

# *Kaleo Oke Aloha Me Kaleo Oke Ola*

## *The Newsletter*

### *Of The Waianae Coast Comprehensive Health Center*

April - June 1983

86-260 Farrington Highway

President: Billie Hauge

Admin.: John Volanti

Chief of Staff: Fred Dodge, M.D.

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## **A DEDICATION DAY A NEW BUILDING AND 10 YEARS OF GROWTH**

On Saturday morning on June 18th, representatives of the State, City, private sector and community joined the Board and staff in celebrating the dedication of their new administration building, as well as a rededication of the Center's 10th year of service to the Waianae community. The program was enhanced by the Royal Hawaiian Band, and featured invocation and benediction prayers by Rev. Paul Larson; a history of the Center by Board Vice President Charles Wothke; and a Hawaiian tree-planting ceremony by Papa Kala (an ulu tree was donated by Mrs. Hoaliku Drake). A plaque dedicated to all individuals, past and present, who have contributed their time and effort to the Center was presented to Rev. Wothke by the Center's Administrator, John Volanti.

## wcchc's medical staff

Waianae Coast residents from Makakilo to Makaha need not go to town to find top quality medical care. The Health Center's medical staff has been built around highly qualified and dedicated physicians who average about 5 years with the WCCHC.

Dr. Fred Dodge, well-known family practice specialist, has organized a team of doctors with exceptional backgrounds to meet the outpatient and emergency medical needs of our community.

Dr. Rio Banner, a graduate of Baylor University Medical School, not only has a strong background in emergency medicine as a member of American College of Emergency Physicians, but also has advanced training in preventive medicine, being a graduate of the School of Public Health at Manoa.

Two other Hawaii School of Public Health graduates on staff are Dr. Jim Marzolf and Dr. Pat Lowry. Dr. Marzolf is a graduate of George Washington University Medical School and has a masters degree in genetics from the University of Missouri. He also undertook doctoral studies in nutrition at that university. Dr. Lowry is a graduate of Creighton University Medical School. He is a member of the American Academy of Preventive Medicine and the American Academy of Family Practice.

Dr. Larry Penner is the Health Center's Emergency Room Director. He is a graduate of Vanderbilt University School of Medicine and holds a Ph.D. degree in physiology from the University of Illinois. He is a member of the American College of Emergency Physicians, the Aerospace

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## new keiki car seat law

A new law takes effect July 1, 1983 which requires all children under 3 years of age (36 months and under) to be restrained in a specially designed car seat

If the child is 3 years old (36 to 48 months) he or she must be in a special car seat or in a seat belt in the back seat.

The driver of the car can be fined up to \$100 if children riding in the car are not properly restrained.

### Why was this law passed?

More children born healthy die in car accidents than from any other cause of death. A child held in your lap during an accident could be crushed by your weight. The force of the crash would cause a 110 pound woman to move towards the dashboard with the weight of 1,000 pounds in less than a second!

When used correctly seat belts and car seats can save 8 out of 10 children from death or serious injury. Children under 40 pounds (up to 3 or 4 years old) need to ride in specially designed car seats.

### What if I have Keiki's under 4 and no car seats?

1. Buy a new car seat: Woolworth's (Waianae Mall) sells federally approved car seats for infants and toddlers for \$59.99. Check the papers for sales at Sears and Pennys.

If you bring a voucher from WCCHC, Woolworth's will knock 10% of the price (= \$54 + tax). Call Marlene at 696-7081 ext. 19.

And, there's a \$25 tax credit. At tax time next April, the State will return \$25 to you for each new car seat you bought. Ask the salesperson for a written receipt.

2. Buy a used car seat: Second-hand seats are often available at swap meets and garage sales (try Aloha Stadium). You can also contact the Barbers Point Thrift Shop (682-5116). Call WCCHC for tips on how to choose a good one (Doris ext. 48 or Marlene ext. 19).
3. Borrow a seat: WCCHC has a limited number of car seats to loan out for 6 months and provides a short class on how to use them. Right now we have a waiting list.



our new  
health  
educator

The WCCHC's new Health Educator is Doris Segal. She is a graduate of the UH School of Public Health and was most recently a legislative analyst for Senator Bert Kobayashi. Her varied experience includes work with the Woman's Health Center and the DOH Alcohol and Drug Branch. Doris will be developing the WCCHC Prevention Program.



