

# BE ACTIVE . . .



"Promoting Healthy Lifestyles Through Physical Activity"



## Welcome!

A warm welcome to the second edition of the Maine Governor's Council on Physical Fitness and Sports Newsletter. In our effort to improve the quality of life for Maine citizens, the Governor's Council has been involved with a number of initiatives. Look inside for updates on:

- ✦ ACES
- ✦ Contest for Communities
- ✦ Home Town Days
- ✦ Maine Girls and Women in Sports Day
- ✦ Council Night with the Portland Sea Dogs

as well as articles on Exercising in Cold Weather, the Maine Special Olympics, How Active are Maine Adults, and more.



## Overweight

by Debra A. Wigand, M.Ed., CHES, Bureau of Health, Div. of Community & Family Health

**T**his fall obesity became a public health issue with the launch of the *Journal of the American Medical Association* October 27, 1999, issue. Highlighted in this issue was a report stating that each state in the nation showed increases in obesity prevalence; Maine presented a 40% increase in obesity from 1991 through 1998.

### Overweight and Obesity Defined

Body Mass Index (BMI) is used to describe an individual's body weight relative to their height. This information is useful to try to quantify the percent of body fat for an individual. Overweight is considered to be a BMI of 25 to 29.9 and obesity to be a BMI of 30 or above. These definitions are newly refined ones that were released in June 1998. The latest guidelines were determined by a panel of experts that looked at BMI as it relates to risk of illness or death (*Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*). If you would like to calculate your Body Mass Index, see BMI chart on page 2.

### Why the Concern with Overweight?

Overweight and obesity have been associated with an increased risk of high blood pressure, high cholesterol, Type II diabetes, heart disease, stroke, gallbladder disease, some types of

cancer, and the development of osteoarthritis of weight-bearing joints (*The National Heart, Lung, and Blood Institute of the National Institutes of Health*).

In a study published by *The New England Journal of Medicine*, November 1999, researchers analyzed data for 1 million adults. They determined that a high body mass index was associated with higher rates of death from all causes among both men and women in all age groups, including those 75 years or older.

With just a 5% to 10% decrease in body weight, improvements may be seen in blood glucose, blood pressure, and cholesterol scores (*National Institutes of Health, Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998*).

### What Can We Do?

As an Individual:

- Find ways to stay active in the winter months
- Take a walk outside, enjoy winter's beauty
- Advocate for malls, local schools, and other large public buildings to provide hours for the community to walk indoors
- Take the stairs when in multi-story buildings

(Continued on page 4)

# ACES

## All Children Exercising Simultaneously

This program was held on May 5, 1999. Fifty schools and over 10,000 children participated in this annual event modeled after the national ACES program and sponsored by the Maine Governor's Council on Physical Fitness and Sports. The Council would like to see this event expanded to many more schools in 2000. We hope to get seniors involved with their local schools to promote the concept that exercise is a life-long endeavor. Please contact your local schools and encourage them to participate in this event (May 3, 2000) to start the new millennium. For more information and an application packet, please contact Saskia Janes Bopp at Medical Care Development, 622-7566, ext. 220.



# Contest for Communities

Maine is doing a lot of things right! The Governor's Council held its first annual recognition ceremony to celebrate communities, workplaces, organizations, and individuals that are working to improve physical activity in their respective areas. We received 25 nominations. Seven of the entrants were selected for special recognition at a celebration held at the State House Hall of Flags. Governor King and his staff person, Susan Bell, extended their congratulations and words of encouragement to the recipients. The Governor boasted that he had recently committed to a regular physical activity plan.

Diane Atwood, WCSH-TV Channel 6, presented the awards to:

- Homeless Youth Clinic coordinated by Scott Stoll, RN, Portland (Youth Category)

- Maine Handicapped Skiing, Newry, Maine (Special Populations Category)
- Eldercise, Portland (Seniors Category)
- Primary Cardiovascular Prevention Program coordinated by Lt. James Willis, Hancock County Sheriff's Dept., Ellsworth (Adults Category)
- Move & Improve Program, Eastern Maine Medical Center, Bangor and Field of Dreams, Bert G. & Coral B. Clifford Charitable Foundation, Unity (tie - Communities Category)
- Employee Fitness Program, Mead Paper Division, Rumford (Business Category)

Community models were selected for the impact their program had on the activity level in their communities. A catalog of the community models has been developed and is available through the Governor's Council staff.

