



**STRENGTH**

*in*

**NUMBERS**

NATURALLY SLIM<sup>®</sup> PROGRAM



PAISBOA

Annually, Business Officers of the 139 independent schools and colleges that comprise the health insurance consortium (PAISIG) meet with their broker, Armstrong, Doyle & Carroll (ADC), to review and discuss the increase in health premiums. Even as there is **“Strength in Numbers”** by purchasing healthcare as a consortium, the expense is a heavy burden to our schools and its employees and one that has a huge impact on schools’ ever tightening budgets.

In a proactive attempt to blunt the rising costs of health premiums to our member schools, PAISBOA, along with ADC, agreed to underwrite a unique initiative to promote a healthier population. In August of 2010, after hearing a convincing presentation about the nationally-proven **Naturally Slim**® program, Business Officers of the Health Insurance consortium agreed to undertake a pilot program.

Results of the first 125 participants of the 10-week pilot program were remarkable. Since then, 500 additional employees in our member schools have participated with similar results (see back cover).

PAISBOA and ADC are committed to creating a healthier population and will continue to encourage employees in our member schools to consider taking part in this Naturally Slim® program. If you are interested in obtaining more information or would like to sign up for the next 10-week phase, please contact the program liaison at ADC, John Manion (jmanion@adcbenefits).

Sincerely,

Emily Miller  
Executive Director



## HOW THE WORKS *Program*

**NATURALLY SLIM** FOCUSES ON THE ISSUE OF METABOLIC SYNDROME AND OFFERS METHODS TO HELP YOU CREATE CHANGES IN YOUR BEHAVIOR.

### MORE SPECIFICALLY, IT:

**FIGHTS** metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle.

**ENABLES** you to develop a lifestyle of eating your favorite foods while still improving health and losing weight.

**TEACHES** you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and practice ways to minimize fat storage.

**ADDRESSES** how exercise, stress, and your environment affect weight loss.

**INCLUDES** 10 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal counselor over a 10-week period.



*Marcia Upson*  
*President, Naturally Slim, Inc.*

### WHAT IS

## *“Metabolic Syndrome”?*

Metabolic syndrome is a collection of risk factors that dramatically increase your risk of heart disease, diabetes, depression, stroke, cancer, and a number of other unpleasant medical conditions. According to a national health survey, one out of every three working adults has metabolic syndrome. These five questions can tell you if you are at risk:

- 1. BLOOD PRESSURE:** Is yours 130/85 or higher?
- 2. HDL (GOOD) CHOLESTEROL:** Is your level less than 40 mg/dl (milligrams/deciliter) for men; less than 50 mg/dl for women?
- 3. FASTING BLOOD GLUCOSE:** Is your glucose level 100 mg/dl or higher?
- 4. TRIGLYCERIDES:** Is yours 150 mg/dl or higher?
- 5. WAISTLINE:** Does yours measure 40” or more for men; 35” or more for women (when measured across the belly button)?

IF YOU ANSWERED **“YES”** THREE OR MORE TIMES, YOU MAY HAVE *Metabolic Syndrome.*

People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.

*“Pretty thrilled with the program – I learned a lot about how to balance meals, nutrition and mindful eating. I am so appreciative that my school offered this opportunity to us.”*

### WHAT DOES IT MEAN TO

## **“KNOW YOUR NUMBERS”?**

These are the numbers everyone should learn about themselves:

- **BLOOD SUGAR LEVELS**
- **BLOOD PRESSURE**
- **CHOLESTEROL LEVELS**
- **BODY MASS INDEX (BMI)**

It is important to check your numbers regularly even if you don’t feel sick. Many are “silent killers” that affect you before you feel anything is wrong. That’s why knowing your numbers today is much better than waiting to see the doctor after you are sick.

# Blood Sugar

WHY IS A BLOOD SUGAR TEST IMPORTANT? THE NUMBERS CAN TELL YOU HOW TO PREVENT DIABETES AND PREVENT COMPLICATIONS IF YOU HAVE DIABETES. TOO MUCH SUGAR IN YOUR BLOOD CAN MEAN THAT YOU HAVE DIABETES.

## HOW BLOOD SUGAR WORKS:

Everyone's blood has some sugar in it because your body needs sugar for energy. When you eat, your body breaks food down into sugar and sends it into your bloodstream. Then, your pancreas makes insulin (a hormone) to help get the sugar from the blood into the cells for energy needed in your daily life.