WIC is the shortened name for the Special Supplemental Food Program for Women, Infants and Children.

The program provides foods free to:  
(if they qualify)

- Women who are pregnant
- Women who just had a baby
- Women who are nursing  
Infants
- Children 1 to 5 years

The program also provides nutrition education **call 696-7081 x28**

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Medical Association and the National Association of Emergency Physicians.

Dr. Monte Elias is a graduate of the University of Pittsburgh Medical School. He came to Hawaii to enter the University of Hawaii Integrated Surgical Residency Program. His interests are in emergency medical care.

Dr. Terry Claggett is a graduate of the University of Texas-Galveston Medical School. He completed his residency in internal medicine at Queen's Hospital in Honolulu.

Now meet our 4 new physicians (next page over).

# BIG NEWS ABOUT BEING OVERWEIGHT and how you can SHAPE DOWN at the WCCHC

THREE SCOOPS ALOHA by Jim Marzolf, M.D.

You may be interested to know that:

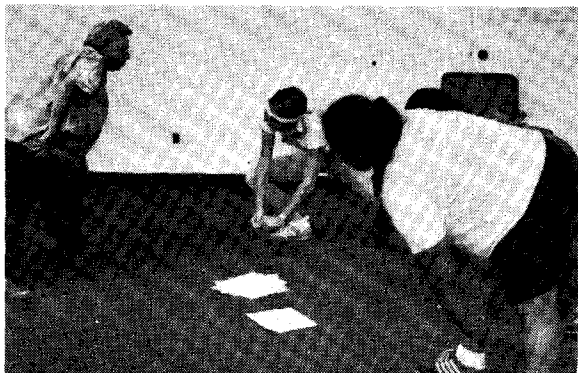
- \* There are 2.3 billion pounds of excess fat on the people of the United States, according to an article in the American Journal of Public Health.
- \* The number of calories needed to support that 2.3 billion pounds of fat over one year's period of time is enough energy to supply all of the people in Boston, Chicago, San Francisco and Washington, D.C., with free electricity for an entire year.
- \* It's also enough energy to give one million cars a free year's supply of gasoline or to provide the energy needs of 20 million Indians.

According to studies by the National Institute of Health, 30% of the American population is currently 30% over their ideal body weight. This means that a person whose ideal body weight is a 150 would weigh 195 pounds. This can severely complicate several other health problems. For instance, there is a thirty-fold increase in Adult Onset Diabetes in people who are 30% overweight. (That's a 3,000% increase over people who've maintained their normal body weight). Likewise, there is a fifteen-fold or 1,500% increase in coronary artery (heart) disease among people who are 30% overweight. Likewise, there are increases in complications and difficulty in treating other conditions such as high blood pressure, orthopedic problems, increased incidence of pneumonia, urinary tract infections, and gastrointestinal problems. The current Surgeon General of the United States has stated that obesity is the most prevalent disease in the United States.

Beginning at age 25 the average American gains 7-1/2 pounds of body fat every ten years. This means that by the age of 55 the average American is almost 24 pounds overweight. This slow increase is due to: 1) the body's reduced need for intake of calories with age (approximately 10% fewer calories for every decade over 20); and 2) reduced activity patterns of American citizens, ranging from very active at 20 to almost entirely inactive by 50. In most cases, this weight is gained gradually over a number of years. There is now good evidence to show that weight loss should also take place in a gradual manner. Studies show that almost always a rapid weight loss is followed within one year by regaining all of the lost weight and, many times, regaining more than the weight loss.

## You can learn to control your weight—gradually

Pictured below are participants in SHAPEDOWN. SHAPEDOWN is a 16 week, 12 session course combining exercise, behavior modification, and low calorie eating. The sessions feature beach walks, food demonstration, and topics ranging from "coping with your feelings" to dealing with binges and plateaus.



Each participant has signed a contract pledging to lose a total of 16+ pounds during the course of the program and must keep a diary of all activity, food intake, eating environment and feelings. The \$20.00 program fee is 100% refundable upon successful completion of the agreement! Register now for the new session of SHAPEDOWN to begin Tuesday, August 30th.