

- EL AVISO -

August 2004

HOW TO HELP PREVENT CHILDHOOD OBESITY

The prevalence of childhood obesity in the United States has risen dramatically in the past several decades. Although 25 to 30 percent of children are affected, this condition is under-diagnosed and under-treated.

Evaluation of obesity in childhood is important for several reasons.

- First, it offers the best hope for preventing disease progression with its associated problems in adulthood.
- Second, while genetic and hormonal causes of obesity are rare, they do warrant consideration in obese children. In addition, obesity has a negative impact on the self-esteem of children and adolescents, which may have significant implications for long-term happiness and success in life.
- Finally, directed sessions that emphasize healthy eating and exercise habits for children and their families may have lasting effects on the lifestyle of these patients.

Obesity tends to "track" throughout life, meaning that its presence at any age will increase the risk of persistence at subsequent ages. While most obese infants will not remain so, they are at increased risk of becoming obese children. These children are in turn more likely to become obese adolescents, who are then very likely to remain obese as adults. Because obese children may suffer life-long physical and emotional consequences, it is imperative for parents to discuss prevention during well-child examinations. All obese children should be screened for cardiac risk factors, as well as for possible orthopedic, dermatologic and psychiatric care.

Treatment should be initiated when the trend in increasing weight obviously surpasses the trend in increasing height. Treatment plans should include reasonable weight-loss goals, dietary and physical activity management, behavior modification and family involvement, which may include weight loss in the parents.

Since the 1960s, several large, nationally representative surveys have assessed the prevalence of obesity in children. (These include the National Health Examination Survey Cycles I to III and the National Health and Nutrition Examination Surveys I to III.) From these surveys, the prevalence of childhood obesity is estimated to be 25 to 30 percent. Furthermore, over the years encompassed by these surveys, the prevalence of obesity has increased by 54 percent in children six to 11 years of age and by 39 percent in adolescents 12 to 17 years of age. The prevalence of severe obesity jumped 98 percent and 64 percent within these groups, respectively. Hispanic, Native American and black patients tend to be more affected than other populations.

WHY ARE MORE CHILDREN OVERWEIGHT?

Very few children become overweight because of an underlying medical problem. Children are more likely to be overweight if their parents are obese. But genetic factors are thought to be less significant than the fact that families tend to share eating and activity habits. In other words, most children put on excess weight because their lifestyles include an unhealthy diet and a lack of physical activity.

It is certainly easier than ever before for children to become overweight. High-calorie foods, such as fast food and confectionery, are abundant, relatively cheap and heavily promoted specifically at children.

Cont'd ►

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

► Exercise is no longer a regular part of everyone's day – some children never walk or cycle to school, or play any kind of sport. And it is not unusual for children to spend hours in front of a television, video games or a computer.

WHAT IS A HEALTHY WEIGHT FOR A CHILD?

Parents may find it difficult to tell whether their child has temporary "baby fat" or is genuinely overweight. In adults, a simple formula (the body mass index or BMI) is used to work out whether a person is the right weight for their height. However, BMI alone is not an appropriate measure for children - it has to be used alongside charts that take into account the child's rate of growth, sex and age - and is best interpreted with the help of your health care provider. It is possible to measure the proportion of a child's weight that is made up of fat. Generally speaking, a child's weight is classed as obese when their body weight is more than 25% fat in boys and 32% in girls.

MAINTAINING A HEALTHY WEIGHT

Expert advice is that most children who are overweight should not be encouraged to actually lose weight. Instead they are encouraged to maintain their weight, so they gradually "grow into it" as they get taller. Children should never be put on a weight-loss diet without medical advice as this can affect their growth. Unregulated dieting – particularly in teenage girls – is thought to lead to the development of eating disorders. No drug treatment has been proven effective in the treatment of weight problems in children. Helping children to achieve and maintain a healthy weight involves a threefold approach that encourages them to:

- eat a healthy, well-balanced diet
- make changes to eating habits
- increase physical activity

The good news is that all the evidence shows that it is much easier to change a child's eating and exercise habits than it is to alter an adult's.

