



LIVE LIGHT
LIVE RIGHT

At
Brookdale

October 2013

NEWS & NOTES

Dear Friends,

It's almost Halloween, that delightful, spooky time of year where we see plenty of fake blood and vampire teeth. But for kids struggling with obesity, Halloween can pose a special challenge. Sugary sweets are suddenly everywhere: On store counters, at school, and at social events. It can be a difficult time for parents to set limits -- a night of Trick or Treating is one thing, weeks of endless candy is another. So this month, we've offered parents some [tips on how to navigate the sticky subject](#), while still allowing kids to have a spooky good time.

Don't forget to sign up for the fall sessions for exercise programs at the LLLR centers. We have new sessions and times, including more weekend hours! To find out more or make an appointment to call Rena at 718-240-8125.

With the holidays coming up, now is a great time to consider holiday giving. Many of our kids will need gifts and help with holiday events. If you'd like to donate, you can do so through [our website](#).

You can also mail your donation to:

Live Light Live Right
c/o Sarita Dhuper
Rm 300 CHC
Brookdale University Hospital
Brooklyn, NY 11212

For questions or more information contact Alisha at Alisha@livelight.org or 516-984-6865. Or just visit our website LiveLight.org.

Yours truly,

Dr. Sarita Dhuper
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Tricks for Limiting Your Halloween Treats



It's that time of year again where your favorite candies and cookies in orange and black wrappers are everywhere. Halloween candy is hard to resist because these seasonal treats hit the shelves just after Labor Day and stick around until long after October 31. Interested in managing your weight during the Halloween season? [Here are some tips](#) to help you succeed!

At the Store



- Buy candy that you don't like or is not at the top of your list. That way you will be tempted to eat less.
- Smaller is better! Go for the miniature or bite size individually wrapped candy. This way you have built in portion control.
- Shop as late as possible. The earlier you buy it, the more time those bags sit in your house tempting you to open them. Go just a few days before-or even the day of Halloween, if possible to purchase your candy for the neighborhood kids.
- Be aware of samples. This is a time when shops are handing out sugary samples to entice you into their stores, or keep you there if you are already shopping. While it works for the store, it is not so great for you. Even though they may be free, they are not calorie-free!

For more tips, [visit our website!](#)

Rushell's Story: Parents Are Key in Fighting Obesity



Almost two years ago, a mother and daughter set out on [a journey to better health and well-being](#). At the time, Rushell did not like herself very much. She couldn't fit into the clothes she wanted to wear. She had a hard time playing and exercising, feeling out of breath when she moved around. Her weight made her feel distant from other kids who didn't share the same, frustrating experience.

Rushell's mother was also going through her own struggles with weight. After she gave birth to her son, she was unable to lose the weight. At over 300 pounds, she was burdened by all the things that came along with being morbidly obese. She couldn't walk down the street or up stairs without becoming out of breath.

So together, mother and daughter decided to make a change. Rushell was referred to Live Light Live Right. She started exercising with the program. At first, it was difficult to be in the program. She wasn't used to moving around so much, nor to the feeling of exercising and having sore muscles. Then things started to change for Rushell. She started to feel energized, stronger, and the fatigue wasn't as pronounced. She lost 20 pounds and was able to wear some of the clothes that she had longed to wear. She started making friends. Pretty soon she was taking other exercise classes at the Y.

Rushell's mother knew she needed to make changes in her own life as well. She decided that she would have bariatric surgery. Along with bariatric surgery, she incorporated daily exercise and eating healthy. It wasn't an easy journey, but the journey was transformative. She lost 100 pounds, and her outlook on life has turned around completely.

Rushell's mother wants to let all the families who are considering change to know that change isn't easy, but the benefits are well worth the struggle. She encourages everyone to rejoice in the small changes, make changes as a family, and celebrate every step you take towards a healthy life.

The Importance of Parents

[Parents play an important role in the fight against obesity.](#) They shape their children's behavior by direct influence, predisposing psychological variables or by controlling the child's environment. In the fight against obesity, it is key that parents are involved.

Obesity rates have tripled in the past few decades and childhood obesity is global epidemic. In our practice, we see the effects the epidemic is having on children living in the city's poorest neighborhoods like like Brownsville, East Flatbush and Bedford-Stuyvesant. Two out of every three children are overweight here, nearly three times the national average. The higher rates are caused by a combination of genetics and an environment where too many calories are consumed, children do not have enough opportunities to exercise and sedentary behavior is commonplace.

Fighting the disease in poor communities is not easy, but parental involvement is crucial. From childhood to adolescence, health-related behavior is increasingly influenced by peers, however, the parent's role and influence does not necessarily decrease. The parents' role may change to become more supervisory and advising, and parental knowledge, discipline, and support can influence the development of certain behaviors. Parenting style, family functioning and the home environment are all key factors in the treatment of childhood obesity and it is important to further develop family-based treatment programs for obese children in our community.

Please read more about this important issue [on our website.](#)

Dr. Dhuper Speaks at GNYHA Event



On Oct. 22, the [Greater New York Hospital Association](#) held its first learning session. The association focused on best practices in hospital/community-oriented childhood and adolescent obesity prevention and reduction initiatives. Five hospitals that have implemented evidence-based initiatives shared their interventions, including their evaluation efforts.

Dr. Dhuper, director of pediatric cardiology at Brookdale University Medical Center and the director of the Live Light Live Right program joined New York-Presbyterian Hospital's Choosing Healthy and Active Lifestyles for Kids (CHALK) program; Montefiore Medical Center's B'N Fit initiative; and the Nemours: A Children's Health Systems' implementation of the 5-2-1 Almost None initiative, a version of a model healthy eating and physical activity program for children and families that has received national recognition.

At the session, Dr. Dhuper shared information about LLLR, giving a presentation about childhood obesity and how LLLR works to combat it. The GNYHA event also gave her an opportunity to learn about the success and challenges of other

programs in our area.

Most hospitals today are choosing obesity as their community initiatives and this allows us to continue to grow and get support for our program. GNYHA will be creating toolkits and offering support to our programs.

[The New York State Dept. of Health](#) has additional information about community service plans for hospitals.

Mark Bittman on How to Feed the World Well



[Food writer Mark Bittman](#) offers a nuanced and complicated analysis of the persistent problem of global hunger and obesity in the New York Times. He takes a long, hard look at industrial agriculture and argues that the current model doesn't work. Instead, we should consider using more traditional farming methods, which might be a better way to get food to more people. Here are some interesting excerpts from what he wrote:

The current system is neither environmentally nor economically sustainable, dependent as it is on fossil fuels and routinely resulting in environmental damage. It's geared to letting the half of the planet with money eat well while everyone else scrambles to eat as cheaply as possible.

While a billion people are hungry, about three billion people are not eating well, according to the United Nations Food and Agriculture Organization, if you count obese and overweight people alongside those with micronutrient deficiencies.

Yet obviously not all poor people feed themselves well, because they lack the essentials: land, water, energy and nutrients.... It's a formula for making not only hunger but obesity: remove the ability to produce food, then remove the ability to pay for food, or replace it with only one choice: bad food.

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