

WELLNESS COUNCIL of WEST VIRGINIA E-Mail Newsletter

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Sharon Covert
Executive Director
sharon.covert@wvdrs.org

Barbara Graley
Administrative Assistant
barbara.graley@wvdrs.org

Patty Deutsch
Tobacco Director
patty.deutsch@wvdrs.org

Sue Webster
Tobacco Coordinator
sue.webster@wvdrs.org

Toni West
Tobacco Project Assistant

Does BMI Really Tell You What You Need to Know?

According to the March 2006 edition of *Consumer Reports on Health*, researchers have relied on Body Mass Index, or BMI, as a standard measure of the effect of obesity on health. However, the article also reveals that this calculation, (your weight in pounds, multiplied by 703, divided by the square of your height in inches), is not always the best measure. (No need to do the math, go to www.cancer.org and search "BMI", the link for the ACS BMI calculator will come up.)

The first rule individuals learn when beginning an exercise program that requires weighing regularly is that muscle is heavier than fat. Therefore, weight lifters with big necks have often "suffered" from high BMI's when, in fact, their actual body fat is low. Furthermore, as the *Consumer Reports* article also indicates, belly fat—rather than fat around the hips and bottom—poses a particular risk for diabetes, heart disease and certain types of cancer. BMI doesn't take into account where excess body fat is stored on the frame; it simply measures what it measures.

BMI is a quick way to get a general idea about the weight of a large number of people. However, only health screenings, risk appraisals and other more detailed data gathering can give you "the rest of the story" about obesity.

WCWV, AHA and Jackson Kelly Paint the Town Red!

The February 1st "Go Red" reception at Jackson Kelly's Charleston offices was a terrific success! Over 120 individuals RSVP'd for the event but it is estimated that approximately 150 actually attended! Red wine and dark chocolate were available for "heart smart" tasting as were healthy foods. Comment card indicated that those present would like to see these events become more frequent--quarterly or monthly! Thank you to the Kanawha Valley Regional Chapter for supporting this event!



INFOPOINT TRIVIA WINNER for January!

Congratulations to

Joyce Luckey with Novelis Corporation

who is the winner of the

February InfoPoint Trivia contest!

Congratulations!
Congratulations!

The Department of Natural Resources in Charleston, (Mike Bryant sent in the winning photos), won the "Go Red" photo contest! Thank you to all who entered!

WELCOME NEW MEMBERS

The Wellness Council of WV would like to welcome the members below who have recently joined our ranks. Have you referred a new member to the Wellness Council of WV? You can receive a \$25 gift certificate to Amazon.com for any new member who mentions your referral!

Steptoe & Johnson PLLC

Wheeling

AARP

Charleston

HIMG

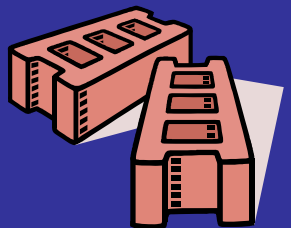
Huntington

Bowles, Rice McDavid Graff & Love, LLP

Charleston

HELP!

Help! Our name is a brick & we're drowning slowly! The *Worksite Wellness Tobacco Policy Project* has become a name that we no longer wish to live up to! The Wellness Council of WV is officially soliciting new names for the WWTPP. Go our website at www.wcwg.org and click on "Worksite Wellness Tobacco Policy Project" to see more of what we do. All entries are due no later than **Noon on March 15th**. The winning entry will receive one night of free lodging at the Charleston Marriott for the 20th Annual Governor's Conference on Worksite Wellness! (Send your suggestions to info@wvwellness.org.)



"Oh, my aching back!"



If that is how you often feel, a research study funded by the National Institutes of Health and headed by Kimberly Williams, PhD in West Virginia University's Community Medicine department is looking for you. The goal of the study is to compare the relative effectiveness of yoga therapy and standard medical care in alleviating chronic low back pain.

To be eligible, you must have recently had lower back pain that comes and goes over a three month or longer period. People who are chosen will be randomly placed into either a group that continues to receive standard medical care or a yoga therapy group that attends yoga classes twice a week for 24 weeks. Non-yoga group members who follow the study's rules will be eligible for free yoga therapy classes once the study is over. If you are insured by PEIA, The Health Plan, Mountain State Blue Cross Blue Shield, or Monongalia Health Systems and suffer from chronic lower back pain, call Jeanne Goodman at 304 293-BACK (2225) to find out if you qualify to join this free study. No previous experience with yoga is needed.

GOOD READING!



Mayo Clinic's Women's HealthSource newsletter for March 2006 has an interesting article on page 1 called, *Sex-Based Health, The Underlying Differences Between Women and Men*. In the article statistics are given stating that the ratio of women to men affected by common conditions such as Alzheimer's disease, Autoimmune disease, Depression, Migraine, etc. are at least 2:1. Furthermore, the article lists the Top Health Threats for Women as: Heart Disease, Cancer, Stroke, Chronic Obstructive Pulmonary Disease (COPD) and Alzheimer's disease. For men they are: Heart Disease, Cancer, Accidents, Stroke and COPD. For more information go to www.mayoclinic.com.