CHANGES TO EATING HABITS

- Try to set a good example with your own eating habits.
- Provide meals and snacks at regular times to prevent "grazing" throughout the day.
- Don't allow your children to eat while watching TV or doing homework.
- Make mealtimes an occasion by eating as a family group as often as possible.

- Encourage children to "listen to their tummies" and eat when they are hungry rather than out of habit.
- Teach children to chew food more slowly and savor the food. They will feel fuller more quickly and be less likely to overeat at mealtimes.
- Do not keep lots of high-fat, high-sugar snack foods in the house.
- Do not make outings for fast foods part of the weekly routine.
- Try to get children involved in preparing food as this will make them more aware of what they are eating.
- When children who need to improve their eating habits are old enough, it may help them to keep a food diary, recording what and when they eat. It's important to be aware of snacking "danger times" and find strategies to divert attention away from food, or towards a healthier option.

PHYSICAL ACTIVITY

Doctors recommend a gradual increase in physical activity, such as brisk walking, to at least an hour a day. Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Families can plan outings and events that allow and encourage everyone in the family to be active.

- Encourage walking to places such as school and the shops, rather than always jumping in the car.
- Suggest going to the park for a kick around with a football, or a game of Frisbee, etc.
- Visit a local leisure center (Española/Taos) to investigate sports and team activities to get involved in.
- Make exercise into a treat by taking special trips to an adventure play park or an ice skating rink, for example. Involve the whole family in bike rides, swimming and in-line skating.
- When it is safe to do so, teach your child to ride a bike.
- Reduce the "physical in-activity" time, such as watching TV or playing computer games to no more than 2 hours a day or 14 hours a week.

Community Events - August 2004

RIO ARRIBA COUNTY FAIR- August 12-14

New Fairgrounds: 1 mile east on State Rd 554, turn off to El Rito. 4-H & many Events. Call County Extension 685-4523

FAMILY FUN DAY, August 15, at Ghost Ranch

Hwy 84 north of Abiquiu. Free Dinner, call 685-4333, ext. 191.

Announcements & News Briefs



Welcome to

Raymond Munholland, Certified Nurse Practitioner, who began working for Las Clinicas on July 26th. Ray received his CNP from Duke University in 1998.

After having been a lawyer for many years on the east coast, Ray and his wife Ruby decided to change their lives. With both having grown children, they began traveling toward the west that they always wanted to see, spending time in Montana and Minnesota. Ray, wanting to find a career that was equally practical and fulfilling for him, then decided to pursue a Nurse Practitioner degree at Duke University. Ruby's glowing interest in New Mexico brought them here, where Ray began working in Cuba for Presbyterian Medical Services and then for the Presbyterian Medical Group in Albuquerque. Now living in La Mesilla in Espanola, a love of hiking, the land and sky and the cultural diversity of northern New Mexico brought them north.

Trish Espinoza is back with Las Clinicas, working in the Ojo Caliente Billing Department. And sorry to say, **Rebecca Salazar**, Pharmacy Technician and **Ramona Moya**, Medicaid Eligibility Outreach worker, have left Las Clinicas.

Correction: There was a mistake last month in not naming our Pre-Med student, **Meghan Martinez**, who was here from the University of New Mexico's medical program, helping the nurses in El Rito.

The *Web Enabled Community Health Care* project, funded by the Con Alma Health Foundation, has been active this summer. The GPS mapping field trip in El Rito resulted in a photo illustrated database with the location and photos of homes where the project will be providing computers and Internet connections.

The *theater workshop* has begun. Roselia Triana, the head of theater at NNMCC and Ketevan Ussery have begun doing weekly theater workshops that will extend into the school year. Jonathan Cartland, also of NNMCC, is helping the youth build Web sites that will be displaying out activities. We need more youth participating.

Come join the fun! Call 581-4728 ext. 444 or e-mail wireless@lcdn.org to find out what's happening next.

⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728

Las Clinicas 24-hour Emergency Number – 1-888-678-6160
El Rito

Las Clinicas del Norte Board Meeting – every 3rd Monday, 7 pm, El Rito clinic Community Room

El Rito Library – Tues, Wed, Thurs, 11 am – 6 pm, and Sat, 11 am – 3 pm.

