

# Charles B. Wang Community Health Center

A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.



## Preventing Childhood Obesity

*An Interview with Dr. Eda Chao*

Dr. Eda Chao is a pediatrician at the Charles B. Wang Community Health Center and chairs the Pediatric Obesity Committee which aims to reduce obesity rates among children through community education and outreach. Dr. Chao received her medical degree from the University of California, San Diego and bachelor's degree from the University of California, Berkeley.

### **Why should people be concerned about childhood obesity?**

Childhood obesity is a major health problem in the United States. One in three children in the U.S. is overweight or obese. Overweight people, which include children, have a greater risk for serious health conditions such as type 2 diabetes, high blood pressure and high cholesterol.

### **Why are childhood obesity rates high?**

Many children today do not get enough exercise. They spend more time watching TV or playing with computers and video games than playing outside. Also, schools are cutting back on physical education programs so most kids spend their whole day sitting down.

Diet also plays a major role in the increase of childhood obesity. Much of what our children eat is unhealthy and "super sized." Portion sizes have gotten a lot bigger. Children like to eat fast

food and packaged meals which are quick and easy but they're also high in calories, fat, salt and sugar.

### **What can parents do if they think their child has a weight problem?**

If you're concerned that your child or teen may be overweight, talk to your child's doctor. Based on your child's body mass index (an estimate of body fat using height and weight measurements), gender and age, your doctor can assess if your child has a weight problem.

Regular physical activity and healthy eating habits are keys to weight control. Make healthy eating and exercise a family affair. Involve your kids in helping you prepare healthy meals or go for 20 minute walks together.

### **Other tips are:**

- Be a good role model for your kids. For example, don't drink soda with your kids; drink water instead.
- Keep in mind the 5-2-1-0 rule:
  1. Eat 5 servings of fruits and vegetables each day.
  2. Limit "screen time" (computer, TV, video games) to less than 2 hours each day.
  3. Get at least 1 hour of moderate physical activity each day.
  4. Limit sweet beverages and high fat foods to almost none or 0 each day.

## Healthy Eating Tips

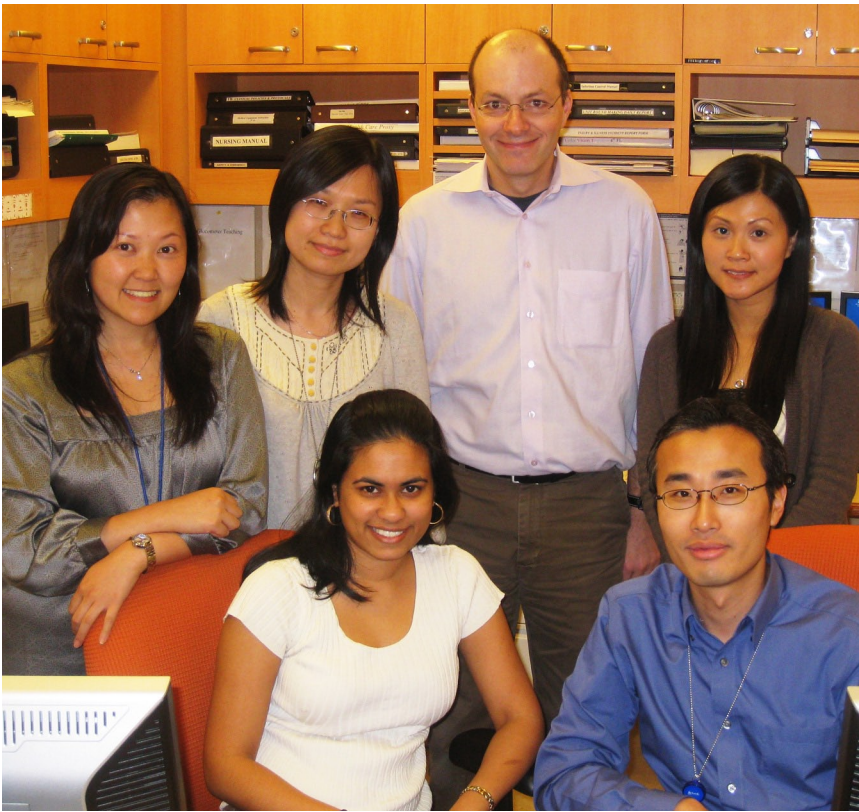
- Eat fruits instead of drinking fruit juice which is high in sugar.
- Add fresh vegetables to instant noodles to increase vegetable and fiber intake, and reduce portion size of noodles to half.
- Do not reward or punish with food especially junk food.

