



# eNEWS TO SEE FROM CBG

Your partner in healthcare

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## Healthcare Related Links

<http://www.thecommercegroup.com/WebExchange/>

*Full access to all of your medical claim information through CBG.*

<http://www.americanheart.org>  
*Information about cardiovascular disease and stroke prevention.*

<http://www.lungusa.org>  
*Information about lung disease and promotion of lung health. Links to your state smoking cessation programs.*

<http://diabetes.niddk.nih.gov>  
*Information about diabetes control, prevention and kidney health.*



## Obese Americans now Outnumber the Merely Overweight

Numbers posted by the National Center for Health Statistics show that more than 34 percent of Americans are obese, compared to 32.7 percent who are overweight. It said just under 6 percent are "extremely" obese.

"More than one-third of adults, or over 72 million people, were obese in 2005-2006, the NCHS said in its report. The numbers are based on a survey of 4,356 adults over the age of 20, said the NCHS, which is part of the Centers for Disease Control and Prevention.

"During the physical examination, height and weight were measured as part of a more comprehensive set of body measurements," the NCHS report said. "Although the prevalence of obesity has more than doubled since 1980, the prevalence of overweight has remained stable over the same time period," it said. Obesity and overweight are calculated using a formula called body mass index (BMI). The U.S. National Institutes of Health has an online BMI calculator at [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/).

Being overweight or obese raises the risk of heart disease, diabetes, some cancers, arthritis and other conditions, which drive up healthcare costs

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## An article for everyone – Workers want employer help with health goals

Employees say they would like to improve their health status but need their employers to help them do it, a survey by the Washington-based National Business Group on Health has found. They want health care communication targeted to their specific needs and interests, and to learn more about how to save money and get more value from their health plans, the survey found.



When asked to rank their preferred method of communication, 77% of employees said they read health-related e-mails, 65% like getting home mailings, and 55% use their employer's Web site or intranet. While the vast majority said monthly or quarterly communication would be the preferred frequency for health-related communication, younger workers and men said they would like it even more often.

More than half (54%) of employees said they would take advantage of health-related activities if offered by their employer as a way for them to improve their health status, the survey found. Of that group, 59% said they would get on-site health screenings; 55% would enroll

## Winter Exercise Safety Tips

1. Dress for winter success - Layer according to your activity level and wear weatherproof outer layers.
2. Pack an emergency kit - and know how to use it
3. Stay well-fed and hydrated
4. Get the right gear
5. Keep the essentials - emergency kit or outerwear you're not likely to use in other situations, for example - tucked into your pack at all times.
6. Keep your fingers and toes toasty
7. Start slow and sensibly
8. Wear Sunscreen
9. Wear protective eyewear



weight management program; 52% would participate in a Web-based wellness program; 52% would see a worksite health care provider; and 49% would work with a health coach., and 48% would fill out an HRA.

Commerce Benefits Health Management works with members to actively manage their health conditions and offers all of the above options to help your employees and reduce your costs.

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## Fitness – New Year, New You

With the coming of each New Year, new resolutions are always being made. One thing's for sure, the top resolution made by Americans each New Year is to get in shape, and an overwhelmingly high percentage of these resolutions are not followed. The most important thing you can do is to set realistic goals.

There are 3 important steps you need to take in getting ready for your New Year's workout. They are.

1. **Set Specific Goals** – This will allow you to tailor a program to your specific needs (weight loss, muscle gain, etc.)
2. **Choose the Workout** – Pick a workout that is consistent with your plan. There are many online sites to look at or ask a trainer at your local gym.
3. **Have Patience with your Results** – Stick to the program you will see results. Don't let a slow start or sticking point get you off track.

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Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible. Here are some helpful tips:



1. Eat enough calories but not too many
2. Eat a wide variety of foods
3. Keep portions moderate
4. Eat plenty of fruits, vegetables, and grains
5. Drink more water
6. Limit sugary foods, salt and refined grain products
7. Get Moving
8. One step at a time

Choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer, and diabetes. Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.