El Rito Library Board Mtgs. – every 2nd Wed, 6:30 pm at Library

AA Meetings El Rito – Tues, & Thurs, 7:30pm –8:30pm, at Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

El Rito Fire Dept. Mtgs. – every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public

Tutoring –El Rito Save the Children Ctr, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind the Martins Store Gas Station

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire Department.

Al-Anon Meetings Abiquiu – Monday, 5:30-6:30 pm, Abiquiu clinic, contact numbers, 581-4471 or 685-4503

Abiquiu Library – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm and Sunday, 9 am – 12 noon, located on the Plaza

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. – every 1st Wednesday, 7 pm, Ojo Caliente Fire Dept.

Medanales

Medanales, Rio Chama, Tierra Azul Community Mtg. – every 1st Mon, 7 pm, Medanales Comm. Ctr., ph.# 685-9416

Northern New Mexico Community College Northern News

August 2004

3-11 - *Wilderness First Responder Class*

(Cost for class \$257.00) for more information please contact Ms. Ellen Trabka @ 747-2209

14-19 - Open registration for Fall Semester

22 - Dorm Check-In, 3-5 PM at South Dorm

23 - Classes Begin

The Adobe and Auto Programs will be offering short-term classes. Please check out the web site for more details or contact our Instructors at the following numbers.

Automotive Department, Gil Sena - 581-4135

Adobe Department, Quentin Wilson - 581-4156



► **NNMCC**

Our 1st week long Spanish Emersion Class was a huge success, and we plan to continue these Spanish classes every semester. We would like to thank our instructor Mr. Alejandro Lopez for a job well done. For more information on the next emersion class, please feel free to contact Dr. Dorothy Duran at 581-4115.

For more information on classes or registration, contact Donald Martinez at 581-4120.

EL RITO LIBRARY

Ph. 581-4608

Our hours are:

**Tuesday, Wednesday, Thursday 11:00 a.m. to 6:00 p.m.
and Saturday 11:00 a.m. to 3:00 p.m.**

**SUMMER READING PROGRAM -
"READiscover NEW MEXICO" and the
SUMMER STORY HOUR**

The Summer Reading Program was a great success! We had fourteen kids participating and six who finished the program. A party was given to the kids on July 31, 2004 along with T-Shirts and Gift Certificates. We would like to congratulate the Top Readers: Age 10 to 13 - Sierra Cook, Mariano Trujillo and Carmelita Trujillo; Age 6 to 8 - Mali Snyder, Marisol Archuleta and Hana Snyder. GREAT JOB KIDS!!

The success of the Summer Story Hour could not have happened without our Volunteer Readers who read to the children. These volunteers deserve a BIG THANK YOU! The volunteers were: John Caster, Dominic Trujillo, Christine Trujillo, Coleen Atkinson, Andrea Vigil, Andria Gallegos, Carmen Campos, Marbella Martinez, Renee Gregorio, Lynn Nequin and Angel Gallegos. Thank you Readers for contributing your time for our great kids. Last but not least, a BIG THANK YOU to Charles Bayly for purchasing the books for the children to read at the Summer Reading Program and the Summer Story Hour. Thank you to Charles Bayly and

Cilla Mays who coordinated the readers, who were here on Saturdays to make sure the Library Doors were open for the Summer Story Hour and all the hard work. A SPECIAL THANK YOU to Jason Grenier who was here every Saturday to help the kids with arts and crafts during the Summer Story Hour and who was wonderful with the kids. Last but not least, thank you to Joan Tollefson and Cilla Mays for going over to the El Rito Elementary School and talking to the kids about our two programs for the summer.

New Arrivals

Books: Roots Jam, Roots Jam 2, and The Better World Handbook

Videos: African Beats and Sweet and Lowdown

Adult Literacy Program

The Adult Literacy Program has a new Coordinator. Josephine Martin has been hired to coordinate tutoring, tutor training, spanish classes and basic computer skills. Josephine has lived in El Rito for over twenty years and knows the people here in El Rito and the surrounding communities. Welcome Josephine!