### Body Mass Index (BMI)

Body mass index, or BMI, is a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared. The table below has already done the math and metric conversions. To use the table, find the appropriate height in the left-hand column. Move across the row to the given weight. The number at the top of the column is the BMI for that height and weight.

18.5 or less      Underweight      25.0 - 29.9      Overweight  
18.5 - 24.9      Normal      30.0 or greater      Obese

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

# Maine Girls and Women in Sports Day

**T**ina Aldrich, Council member, coordinates the annual Maine Girls and Women in Sports Day. The event honors girls and women who are role models for others in demonstrating their commitment to physical activity. The event sponsors a week of special events related to physical activity throughout Maine and encourages women and girls to join in the fun. Maine, for the third consecutive year, hosted the largest number of events in the country. As co-sponsors of the state awards reception, Council Chair, Dean Paterson, thanked the University, coaches, and parents for their commitment to physical activity as she presented awards to recipients. The 1999 recognition saw over 4,000 Mainers participate in 56 events throughout Maine. The 2000 event was held Saturday, February 5th, in Portland. To get involved in next year's event:



1. Plan an activity. For help on how to organize an activity and/or ideas, don't hesitate to call or write to Tina Aldrich, University of Southern Maine, 96 Falmouth Street, P.O. Box 9300, Portland, ME 04101 (207-780-4630). Activity information is included on the state event poster. These posters are distributed to every town or city that plans an event. This is a wonderful way for your organization to receive state recognition.

2. Volunteer to help on our steering committee. We need help with our subcommittees on fund raising, award nominations, state awards reception, photo contest, and advertising.



3. Nominate a girl or woman for a state award. Awards are given out annually for an

exemplary high school student, a college student, as well as a professional and a lifetime commitment award.

4. Send a photo to our photo contest/wall of honor. Start taking pictures now of the girls and women in your life who are being active and well. There are separate divisions for amateur and professional photographers. The photo contest and display are shown at the Maine Mall where patrons of the Mall vote on their favorite photos.

5. Become a Sponsor. NGWSD in Maine is a non-profit organization that operates entirely on in-kind and money donations. Our events received media coverage from three-television stations, a live radio broadcast, and numerous announcements and advertisements on radio stations, in newspapers, journals, and newsletters. Positive feedback from the state, as well as the nation, continues to recognize our efforts in Maine. Our work is being championed as a model for the nation. These successes are being achieved through many sponsors and participants. Please help send the message that it is also "Our Day Every Day."

## 1999 Award Winners

### High School Student

Katharine Page - Palmyra

### College Student

Julie Plant - USM, Gorham

### Professional

Brenda Obert - UMF

### Lifetime Commitment

Diann Perkins - Cornish

## Home Town Days

**M**ark Capano, Council member, coordinated physical activity demonstrations during half times of the University of Maine Women's Basketball Home Town days. Much like the 7th inning stretch, the event is designed to raise the awareness of the importance of physical activity.

School age children demonstrated physical activity feats as well as participated in a champion wheelchair basketball game!



**F**or more information about the Maine Governor's Council on Physical Fitness and Sports, please contact Saskia Janes Bopp at Medical Care Development, 11 Parkwood Drive, Augusta, ME 04330; Tel: 622-7566, ext. 220; e-mail: saskiaj@mcd.org.

