



# LIVE LIGHT LIVE RIGHT

At Brookdale

September 2013

## NEWS & NOTES

Dear Friends,

This month we celebrated the start of the new school year by participating in the annual Backpack Giveaway in Brooklyn. More than 100 families joined us in the event where kids received free backpacks stuffed with pens, pencils, binders and other school supplies. It was a wonderful event and a great way to help give the kids in the Live Light program the support they need to succeed.

This month is National Childhood Obesity Awareness Month and the backpack giveaway reminded us of one of the biggest problems facing obese children: Bullying. Overweight and obese children struggle in school largely because of weight bias. Providing these children with the tools they need to succeed is one way to help ease their burden. If you'd like to help our kids by donating school supplies or donating money for a new backpack, please [donate today](#). For \$500 you can support a child in the Live Light Live Right program for an entire year, including medical evaluation, nutritional counseling, behavior modification and weekly supervised exercise program.

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 call Rena or Genella at 718-240-8125 or 8325. Drop us a line at [sdhuper@livelight.org](mailto:sdhuper@livelight.org) or just visit our website [LiveLight.org](http://LiveLight.org).

Yours truly,

Dr. Sarita Dhuper  
Director of Pediatric Cardiology and the Live Light Live Right Program  
Brookdale University Hospital and Medical Center  
Sdhuper@Brookdale.edu / Sdhuper@livelight.org  
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## Backpack Giveaway for a great year at school

For many families living in New York City's poorest neighborhoods, the cost of buying school supplies for the first day of school is staggering. The list that schools send home -- pencils, binders, backpacks and glue -- can quickly add up to a price tag well above what a family can afford. For obese kids who face weight bias in school, having the right supplies can make a huge difference in their academic success.

So on Sept. 7, we participated in the annual [Back to School Book Bag Giveaway](#) on Linden Blvd. in Brooklyn. The Brownsville Recreational Center sponsored the event. More than 100 children and their families attended the event. They received free book bags packed with pens, pencils, notebooks, crayons and all the necessities that parents would need to get their children started for the school year.



For the Live Light program, the giveaway had special meaning. Overweight and obese children have higher rates of absenteeism and poor school performance largely due to weight bias. Providing them with the supplies they need is one way to show support for their learning and help lessen their burden.

Ebony Harris, a Live Light trainer, organized fun physical activities for the children. There were light refreshments for the families, fun activities and free story books giveaways for the children. It was a great event and fun way to kick off the new school year.

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## Spotlight On: Steven Nelson, the reluctant camper



[At first, Steven didn't want to go to the Live Light Live Right summer camp program.](#) He was very stubborn and combative about the idea, according to his mom. Before camp, had a difficult time explaining to him benefits of eating fruit, drinking water, and moving more.

But all that changed once he started camp. He has been exercising and has changed his eating habits completely. He now eats fruit, smaller portion sizes and hardly eats any junk food at all. He says that Miss Ebony and Miss Kim were very encouraging. They told him "no junk" and encouraged him to snack on granola bars and water. His mom says he has never consumed as much water as he does now!

Stepping and Zumba were some of his favorite parts of the exercise at camp. Ebony told Ms. Nelson that Steven didn't complain, and participated in everything that was thrown at him. Because of his hard work, his triglycerides and cholesterol dropped, and are now in the normal range. Not only was camp a success, but Steven wants to go back next summer. Now that camp is over, he is exercising at the Y.

Because of Steven's success, his mom started making changes in her life, too. She started walking in the park and lost weight. She says she is feeling great. She wants to be a role model for Steven, and not just tell him to exercise. Ms. Nelson's own mom, Steven's grandmother, passed away a year ago due to diabetes and high blood pressure, and her weight contributed to that. She doesn't want anyone else to suffer from those problems.

Ms. Nelson cannot say enough good things about the Live Light summer camp. She thinks it's so beneficial because so many kids have problems like Type II diabetes, which will cost a lot in health care and treatment. But teaching kids good lifestyle

habits while they are young will help reduce their chances of developing these serious chronic diseases. Not only will she be sending Steven back next summer, but her niece will be joining him as well.

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## How we treat obese children



Everyday we see how obesity affects poor children in dramatic and difficult ways. One of the ways we've seen it hurt children is through words. The words that other people say, even those who mean to help, can hurt.

The words that other people say, even those who mean to help, can hurt. Parents, teachers, doctors and other children can be cruel. Obese children suffer in their grades at school and have higher rates of depression, largely because of weight bias.