We are looking for volunteers who would like to be trained as tutors. We are planning a training session sometime this fall in English as a Second Language (ESL). If you can donate one to two hours a week to help someone read and/or write, please contact the Library or Josephine Martin. The Adult Literacy Program is funded by the New Mexico Coalition for Literacy (NMCL).

Donations and fundraisers are what keep your Library open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530. Don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the "Friends of the Library". Contact Joan Tollefson at 581-9103 for more information.

ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

The Summer Reading Program participants made Tortillas! Thanks to Dexter Trujillo, the children have an actual experience to remember about the time they all made tortillas together. There were about 18-20 children. Can you imagine? What Fun! We were also happy to welcome the Wildlife Center who rehabilitates all types of animals and educates on responsible co-existence between human and wildlife populations in these areas. Prior to that the Rio Grande Zoo to You Van gave a Free presentation of their animals. The children learned some new facts about ferrets, geckos, frogs, alligators, turtles, hedgehogs, owls, lions, zebras, giraffes, elephants and parrots which included real skins and live animals. They even got to pet a live snake! They are sure to love this type of entertainment!

As of yet, we have not had talent sharing communication with any Artist in the Abiquiu area who is willing to spend ONE Day with these children for crafts and skill building techniques. Our plea began two months ago and, unfortunately, has not had a single response. The Studio Tour awarded a donation for materials which we would like to share on such hot, long days. Remember-the time you give is Free not to us but to the children. You have so much to offer! Make that call ASAP!

August has been designated Amnesty Month for our Library which means that if you've had an overdue book which was misplaced for whatever reason, drop it off into our dropbox right outside our building and there will be no questions asked. In order to update and clear out our overdue list, we ask that you not hold back from returning those books. Come in and make arrangements with the circulation desk if you can't find the book. Many times a replacement book will do just fine.

We will be applying for a grant from the Coalition for Literacy to help us develop assistance in GED and English as a Second Language classes. A limited number of start-up projects will be considered according to the number of volunteers utilized. A Trainer's salary position and materials can be available with someone to oversee this project. This would be very beneficial to the general public. Therefore, if you have any interest in helping out, take on the challenge, call the Library Soon!

Our next Board meeting is open to the public on Wednesday, August 18th at 6:00 PM; please come. The summer heat has been extreme, especially during the children's programs. Spring Fling was aimed at installing air conditioning and we received other donations from Seledon & Alice Garcia, Karl & Lillian Bode and Robert and Vicentita Rivera. If you've been in lately you're aware of the humidity as we try to keep it cool. Because of books and the computer lab, we need refrigerated air. Estimates have come in beyond our savings and so we can only call out to the caring public. If you can make any tax deductible kind of donation, please send it to POBox 838 in Abiquiu, NM 87510.

We are in appreciation of Ghost Ranch volunteers: Beverly Murray, Janet Stang, Laurie, Virginia Chavez, Jennifer Nichols-Payne, Rani and Roshan Rahmani, Jean Vieten and Jette. Also to Alexandra Jaramillo and Shannon Martinez and notably Monica Herrera for countless hours.

The 2004 Spanish Market People's Choice Award Recipient Art Montano has recently volunteered a youth Tin Class August 11th from 1 to 4 PM. We are grateful for his time.

We plan to have a big book sale on the Santa Rosa de Lima fiesta weekend of August 28th and would appreciate any help we could get in sorting out and keeping up with out-going books during the sale. If you are willing to become a Friend of the Library, please call us soon. These funds help with operating expenses where grants are rare. We'd also like to make available our exhibit cabinets for your special collections to be seen. Talk to us!

I-Leap youth leaders were sponsored to a retreat in Nebraska on July 14-18. Christina Martinez, Mathew Osegueda, Ventura Trujillo and Francisco Lopez will also be attending a global youth leadership conference at Ghost Ranch along with others on August 2 through the 8. Keep them in your prayers so that they can grow in their leadership development skills. They are also in search of good exercise equipment in order to have workout sessions as a part of junior activities. If you've had a machine that is just not getting used, please consider donating it. Youth meet at the parish hall on Wednesdays from 6 to 8.

Land Grant GAO report is available in our Library reference collection for public viewing. Be a part of important historical steps that are being taken-now!