## Overweight

(continued from front page)

As a Community:

- Assess how walkable your community is; help local policy-makers to address the issue [[www.nsc.org/alk/wkcheck/htm](http://www.nsc.org/alk/wkcheck/htm)]
- Learn more about Transportation Enhancement money available and how to access this resource in the state [[www.state.me.us.mdot/opt/bike/homepage.htm](http://www.state.me.us.mdot/opt/bike/homepage.htm)]

### More

#### Information:

If you would like more information about the definition of overweight and obesity, the *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults* and related information may be found at: [[www.nhlbi.nih.gov/index.htm](http://www.nhlbi.nih.gov/index.htm)]

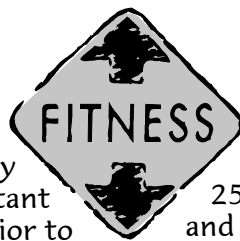
#### What Does This Mean for Maine?

In 1998, 54% of Maine's adults were overweight with a BMI of 25 or more. For men and women aged 35 to 64 in Maine, the lifetime medical costs of being overweight have been estimated to be \$8,596.00 per person with a BMI over 25. This translates to \$2.2 billion dollars in medical care costs in the State of Maine.

# Exercising Safely in Cold Weather

by Lynn M. Lavorgna

If you love to exercise and are looking forward to the cold, crisp days that lay ahead, there are some important things you need to consider prior to heading outdoors.



The body utilizes large amounts of energy to stay warm in the cold weather. When exercising for relatively long periods of time, it is important to nibble on foods, such as trail mix, to help prevent hypothermia and to drink plenty of water to prevent dehydration. Dehydration reduces the blood flow to the skin and can lead to frostbite.

Dressing appropriately for cold weather exercise is the most important factor in preventing cold exposure injuries. A good rule of thumb is to dress so you feel slightly chilled when you first go outside and to feel comfortably warm after about five minutes of exercise. Layering clothing is important because the air trapped between the layers acts as insulation and keeps you warm. Layering also allows you to remove a layer if you become too hot. The layer of clothes nearest the body should be capable of drawing moisture away from the skin. Wool, as well as several synthetics such as polypropylene and polyester will wick moisture away from the skin. Avoid wearing cotton and denim next to the skin as they soak up moisture and keep your skin wet.

The outer layer of clothing should be waterproof, windproof, and breathable. Gore-Tex is a synthetic fabric with all of these characteristics. Gore-Tex will allow moisture under it to evaporate. An outer garment with a zipper will allow one to regulate body temperature easily.

Hats should always be worn during cold weather workouts. The body loses approximately 25% of its heat through the head and neck. Choosing a light synthetic or wool cap keeps the head warm without causing it to sweat too much and turtlenecks or scarfs often allow one to feel more comfortable while exercising. Keeping the hands and feet warm is a common concern. Gore-Tex insulated gloves and wool socks with a polypropylene lining are recommended for optimum warmth.

Exercising outdoors can be enjoyable during the winter season as long as you keep the following tips in mind:

1. Check the temperature and wind conditions before you go out.
2. Dress for the cold, especially if it is 45 degrees Fahrenheit or lower.
3. Warm the air you are breathing by wearing a scarf or mask around your nose and mouth if temperatures are below your comfort level (usually around zero degrees F.)
4. Dress in layers that can be removed easily and wear an outer layer that will break the wind.
5. Add a fluffy middle layer to trap heat in very cold weather. Try a fleece jacket or wool sweater.
6. Keep your head, hands, and feet warm. Wear a knit wool cap and mittens instead of gloves. Mittens allow warm air to circulate between your fingers.
7. Warm up longer before you head outdoors.
8. Let someone know where you are going and how long you plan to be gone. Better yet, enjoy an outdoor activity with a partner.

# How Active Are Maine Adults?

by Debra A. Wigand, M.Ed., CHES, Bureau of Health, Division of Community & Family Health

**F**ew Americans engage in regular physical activity despite the potential benefits. The recommendation for physical activity by the U.S. Surgeon General in his 1996 report to the nation highlights the need for a minimum of 30 minutes of physical activity, most days of the week. How do Mainers stack up?

The following statistics are from the 1998 Maine Behavioral Risk Factor Surveillance System Survey (BRFSS):

- Twenty-four percent (24%) of Maine adults engage in regular, sustained physical activity (five or more times per week for 30

minutes). This amount of physical activity is equivalent to what the Surgeon General has reported as necessary for minimum health benefits.