## Physical Activity Tips

- Walk whenever you can. For example, if you take the bus or train, get off one stop early and walk.
- Take the stairs instead of the elevator.
- Encourage your kids to be physically active everyday. Do physical activities together as a family such as swimming, biking or walking.



Dr. Chao with a young patient during a medical mission in China.



Charles B. Wang Community Health Center's Diabetes Care Team

## Learning to Live with Diabetes

*Care for yourself, Care for your family*

Diabetes and pre-diabetes affect Asian Americans in alarming rates. Diabetes is a serious chronic illness that can lead to long-term complications such as heart disease, kidney failure, nerve damage and more. There is no cure for diabetes but fortunately, it can be controlled by medication and lifestyle habits.

In response to the diabetes problem, the Diabetes Care Team at the Charles B. Wang Community Health Center promotes awareness and knowledge about diabetes prevention and management through education workshops. Diabetics and their family members can learn how to eat healthy and remain physically active, check their own blood sugar levels, take medication and monitor their own health. Patients can learn these skills through individual visits, group sessions, and educational workshops.

If you or a family member has diabetes, you can get help in managing it at the Charles B. Wang Community Center. By taking steps in managing your diabetes, you can live a full and healthier life.

The health center also offers diabetes screenings for people who want to know if they have diabetes. Services are provided on a sliding fee scale depending on your income. To make an appointment, or to get more information about workshops and other diabetes-related services, please call 212-379-6996.

The Charles B. Wang Community Health Center gives special thanks to the New York State Health Foundation for supporting the diabetes initiative—Chinatown Diabetes ACTION.

## Update Your Contact Information

If you change your mailing address or phone number, don't forget to update your contact information the next time you come for an appointment at the Charles B. Wang Community Health Center. Our files need to be kept up-to-date so that you don't miss any calls or notices.

## Stay Healthy. Get a Check Up.

Don't forget to make an appointment for a check up. Visit us at one of the following locations:

**268 Canal St., New York, NY 10013**  
 Women's Health 212-966-0228  
 Internal Medicine 212-379-6996

**125 Walker St., New York, NY 10013**  
 Pediatrics 212-226-3888  
 Dental 212-226-9339  
 Social Work 212-226-1661

**136-26 37th Ave., Flushing, NY 11354**  
 Internal Medicine, Obstetrics &  
 Gynecology 718-886-1200  
 Pediatrics 718-886-1222  
 Social Work 718-886-1212

**193 Centre St., New York, NY 10013**  
 Health Education 212-966-0461

The pediatric department at the Charles B. Wang Community Health Center offers nutrition workshops and individual counseling for parents and children. Ask one of our health care providers or staff at Pediatrics for more information.



Make healthy and delicious fruit smoothies at one of our nutrition workshops. Come and learn about healthy eating and get some healthy recipes at our workshops!