If diabetes is not treated it can lead to increased risk of heart attack, stroke, or other serious problems. You can prevent diabetes, and if you already have diabetes, you can learn to manage this condition to avoid further complications.

## HERE'S THE GOOD NEWS:

You can prevent or improve your condition with simple steps. The first step to preventing diabetes is to know your blood sugar level. Get checked regularly and follow your doctor's direction about foods, exercise and medication.

## UNDERSTANDING YOUR BLOOD SUGAR TEST

### 99 MG. AND LOWER

#### *Normal*

Maintain a healthy lifestyle to help keep it that way.

### 100-125 MG.

#### *Pre-Diabetes*

See your doctor. You might need to change your lifestyle to help prevent diabetes.

### 126 MG. AND HIGHER

#### *Type 2 Diabetes*

You probably have type 2 diabetes. Follow your doctor's advice. With lifestyle changes and healthy eating you can help prevent or control any future complication.

*"I'll never be done with Naturally Slim, because I've lost 75 pounds and I eat hamburgers and french fries, and that kind'a rocks."*

*Ellen Koenig  
Springside Chestnut Hill Academy*

# High Blood Pressure (Hypertension)

BLOOD PRESSURE IS THE MEASUREMENT OF HOW HARD YOUR HEART WORKS TO PUMP BLOOD THROUGH YOUR BODY. YOUR BLOOD PRESSURE TEST RESULTS WILL HAVE TWO NUMBERS: THE LARGER TOP NUMBER (SYSTOLIC) IS THE PRESSURE WHILE YOUR HEART IS PUMPING; THE SMALLER BOTTOM NUMBER (DIASTOLIC) IS THE AMOUNT OF PRESSURE BETWEEN BEATS OF YOUR HEART. A HEALTHY TEST RESULT FOR MOST PEOPLE IS TO HAVE THE TOP NUMBER UNDER 130 AND THE BOTTOM NUMBER UNDER 80 (FOR EXAMPLE: 110/70).

## WHY DO YOU NEED TO KNOW ABOUT YOUR BLOOD PRESSURE?

It can warn if you are at a higher risk of having heart disease - even if you don't feel that anything is wrong.

The good news is that it is easy to lower your blood pressure with medications, exercise, eating more fresh foods and less fatty or salty foods, having regular screenings, and following your doctor's instructions. If you smoke, quitting smoking will have an immediate and positive impact on your total health and often lowers your blood pressure as well.

*"With this program I feel that these results will last me a lifetime. I can take them away with me, and take them everywhere I want to go. And it's simple."*

## Understand your BLOOD PRESSURE RESULTS

CATEGORY	NORMAL	BORDERLINE	HIGH BLOOD PRESSURE
SYSTOLIC (Top Number)	Below 130	130-139	140 or higher
DIASTOLIC (Bottom Number)	Below 80	80-89	90 or higher



# Cholesterol

CHOLESTEROL IS A FAT-LIKE SUBSTANCE FOUND IN YOUR BLOOD. CHOLESTEROL COMES FROM TWO SOURCES: (1) **FOODS** AND (2) **YOUR BODY**, WHICH ACTUALLY MAKES CHOLESTEROL.

**THE GOOD NEWS IS THAT NOT ALL CHOLESTEROL IS BAD, WHILE:**

TOO MUCH BAD CHOLESTEROL (LDL AND TRIGLYCERIDES) CAN CLOG BLOOD VESSELS AND ARTERIES, WHICH CAN LEAD TO HEART DISEASE AND STROKE.

THE GOOD CHOLESTEROL (HDL) CAN ACTUALLY CLEAN AWAY THE BAD CHOLESTEROL.

The cholesterol test will show your good HDL, bad LDL, triglycerides and total cholesterol. If your levels of LDL and/or triglycerides are

high, your doctor will help you make changes to lower your cholesterol. Most people with very high LDLs will need a medication called a statin.

## LOWERING YOUR CHOLESTEROL IS IMPORTANT!

Keep a regular exercise schedule, follow your doctor's advice, and make healthy food choices. If your doctor prescribes medication, make sure you take it as directed.

