

Diabetes/Obesity News

New Guidelines on Obesity Treatment Herald Changes in Coverages



Eat less, exercise more. Simple? Yes. Easy? No. If weight loss were easy, obesity rates among adults in the United States probably wouldn't have reached the current 36 percent.

Recently revised guidelines from the U.S. Preventive Services Task Force acknowledge that fact. They recommend that clinicians screen patients for obesity, which is defined as having a body mass index of 30 or higher. Further, they say patients who meet or exceed that level should be offered or referred to "intensive, multicomponent behavioral interventions" to help them lose weight.

The revised guidelines strengthen the previous recommendations, says David Grossman, a senior investigator at Group Health Research Institute in Seattle and a member of the task force. ([more](#))

Despite Obesity Concerns, Gym Classes Are Cut

More than a half-century ago, President Dwight D. Eisenhower formed the President's Council on Youth Fitness, and today Mayor Michael R. Bloomberg and Michelle Obama are among those making childhood obesity a public cause. But even as virtually every state has undertaken significant school reforms, many American students are being granted little or no time in the gym.



In its biennial survey of high school students across the nation, the Centers for Disease Control and Prevention reported in June that nearly half said they had no physical education classes in an

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average week. In New York City, that number was 20.5 percent, compared with 14.4 percent a decade earlier, according to the C.D.C. ([read article](#))

How Does a Child's Weight Influence Her Math Abilities?



Being overweight or obese in childhood can put kids at risk for several health problems later in life, such as heart disease, sleep apnea and diabetes. Add to that list trouble in school, says a new study in the journal *Child Development*.

The research team looked at a nationally representative sample of more than 6,250 children who were participating in the Early Childhood Longitudinal Study-Kindergarten Cohort. The children were tracked from kindergarten through the fifth grade.

Kids who were persistently obese, beginning in kindergarten, scored lower on math tests taken starting in first grade through the end of the study period, compared with kids who were never obese. For kids who became obese later, the effects varied: boys who become obese later, like in third or fifth grade, experienced no dips in math scores. Girls who became obese later showed temporary lapses in math performance. ([continued](#))

Latino Youth Have the Fastest Growing Rates of Diabetes, Says Study

Startling new analysis reveals that Latino youth have the fastest growing rates of Type 1 and Type 2 diabetes, outpacing other ethnic groups even as diabetes among U.S. youth is at an all-time high.



Using data from the SEARCH for Diabetes in Youth study over an eight-year period ending in 2009, researchers affiliated with the American Diabetes Association found that the number of U.S. children and youth under 20 years of age who are diagnosed with Type 1 diabetes is growing at an annual rate of about 3 percent - a 23 percent jump over eight years.

The prevalence of Type 2 diabetes among American children under 20 has increased by 33 percent a year, an increase of 21 percent over the course of eight years. The study found that there are 189,000 Americans under 20 years of age with diabetes; of those, 168,000 youth had Type 1 diabetes and over 19,000 were diagnosed with Type 2. ([read more](#))

Cities With More Walkers, Bike Commuters Are Less Obese



The latest data from the Centers for Disease Control and Prevention affirms an alarming trend: we're fat and not getting any slimmer. An estimated 35 percent of U.S. adults are obese, and another third still maintain weights exceeding those deemed healthy. This doesn't bode well for governments and individuals paying insurance premiums, especially with the country's aging population.

But there are antidotes to the problem, and among the best could be sidewalks and bike lanes. The infrastructure not only facilitates outdoor recreation and an alternative to congested roadways, but data shows it delivers slimmer waistlines in some of the nation's largest metropolitan regions.

A Governing review of census and CDC data finds communities where more residents walk or bike to work boast significantly healthier weights. The analysis of 2010 statistics for 126 metropolitan areas finds these communities are strongly correlated with higher numbers of residents who are neither obese nor overweight. ([continued](#))

It's Convenience, Not Cost, That Makes Us Fat

Most obese adults are not low income.



That's the word from the National Center for Health Statistics at the Centers for Disease Control which looked at data on American size between 2005 and 2008. Turns out it's "convenience," and not cost or a lack of education, that is making Americans fat. But the internet can help.

