

February 21, 2005

**To: Dr. Jim Morrison, Chair
and House Health and Human
Services Committee Members**

From: Rep Delia Garcia

**Re: Proponent Testimony on
HB 2417**

Purpose of HB 2417

This act recognizes that Obesity is a problem and should be addressed in a comprehensive manner in our great state of Kansas. This act is a result of five years of research and brainstorming of fellow legislators and experts in this area in Kansas and other states.

This act would create a Council that will be within the Department of Health and Environment.

The Council includes the goals of the other two related Obesity Prevention Bills presented to us that we in our committee were interested in; and is inclusive of the participation of the parties involved, with this 26 member Council.

The reason I fully support HB 2417:

As I mentioned on the first day our Committee met, I requested to be on this committee so I could be in a position to contribute to the creation/ improvement of quality health initiatives in Kansas, with Obesity Prevention being at the top of the list.

As I also mentioned on the first day we met, I lost 81 pounds from Oct 2003-June 2004. Though I have fluctuated these past six months, I have made a lifetime change of lifestyle in where I am consistently conscious of everything I consume and physical activity necessary to maintain and lose more weight.

Losing this weight was a challenge in addition to pursuing my masters degree simultaneously and beginning my campaign. I want to share with you my story so you see why I fully endorse HB 2417 that comprehensively addresses this serious issue.

My Story

I was 26 years old, 5 ft 2 in. I am one of five daughters (the middle one), and always the heaviest one since I was a child. I grew up in a family owned Mexican restaurant in Wichita, that obviously didn't help. I exercised little and ate unhealthily, and it showed.

Luckily, I was accepted to graduate school in San Antonio the Summer of 2003 as if it were a sign, even though I applied late. I moved in August 2003. I thought to myself that this was a good opportunity for me to attempt to lose weight again because I was going to be away from all major distractions for the time being. In August, I began dieting and exercising on my own. In September, I had my annual physical and realized that I better do something about this seriously. The clinic I went to had a nurse who made me feel so uncomfortable and told me in a harsh way that I needed to lose weight and that I was basically unhealthy all around. She ticked me off so bad in the way she said it without tact, but ticked me off so much to do something about it. I needed to get healthy. I was tired all the time and I started seeing many signs of my body's deterioration. I hated being 26, and feeling 76. I knew I'd have to really change my eating habits, and that it would be hard. I knew that diet alone wasn't going to do. I knew that I had to develop a solid exercise program that would work and that I'd stick with for the long haul, but I needed direction from professionals.

On October 3, 2003, my sister Sonia came to visit me from D.C. and she took me to the Whole Food Store and spent 3 hours explaining every product to me in every aisle and where I could look up help. Ironically, I had received a flyer earlier in the mail that day from St. Mary's University Health Center about Flu Shots. On October 10, I got my flu shot and asked on my way out if I could weigh myself because I was dieting and wanted to see how much I had lost. Elisa Noriega kindly weighed me and then told me about Walk San Antonio and the weight loss programs available there through their office with outside partnerships. I was so excited! The staff was so nice! I came back the next week began the Walk San Antonio Program. I had to first get a doctor's note to get permission since I was so overweight. I began to meet with Dr. Vasquez every two weeks and took blood tests in October, as you see on this power point that show my results then in October 2003 and then five months later in March 2004! Everywhere I turned, I was reminded to eat and act healthy in my car on the radio who had a consistent "Health is Life" campaign on the popular radio station, on my university, on tv on frequent watched channels, at my apartment complex laundry room, select restaurants, and the list goes on. This was a result of a 'COMPREHENSIVE EFFORT' of different key partners who are experts in the area of health and also govern the area. <http://www.healthcollaborative.net/aboutus/aboutusHome.html>

I am the healthiest I have ever been in my entire life! I sweated and stumbled, but persevered and progressed. My metabolism is so high! I look forward to working out every day and discovering new ways of developing healthy eating and exercise habits. I now know that this is my weapon against health risks. My family is very proud to see me as a strong and healthy woman, and I work towards that goal everyday.

Walk San Antonio Program, uses a 'comprehensive effort plan' similar to HB 2417

<http://www.healthcollaborative.net>

Mission:

To improve the health status of the community
through collaborative means.

Vision:

- Enhance positive community health outcomes by leveraging appropriate resources
- Play a leadership role in evaluating, developing, funding and implementing health initiatives
- Increase the number of partners in the collaborative
- Decrease duplication of health services in the community and promote coordinated efforts for the best possible community health outcomes
- Adopt appropriate community health improvement measurement system

Improvements from my weight loss

From Oct 2003 to March 2004, I had lost over 52 pounds in @ five months

My recent blood results from Oct 22, 2003 and March 1, 2004:

	<u>OCTOBER</u>	<u>MARCH</u>	<u>HEALTHY RANGE</u>
Cholesterol:	183	163	< 200
Triglycerides:	173	106	< 150
Calculated LDL:	109	106	< 130
Sodium:	139	133	133 - 146
SGOT (AST):	48	35	5 - 35
SGPT (ALT):	63	40	7 - 56

My Blood Pressure was about 109 over 62

I have lost inches in my waist, arms, thighs, and chest

I went down 4 dress sizes

August 2003 BMI: 49% March 2004 BMI: 39% Target BMI: 21-33%

Thank You

I will be glad to answer any questions you may have or respond to any comments or concerns you may have.