## CHOLESTEROL *and* TRIGLYCERIDE *levels* milligram per deciliter (mg/dL)

CATEGORY	TOTAL CHOLESTEROL	LDL Lower is better	HDL Higher is better	TRIGLYCERIDES Lower is better
OPTIMAL Healthy	Below 200	Below 100	60 or higher	Below 150
NEAR OPTIMAL	--	100-129	--	
BORDERLINE	200-239	130-159	40-59	150-199
UNHEALTHY	240 or higher	160-189	Below 40	200-499
VERY UNHEALTHY	--	190 or higher	--	--

Source: National Heart, Lung, and Blood Institute of the National Institutes of Health, ATP III Classification

# Body Mass Index (BMI)

THE BODY MASS INDEX (BMI) IS A MEASUREMENT SYSTEM THAT USES HEIGHT AND WEIGHT TO DETERMINE THE BEST WEIGHT AND PROPORTION FOR A PERSON. BEING OVERWEIGHT IS THE RESULT OF EATING, EXERCISE HABITS AND POSSIBLY FAMILY HEALTH HISTORY. BY CHOOSING TO BE DISCIPLINED IN EATING AND EXERCISE, YOU WILL BE ON YOUR WAY TO BETTER WEIGHT AND BETTER HEALTH.

Chances are that if you are overweight, you have high levels of blood sugar, cholesterol and blood pressure. Being overweight puts you at risk for diabetes, heart disease, cancer, vision problems, depression, knee or ankle troubles and more. If you are struggling with your weight, the chances are high that someone in your family also has a weight problem.

Try to be an example to those around you. The best way to maintain a healthy weight is to develop healthy eating and exercise habits. Set short-term and realistic goals for better eating habits and exercise with your doctor's advice. Then, update your goals each week. Don't forget to keep a record of what you eat and the exercises you have done. Keeping track of what you are eating and how much or little you are exercising will make you more aware of your behaviors.

*"All I did was follow the program. As soon as you start to see positive results, it becomes its own motivator."*

*Margaret Mandell  
Springside Chestnut Hill Academy*

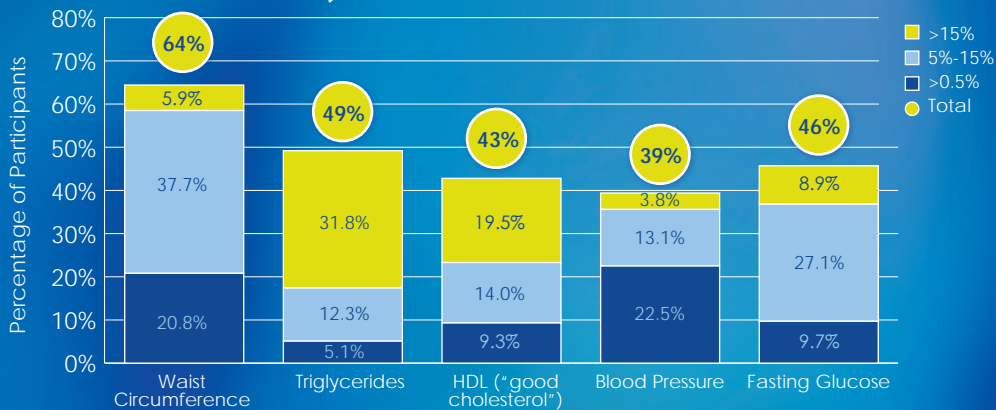
## REMEMBER:

UNHEALTHY SNACKS CAN RUIN ALL YOUR HARD WORK, SO CLEAN OUT YOUR HOME OF CHIPS AND SODAS AND CUT OUT FAST FOOD. IF YOU ARE HUNGRY, EAT FRUIT AND VEGETABLE SLICES AND NUTS. **LITTLE** CHANGES CAN MAKE A **BIG** DIFFERENCE.

## OVERWEIGHT CHILDREN ARE AT RISK FOR:

- Pediatric hypertension (high blood pressure)
- Type 2 diabetes mellitus (80% of type 2 diabetic patients are severely overweight)
- Heart disease
- Liver disease
- Serious problems with bones and joints (hips, knees and ankles)
- Sleep and breathing problems
- Early puberty
- Depression/poor self-esteem issues
- Unhealthy relationships with friends
- Adult obesity and related health problems

## Percentage of participants with IMPROVEMENT



## Metabolic Syndrome Participants PREVALENCE OF SPECIFIC RISK FACTORS

