next visit. Ownership at The Villas at Rancho Valencia may indeed be the best way to own a second home in Southern California.

Ownership in The Villas at Rancho Valencia ensures your place within the sanctuary of this luxurious resort — where every comfort and luxury awaits and your family can relax, restore, and start thinking about what tomorrow holds.

To learn more, call 888-400-9831 or visit www.villasranchovalencia.com

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