Delia Garcia Weight Loss Formula

- EAT EVERY 3-4 HOURS (5 times/day: 3 meals & 2 snacks)
- DRINK LOTS OF WATER (at least 1 gallon/day)
[We need to drink at least ½ our body weight in ounces of water. Dehydration slows down the body's metabolism. It regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, removes wastes, and can deter hunger pangs. It helps food digestion. The body is 80% water, 75% of the brain, 22% of bones, 75% of the muscles, and 92% of our blood.]
- EAT 1200 CALORIES DAILY (except Friday nights)
- EAT LOW FAT FOOD (20-40 g Daily)
- EAT LOW IN SODIUM (2400 mg Daily)
[Avoid fast food and canned foods, and use spices and flavors instead of salt. High blood pressure, stroke, heart/ kidney disease & forms of cancer are linked to a high sodium diets.]
- EAT LOW IN CHOLESTEROL (300 mg Daily)
- TAKE A MULTI-VITAMIN MINERAL WITH HERBS (Daily)
- TAKE 2 CALCIUM TUMS EX (Daily)
- TAKE 1 TABLESPOON OF FLAX OIL (Daily)
[Flax Oil lowers risks of breast and colon cancer, helps to restore proper metabolic function, enables the excretion of fat and toxins that are trapped within the tissues (flushes bad fat out), and prevents indigestible synthetic oils from showing up on the body as cellulite! Besides preventing @ 60 diseases, it shields your skin from wrinkling!]
- EAT HIGH IN FIBER FOOD (Daily)
[High fiber is indigestible and has no calories; and food passes through our system so fast that the body doesn't have a chance to absorb all the calories eaten. So the more fiber you eat, the more calories will be excreted, and the greater the weight loss.]
- CONSUME SOY ISOFLAVONES (100-160 mg Daily)
[Soy stimulates the metabolism, contains more protein than milk without the saturated fat or cholesterol. Soya beans are the only beans to be considered a complete protein because they contain all 8 essential amino acids, and has high fiber content. It helps maintain our alertness and mental energy. It regulates blood-sugar and insulin, which helps you feel more satisfied and less hungry. It prevents heart/bone/kidney diseases.]
- EXERCISE REGULARLY (at least 5 times/week for @ 1 hour)
- DOCUMENT ALL OF THIS IN MY HEALTH JOURNAL BINDER

Delia Garcia's Healthy Diet

Delicious Snack Options

Low in Calories and Fat

- Apple- 1 medium one is 81 calories and .4g fat
- Orange- 1 medium one is 60 calories and .5g Fat
- Strawberries- 6 (1 cup) is 45 calories and .6g Fat
- Fat Free Whipped Topping- 6 tbsps is 45 calories and NO FAT
- Fat Free Silhouette's Strawby Ice Cream Sandwich- 1 sandwich is 130 calories and 2g Fat
- Soy Lemon Ginger Cultured Ice Cream- 1/2 cup is 120 calories and 3g Fat
- Fat Free Muffin Blueberry (medium)- 1 of a 2 package is 95 calories and 5g Fat
- Wal-Mart Fat Free Muffin (Choc,Blueberry)- 1/2 of big one is 130 calories and NO FAT
- Slim Fast Peanut Butter Crunch Bar (tastes like Butterfinger)- 1 is 130 calories and 4g Fat
- Slim Fast ChewyChoc Nougat Bar (tastes like Milky Way)- 1 is 120 calories and 3.5g Fat
- Slim Fast Peanut Butter Crisp Bar- 1 is 120 calories and 4g Fat
- Kellogg's Special K Berry Bar- 1 is 90 calories and 2g Fat
- Nutri-Grain Apple Cobbler Twist Bar- 1 is 140 calories and 3g Fat
- Nutri-Grain Strawby Chzck Twist Bar- 1 is 140 calories and 3g Fat
- Chewy Trail Mix Fruit & Nut Bar- 1 is 140 calories and 4g Fat
- Whole Grain Caramel Rice Cake- 1 is 80 calories and .5g Fat
- Fat Free Yogurt (all flavors)- 1 is 80 calories and NO FAT
- String Cheese- 1 stick is 60 calories and 2g Fat
- Kashi Go Lean Chocolate Caramel Karma Bar (high Fiber)- 1 is 140 calories and 3g Fat
- Kashi Go Lean Sublime Lemon Lime Bar (high in Fiber)- 1 is 160 calories and 3g Fat
- Holiday Fat Free Chewy Fruit Slices- 1 is 60 calories and NO FAT
- Fat Free Vanilla Pastel Meringue Cookies- 1 is 16 calories and NO FAT
- Spectation Wafer Bar- 1 is 50 calories and 3.2g Fat
- Teddy Graham Bites- 12 are 130 calories and 3g Fat
- Devil's Food Cookies- 1 is 50 calories and 1.5g of Fat
- Shortbread Lavender Cookie- 1 is 89 calories and 5g Fat
- Fig Newton Bars- 1 is 45 calories and 1g Fat
- Snack Well's Sugar Free Lemon Crème Cookies- 3 are 130 calories and 6g Fat
- Low Fat Cinnamon Graham Crackers- 1 whole bar is 65 calories and 1.5g Fat
- Three Cheese Baked Crisp Crackers (tastes like Cheez-Its) 9 are 65 Calories and 2g Fat Sugar Free Jello Cup- 1 is 10 calories and NO FAT
- Crème Saver Swirl Chewy Candies- 1 is 24 calories and NO FAT
- Jolly Ranchers Assorted Flavors hard candy- 1 is 9 calories and NO FAT
- Sweet-n-Low Flavored hard candy- 1 is 10 calories and .5g Fat
- Extra (Berry/Wintergreen/Mint) Gum- 1 stick is 5 calories and NO FAT