## 更新你的聯絡資料

如果你的郵寄地址或聯絡電話有所變動，在電話預約或下次前往王嘉廉社區醫療中心時，別忘記更新你的聯絡資料。我們需要保持最新資料，這樣你才不會錯過任何電話及或郵寄的聯繫。

## 健康乃是無價寶，定期體檢身體好。

請與本中心預約做定期身體檢查，你可到下列任何一間醫療中心就診：

華埠堅尼路268號，郵政號碼10013  
婦女健康部 電話 212-966-0228  
內科部 電話 212-379-6996

華埠獲加街125號，郵政號碼10013  
兒科部 電話 212-226-3888  
牙科部 電話 212-226-9339  
社會工作部 電話 212-226-1661

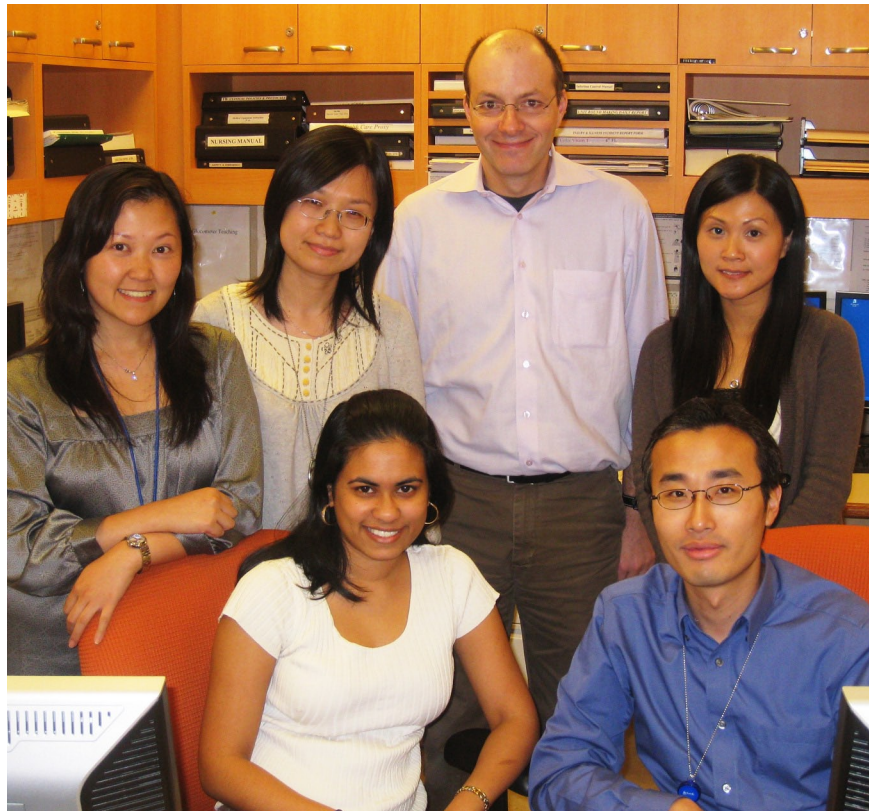
法拉盛37大道136-26號，郵政號碼11354  
內科，婦產科部 電話 718-886-1200  
兒科部 電話 718-886-1222  
社會工作部 電話 718-886-1212

華埠中央街193號，郵政號碼10013  
健康教育部 電話 212-966-0461

王嘉廉社區醫療中心小兒科部為家長和兒童提供營養講座和個人諮詢，欲知更多有關的資訊，可與兒科部醫護人員或工作人員查詢。



照片為醫護人員在講座中，示範如何製作健康及美味的水菓奶昔。歡迎參加我們的健康講座，學習創作更多健康的食譜。



王嘉廉社區醫療中心《糖尿病關懷小組》

## 戰勝糖尿病！關懷自己，關懷家人

糖尿病和糖尿病前期，正嚴重地影響著美國亞裔的健康。在紐約市，每六名亞裔就有一人患有糖尿病。糖尿病是一種嚴重的慢性病，可導致慢性併發症，例如心臟病、腎衰竭、神經損壞及其他疾病。糖尿病是無法根治的，但慶幸的是，可通過藥物及改變生活習慣等方式來控制。