- Fifty-five percent (55%) of Maine adults have a sedentary lifestyle (are not physically active or are irregularly active).
- Fifty-four percent (54%) of Maine adults report being overweight (calculated by BMI of 25 or more).
- Fifty-three percent (53%) of Maine high school students are not enrolled in physical education classes. (Youth Risk Behavior Survey, 1997)

## Walking Found to Reduce The Risk of Heart Disease

**A**ccording to several studies reported in 1999, walking can reduce the risk of heart disease.

On August 26, 1999, the New England Journal of Medicine published the results of a survey of over 72,000 women ages 40 to 65 which showed that walking briskly for a minimum of three hours a week had a 30-40% reduction in their risk of heart disease.

In another study (reported in the Annals of Internal Medicine, July 6, 1999), walking 11-20 minutes, five days a week, reduced the risk of hypertension in men ages 35 to 60 by 12% and walking 21 minutes or more dropped that number even further to 29%.

Walking can easily be incorporated into a person's lifestyle and daily routine, and it is never too late to start.

## Governor's Council Night With The Portland Sea Dogs

**O**n the night of July 15, 1999, the management, players, and coaches of the Portland Sea Dogs welcomed, as their guests,



The Maine Governor's Council on Physical Fitness and Sports. This perfect night for baseball featured a pre-game home plate gymnastic demonstration by members of the Maine Academy of Gymnastics, "The American Flyers." The Portland Sea Dogs, in partnership with the Governor's Council on Physical Fitness and Sports, encouraged all those in attendance to be active and to help keep MAINE ON THE MOVE! This event was co-chaired by committee members William Dexter, MD, and Mark Capano.

### Calories Burned per Hour in Daily Activities and Exercise\*

Basketball	360-660	Gardening	300-450	Raking leaves	225
Bicycling, 6 mph	240	Housework	150-250	Running, 5.5 mph	660
Bowling	400	Lawn-mowing	300-400	Tennis singles	400
Cross-country skiing	700	(push mower)		Walking, 3 mph	320

\*Calories burned are approximate--a person weighing more than 150 pounds will burn more calories and a person weighing less than 150 pounds will burn less calories.

# Special Olympics

The 30th Annual Special Olympics Maine Winter Games (2000) were held Sunday, February 6th through Tuesday, February 9th, at Sugarloaf/USA, the Carrabassett Valley Academy, and the Carrabassett Valley Outdoor Center.



Over 472 athletes from 72 Maine communities competed in figure and speed skating; five nordic events--100M, 500M, 1K, 3K, and 3X1 relay; three alpine events--downhill, slalom, and giant slalom; three snowshoe events--25M and 50M dash and obstacle course; and two sit-down events--slalom and giant slalom.

For further information regarding this year's Winter Games or to inquire about volunteering opportunities, please call our state office at 879-0489. A walk-in registration sign-up table will also be available in the lobby of the Main Lodge at Sugarloaf/USA.

# Preventing Youth Initiation of Tobacco

Maine youth and young adults have among the highest tobacco addiction rates in the nation, and Maine has the fourth highest death rate in the nation due to tobacco-related chronic disease. Most adults start smoking before the age of 18. In 1997, 54% of all middle school kids reported having tried smoking. The Partnership for a Tobacco-Free Maine (PTM), Bureau of Health, Department of Human Services recognizes that sports and physical activity are positive, viable alternatives to tobacco use especially for Maine's youth and young adults. By funding programs such as the United Soccer Federation of Maine, Smoke-Free Kids and Soccer Program, youth receive through sports the very benefits they perceive in tobacco use: independence, status with their peers, a chance to make friends, relaxation, and a more positive sense of self. Programs such as this are helping the PTM eliminate tobacco as Maine's number one cause of preventable illness and premature death.

To learn more about the Partnership for a Tobacco-Free Maine, please call 287-4627 or visit their website at [www.tobaccofreemaine.org](http://www.tobaccofreemaine.org).