There has been much discussion over the past few years as to how to make good food (fruits and veggies especially) cheaper. The theory is that people eat badly because they are poor and can't afford better food. But we now know it's the perception of "convenience" that is driving the trend to eat fattening food.

Middle income people are the most overweight and eat fast food more regularly than anyone else. In contrast, 80 percent of those with low incomes cook at home at least five times a week. ([more](#))

Food Insecurity, Feeding Style Linked to Obesity



Food insecurity affects obesity rates among children because mothers living with household food insecurity are more likely to engage in infant feeding styles such as restrictive feeding and pressuring feeding than mothers who are not food insecure, says a new study published in the August 2012 issue of the

journal Pediatrics.

According to the World Health Organization (WHO), food security as defined at the World Food Summit of 1996 exists "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life." Food insecurity is the opposite, when people do not have access to sufficient, safe, nutritious food to maintain a healthy and active life. ([continued](#))

Faculty/Staff/Affiliate News

Dr. Ronny Bell Selected to Chair the North Carolina Diabetes Advisory Council



Dr. Ronny A. Bell, Co-Director of the Maya Angelou Center for Health Equity, has been selected to Chair the North Carolina Diabetes Advisory Council. The Diabetes Advisory Council (DAC) was created in 1988 as an advisory group to the Diabetes Prevention and Control program. The council works to reduce the burden of diabetes through coordination among the many stakeholders in diabetes control in North Carolina. (read more about Dr. Bell's responsibilities [here](#)).

Center Affiliates Named to U.S. News and World Report's List of Top Doctors

Five Maya Angelou Center for Health Equity affiliates have been named to the U.S. News and World Report's List of Top Doctors. The doctors were selected based on a [peer nomination](#).



U.S. News Top Doctors was developed in collaboration with Castle Connolly Medical Ltd., publisher of America's Top Doctors® and other guides, and was built upon data from Castle Connolly's Top Doctors™.

The goals of the new project are twofold; first, to help consumers find the doctors who can best address their needs, and second, Second, to enlist doctors across the country in sharing their awareness of who among their peers are the most worthy of referral.

The five Center affiliates are:



[William Blackstock, M.D.](#)



[Barry Freedman, M.D.](#)



[Amy McMichael, M.D.](#)



[John Stewart, M.D.](#)



[Gretchen Wells, M.D., Ph.D](#)

2012 Medical Careers and Technology Academy (MedCaT)



The 2012 Medical Careers and Technology Academy (MedCaT) was held July 15-19, on the Wake Forest School of Medicine and Reynolda campuses. MedCaT is a partnership between the Maya Angelou Center for Health Equity (MACHE), the



Eastern Band of Cherokee Indians, the Center for Native Health at Western Carolina University, the Northwest Area Health Education Center, and the Center for Excellence in Research, Teaching and Learning (CERTL), which strives to provide a deep health and science enrichment experience for high school students, based on the Problem-Based Learning methodology and focused on career opportunities in health care and biotechnology.

The 2012 MedCaT Academy included 18 students and 5 teachers from Andrews, Cherokee, Murphy, Robbinsville, Smoky Mountain and Swain High Schools, all from the south western region of North Carolina. The theme for this year's program was Diabetes. The MedCaT students stayed on the WFU Reynolda campus and engaged in sessions on problem-based learning, healthy lifestyles, social determinants of health, hands-on science experiments, the college application process, and careers in the biomedical sciences. Teachers also engaged in a 3-day, intensive workshop on problem based learning instructional methods, provided by CERTL.

Dr. Ronny Bell, Co-Director of the Maya Angelou Center for Health Equity was the Principal Investigator for this project, along with Sarah Langdon who was the Project Manager. To see photo of the 2012 MedCat Academy students, click [here](#).

Center Welcomes New Affiliates

The Maya Angelou Center for Health Equity is pleased to announce two new affiliates, Dr. Joseph Yeboah and Dr. Mandisa-Maria Jones-Haywood. Dr. Yeboah is Assistant Professor in Cardiology and Dr. Jones-Haywood is Assistant Professor, Anesthesiology-Cardiothoracic Anesthesia.