王嘉廉社區醫療中心關注美國亞裔糖尿病的問題，特別成立糖尿病關懷小組，希望透過教育和其他支援服務，以提高大眾對糖尿病的認識，預防及管治糖尿病的方法。病人可透過個人就診、小組討論及教育講座，學習糖尿病的相關保健知識及控制技巧。希望糖尿病患者家人從而可學習如何吃得健

康、多做運動、自我測量血糖、正確服藥及監測自己的健康。

如果你或你的家人患有糖尿病，本中心可提供指導，協助你控制你的糖尿病，透過管治糖尿病的步驟，你也可享受健康的生活。

王嘉廉社區醫療中心同時為社區人士提供糖尿病篩檢。篩檢的費用是根據你的收入計算的。有意預約篩檢瞭解自己是否患有糖尿病或想知道更多有關糖尿病教育講座及資訊等等，可致電212-379-6996。

王嘉廉社區醫療中心特別鳴謝紐約州健康基金會支持糖尿病行動計劃—華埠糖尿病行動。

# 王嘉廉社區醫療中心

王嘉廉社區醫療中心成立於1971年，是一所非牟利的健康醫療機構，致力於為紐約的美國亞裔提供優質的醫療保健服務。



## 健康飲食建議

- 吃水果代替喝果汁，因為果汁含糖量很高。
- 煮方便麵時加入新鮮蔬菜，增加蔬菜和纖維的攝取，並將麵的份量減半。
- 別用食物來獎勵或懲罰孩子，特別是不健康的食物。

## 體能活動建議

- 儘量多步行，例如，搭乘巴士或地鐵時，提前一站下車，增加步行量。
- 走樓梯代替乘電梯。
- 鼓勵你的孩子每天進行體能活動，而且可全家一起活動，例如游泳、騎腳踏車或步行。

## 如何預防兒童肥胖症 訪問趙文祺醫生

趙文祺醫生是王嘉廉社區醫療中心小兒科醫生及兒童肥胖小組主席，該小組的宗旨為透過社區教育和外展活動，降低兒童肥胖的比率。趙醫生畢業於加州柏克萊大學，並獲得加州聖地牙哥大學醫學博士。

**為什麼要關心兒童肥胖症？**  
在美國，兒童肥胖症是嚴重的健康問題。無論是成人或兒童都會超重，超重會導致如二型糖尿病、高血壓和高膽固醇等疾病。

**為什麼兒童肥胖症率這麼高？**  
現今的社會，許多兒童缺乏運動，他們把大部分時間花在看電視、玩電腦與電視遊戲機上，而較少到戶外玩耍。加上學校減少了體育活動的項目，因此孩子大部分時間都是坐在課室內。

不良的飲食習慣也是導致兒童肥胖症的主要原因。許多孩子吃得不健康，他們喜歡上快餐店、吃快餐，因為它們既快速又方便，可是這些食物所含的熱量、脂肪、鹽及糖分都很高。此外，食物的份量很大，孩子容易進食過量，而導致超重。

**如果家長認為孩子有體重方面的問題，該怎麼辦？**  
如果你擔心你的孩子可能超重，請與你的醫生談談。醫生會根據孩子的身高體重指數（通過量度身高和體重來計算身體的脂肪含量）、性別和年齡來評估出你的孩子體重是否符合標準。

**如果孩子體重不符合標準，家長該怎麼辦？**  
定期做運動與維持健康的飲食習慣是控制體重的關鍵。讓全家都參與健康飲食與運動，例如：讓孩子幫助你做健康的飯菜或和孩子一起步行20分鐘。

### 其它的建議：

- 為孩子做個好榜樣，例如：別和孩子一起喝汽水飲料，最好喝白開水。
- 記住5-2-1-0原則：
  1. 每天吃5份蔬菜和水果。
  2. 限制孩子接觸屏幕（電腦、電視、遊戲機）的時間，每天不可超過2小時。
  3. 每天至少做1小時的中度運動。
  4. 減少進食含糖份的飲料和高脂肪食物，最好是0份量。



趙醫生在中國參加醫療義工計劃時與當地小朋友合照。