

Parish Nurse News
December, 2005

This little paper has had a rather fitful start. One thing that God allows us to do is start over again--so here we go again. We at the Black Hawk Community Church want to keep you the Parish informed about what is going on & what is happening & what services are available. Parish Nurse Hours are Thursdays 9-11:00 am, phone 787-4335.

This column is sponsored by the 2 RN-Colleens: Colleen Ohrtman and Colleen Mann. We will be concentrating in this column on the body, mind and spirit and how to keep all 3 healthy and functioning optimally. It is our intention to keep you informed as well as we can about current health updates and hints for daily living. This paper will be published monthly.

The mission statement of our health cabinet is:

It is the vision of the health ministry to come alongside other church ministries with cooperation and assistance rather than to restructure any of them. The health cabinet sponsors and plans a health fair for the community. They put good health hints into the bulletin. They support the Parish Nurse Program.



Did you know? As Christians we must go forward preparing the way for those that come after? In **Mark 6:13'...and they cast out many demons and anointed with oil many that were sick and healed them."**

Matthew 8:16 & 17 16c "...and healed all who were sick," & 17b "He Himself took our infirmities and bore our sicknesses."

Col 1: 10 "When we walk with God we are protected, safe, we have someone to talk to and we have a friend for a companion."

Did you know? Obesity & its consequences are close to being the number one Killer in the U.S.? If we do not get obesity under control, we will bankrupt our healthcare system as we know it. Being overweight is a risk factor for many life-threatening diseases including heart disease and diabetes.

Expert committees have issued guidelines defining overweight and obesity based on the Body Mass Index (BMI). Persons with a BMI 25-29.9 are overweight and those with a BMI of 30 and above are obese. A BMI Chart is provided so you can figure your BMI.

If you figure that you need to lose weight, you are not alone! Aim for losing no more than 1/2 pound

to 2 pounds a week. One pound equals 3500 calories. So, to lose 1 pound a week, you need to eat 500 calories a day less or burn 500 calories a day more than you usually do. You did the reverse to gain the extra weight you are now carrying around.

*Hint: When you read nutrition labels always check for the number of serving sizes as well as the number of calories per serving. The amounts listed are for 1 serving, but more often, there's more than 1 serving per container. Read the Fine Print.

Body Mass Index Chart

| BMI ▶ | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 |
|----------|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height ▼ | Weight in Pounds ▼ | | | | | | | | | | | | | | | | | | | | | | | |
| 60 ins | 96 | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 |
| 61 ins | 98 | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 | 217 |
| 62 ins | 101 | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 |
| 63 ins | 105 | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 |
| 64 ins | 108 | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 180 | 186 | 192 | 197 | 204 | 209 | 215 | 221 | 227 | 232 | 238 |
| 65 ins | 110 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 |
| 66 ins | 115 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 |
| 67 ins | 120 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 |
| 68 ins | 122 | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 |
| 69 ins | 125 | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 |
| 70 ins | 130 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 |
| 71 ins | 134 | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 | 293 |
| 72 ins | 137 | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 |
| 73 ins | 140 | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 295 | 302 | 310 |
| 74 ins | 145 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 |
| 75 ins | 148 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 |
| 76 ins | 152 | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 | 336 |

BMI less than 18.5, underweight; BMI 18.5-24.9, healthy weight; BMI 25-29.9, overweight; BMI 30-39.9, obese; BMI 40 and above, extremely obese.

Figure 3-3 Healthy body mass index ranges for Americans. (Adapted from NHLBI Obesity Education Initiative, NIH, www.nhlbi.nih.gov)

Obesity effects one's mind and spirit, too. Obesity is associated with decreased quality of life, including diminished mobility and social stigma. Decreased self-esteem and depression are powerful, painful side effects of obesity.

Intuitively, we want to tell someone who is depressed to cheer up, things aren't so bad, others have it worse, try to think positive and everything will be OK. Those who are just "blue" may indeed take comfort from this input. Those who are depressed however generally experience those approaches as evidence that they are NOT understood. Thus they feel even more isolated, which leaves them feeling even more hopeless. Prayask God to send His Holy Spirit to join with yours. Together you can influence others to seek or accept the help they may need. Give the Holy Spirit direction & He will act!

Temptation!The holidays are notorious for tempting us to celebrate the season by indulging ourselves and others with food. This is not really a gift, but sabotage. The weight comes off much harder than it goes on and contributes to the New Year's Blues! Make sure you have healthy but tasty snacks to offer your family & guests. Go "fortified" when attending holiday parties so that you can overcome the temptation to consume high fat-high calorie snacks that are a detriment to your health. Crunchy fruits and vegetables take longer to consume, longer to digest, and are rich in fiber, vitamins and minerals. They don't cause spikes in blood sugar, which can also protect against diabetes. Feel good about exercising self-control while among those who make less than healthy food choices. This is not deprivation, it is salvation!

Philippians 4:13 "I can do all things through Christ who strengthens me."

Dear God, bear our prayers for good health. We know with certainty that you desire us to be healthy-- healthy for You, healthy for others, and healthy for ourselves. We know that our bodies are the temple of our Soul. Help us to be mindful that to be truly healthy, we must be so in body, mind & spirit. Help us to make healthy choices, Lord, and resist frequent temptation to eat too much and move too little. Amen.