[Joseph Yeboah, M.D., M.S.](#)



[Mandisa-Maria Jones-Haywood, M.D.](#)

Health Equity News

The New Science Behind America's Deadliest Diseases

What do heart disease, diabetes, Alzheimer's, stroke and cancer have in common? Scientists have linked each of these to a condition known as chronic inflammation, and they are studying how high-fat foods and excess body weight may increase the risk for fatal disorders.



Inflammation is the body's natural response to injury and outside irritants. But when the irritants don't let up, because of a diet of high-fat foods, too much body fat and smoking, for example, the immune system can spiral out of control and increase the risk for disease. Experts say when inflammation becomes chronic it can damage heart valves and brain cells, trigger strokes, and promote resistance to insulin, which leads to diabetes. It also is associated with the development of cancer. ([continued](#))

US Senate Introduces Diabetes Care Act

In an effort to aggressively change the current diabetes trend, co-chairs of the Senate Diabetes Caucus, Jeanne Shaheen (D-New Hampshire) and Susan Collins (R-Maine) introduced The National Diabetes Clinical Care Commission Act.

The new legislation will create a commission made up of private and public sector members who will evaluate the government's current approaches to diabetes care, deliver recommendations of improvement, integration and new approaches to handling what many providers have deemed an epidemic. ([more](#))

Grant Opportunities

Health Impact Project Releases Call for Proposals

The Health Impact Project: Advancing Smarter Policies for Healthier Communities, a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts, encourages the use of health impact assessments (HIA) to help decision-makers identify the potential health effects of proposed policies, projects, and programs,

and make recommendations that enhance their health benefits and minimize their adverse effects and any associated costs.

This call for proposals supports two types of initiatives: 1) HIA demonstration projects that inform a specific decision and help to build the case for the value of HIA; and 2) HIA program grants to enable organizations with previous HIA experience to conduct HIAs and develop sustainable, self-supporting HIA programs at the local, state, or tribal level. ([more](#))

ALR2013 Call for Abstracts and Award Nominations

Active Living Research (ALR), a national program of the Robert Wood Johnson Foundation, announces a call for presentation and workshop abstracts, and a call for award nominations for its 10th Annual Conference on February 26-28, 2013, in San Diego, CA. The conference theme is "Achieving Change Across Sectors: Integrating Research, Policy and Practice," and recognizes the importance of engaging people from multiple disciplines to increase physical activity and help reverse the obesity epidemic. Read the full Call for Nominations [here](#).

Upcoming Events

5th Disparities Partnership Forum Overcoming Disparities: Diabetes Care in High Risk Populations

October 22-23, 2012

The Omni Shoreham Hotel, Washington

Guest Speaker - Augustus A. White, III, MD, PhD

Professor of Orthopedic Surgery and Medical Education at Harvard Medical School



The American Diabetes Association's Annual Disparities Partnership Forum was developed to facilitate dialogue among leaders from key national organizations regarding the urgency of the type 2 diabetes epidemic in specific populations in the United States including: African Americans, Hispanic/Latinos, American Indian/Alaskan Natives, Asian American/Native Hawaiian/Pacific Islanders, women, older adults, low income and uninsured persons.

The Forum represents an annual gathering that provides learning opportunities, best practice highlights, opportunities for idea exchange and fosters collaborations among various stakeholders and thought leaders. (click [here](#) for more information and abstract submission)

The 10th Annual Active Living Research Conference

February 26-28, 2013

San Diego, California

The theme of the 2013 conference, Achieving Change Across Sectors: Integrating Research, Policy and Practice, recognizes the importance of engaging people from multiple disciplines and occupations to increase physical activity for everyone and reverse the obesity epidemic.

Click [here](#) for more information .

Closing

We hope you enjoy this month's Health Equity Updates. Please e-mail with any comments or suggestions.

Sincerely,



Dr. Ronny A. Bell
Co-Director



Dr. Betting M. Beech
Co-Director

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