[The Fat Experience Project](#), an oral, written and visual experience project, tries to illustrate the experience to humanize obesity. In VJs Fat Experience, a woman tells her story of how, at 10 years old, she was institutionalized for being fat. It's both heartbreaking and poignant.

If your child -- or a child you know -- is overweight, please read [10 Things You Should Never Say to an Overweight Child](#) on our website. We also provide free literature, and workshops at schools to deal with bullying and weight bias. Please contact Rena at 718-240-8125 for more information.

September is [National Childhood Obesity Awareness Month](#). So take it as an opportunity to stop and think about the words we use when we talk about obesity.

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## Healthy Tip of the Month: Slow down when you eat!



[Next time you sit down to eat a meal, try this trick.](#) Stop, take a deep breath and then pick up your fork. Before you take a bite of the food, look at your meal. Think about slowing down. Eating more slowly can help you control your weight. When you eat fast, your stomach has no time to tell your brain that it's full! It takes 20 minutes for your brain to catch up to your stomach signals. But if you slow the process down, your body will realize that it's had enough and you may find that you weren't as hungry as you thought you were.

Here are some ways to slow down:

- Chew each bite 20 times
  - Put down your fork or spoon between every bite
  - If you are right-handed, try eating with your left hand! It will make you think about each bite more
  - Wait 20 minutes before going for seconds and then ask yourself if you are really still hungry. If so, listen to your body and have a little more
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## Obese kids could develop high blood pressure as adults



[New research shows](#) that overweight and obese children are at risk for developing high blood pressure as adults. Children who are overweight are twice as likely to develop the condition. And kids who are obese are four times as likely to develop it.

The study was presented at the American Heart Association High Blood Pressure Research Scientific Sessions 2013 and highlights the serious health risks associated with childhood obesity.

Dr. Sarita Dhuper, a pediatric cardiologist and director of the Live Light Live Right program, agrees with the findings. She has experienced this first-hand with the patients she evaluates in her clinic. She has even found significant changes in their cardiac structure and function when the obesity is associated with hypertension, as [she wrote in a 2011 paper](#).

Together, these findings illustrate just how serious obesity is for children. It affects them now and puts them at risk for very serious health problems that will follow them for the rest of their lives.

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## Fast, fresh and healthy brown bag lunches



School lunch is an excellent time to refuel your child's energy as well as help boost concentration and memory for the afternoon. The trick is providing a lunch that packs a nutritional punch and appeals to your child. [Live Light Live Right nutrition consultant Judy Marshel shared her tips with us.](#)

The ideal lunch contains 1/4 lean protein, 1/4 whole grain, 1/4 vegetable, 1/4 fruit and a serving of low-fat dairy.

### Try these quick, easy and healthy lunch ideas

Grilled chicken on a bed of romaine with shredded carrots, reduced-fat cheese and light vinaigrette dressing along with whole wheat crackers and a pear.

Whole-wheat tortilla roll with sliced turkey, sliced low-fat mozzarella cheese, red pepper strips and shredded lettuce; with fruit salad and a glass of low-fat milk.

Salmon or tuna lettuce wrap (salmon or tuna mixed with light sesame Asian dressing wrapped in a lettuce leaf), whole grain crackers, low-fat plain yogurt mixed with an orange.

Garden salad with canned salmon or left-over chicken, tomato, cucumber and light vinaigrette, a whole grain roll, a bunch of grapes and a glass of low-fat milk.

Whole-wheat pita stuffed with vegetarian refried fat-free beans, salsa, chopped lettuce and shredded reduced-fat cheddar cheese; and apple slices.

A green salad loaded with canned chunk light tuna, carrot strips, pepper slices, tomato wedges, red beans and dried cranberries or raisins topped with light balsamic vinaigrette; with a cup of low-fat milk.

A peanut butter and banana sandwich on whole-wheat bread; a piece of fresh fruit; and low-fat yogurt.

Whole-wheat tortilla wrap of hummus, lettuce, sliced tomatoes, feta cheese and black olives; plus a carton of fat-free or low-fat vanilla yogurt and berries.

Pasta salad, made with whole wheat pasta, diced tomatoes, cucumber, reduced-fat cheese and carrots, with light Italian dressing; and a piece of fresh fruit.

### Put Your Kids in the Chef's Seat

It's always a good idea to get your child to help plan their lunches, as they are much more likely to eat them. Agree on what goes into every lunch: some protein, a grain, at least one fruit and veggie, a dairy product (if not buying milk at school) and a bottle of water or seltzer.

Remember that it's not your lunch. If you pack broccoli and your child hates it, he/she won't eat it. Let your kid weigh in on what they want to pack in their lunches, and offer them a few healthy choices so they feel like they're in control.

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