

GE Fitness Center

Managed by  TriHealth

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Waist-to-height ratio (WHtR) vs. Body mass index (BMI)

According to a new study at Leeds Beckett University, waist-to-height ratio is the most accurate way to assess risk of obesity in general clinical practice. The study aimed to improve the way that obesity is currently measured and classified by examining the whole-body fat percentage and abdominal fat mass.

Researchers found that 36.5% (one in two participants) more adults would be classified as obese using whole-body fat data rather than body mass index (one in seven participants, or 13.5%).

The researchers gathered accurate whole-body and abdominal fat data using a total body dual energy X-ray absorptiometry scanner (DXA scanner). The DXA scanner is a highly accurate way to measure body composition and fat content. They then calculated five predictors of whole-body fat and abdominal fat mass, which could easily be replicated in a GP's office, fitness center, or at home. These 5 tests were then compared to the results of the DXA scanner.

The results showed that the best predictor of both whole-body fat percentage and abdominal fat mass in both men and women was waist-to-height ratio. BMI had weak support as a predictor for whole-body fat percentage in both men and women, but was a plausible alternative for the prediction of abdominal fat mass in women.

The results showed that waist-to-height ratio is a more accurate measurement than BMI. By introducing this more accurate measure into clinical settings, more men and women would potentially be referred to the correct sources to improve their health.

To learn your waist-to-height ratio you can always meet with a fitness specialist or calculate it yourself: by taking your waist circumference and dividing it by your height in inches. Note: Waist circumference is taken at the narrowest part of the torso (above the umbilicus and below the xiphoid process).

WHtR=waist circumference (in inches) ÷ height (in inches)		
	< 50 years old	≥ 50 years old
Optimal Range	WHtR < .5	WHtR < .6

Source: www.healthyweightforum.org/eng/calculators/waist-height-ratio/
www.journals.plos.org/plosone/article?id=10.1371/journal.pone.0177175
www.sciencedaily.com/releases/2017/06/170606090942.htm

Senographe Pristina Mammography is Coming

GE Healthcare is committed to fighting breast cancer by encouraging early detection. With the Senographe Pristina we've completely redesigned the mammography experience to help women overcome anxiety and make the exam more comfortable.

On August 24, the Pristina roadshow will be making a stop at the GE Family Wellness Center in Evendale in the building 800 parking lot. Stop by anytime from 5:30 – 6:30a, 10 – 1p and 3 – 5 p. Employees, spouses and retirees are welcome. Registration is NOT required.

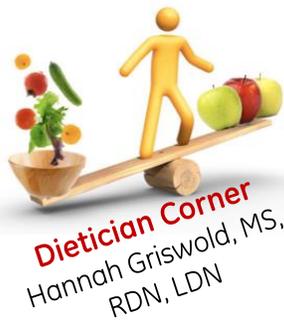
Every Woman. Every Body. Every Town.
A new experience in personalized breast imaging.
Don't miss your chance to learn about GE's latest mammography innovation, the Senographe Pristina, and get smart about breast health.



DATE:
Thursday, August 24

LOCATION:
GE Family Wellness Center in building 800 parking lot

TIMES:
5:30 – 6:30 AM
10 AM – 1 PM
3 – 5 PM



Understanding the New Nutrition Facts Label

You may have already noticed the new nutrition facts label on some of your favorite food items. This change was proposed in May 2016 to incorporate new scientific findings that have been made about the foods we eat as well as make it easier for us to make more informed decisions about what we put into our bodies. By this time next year (July 2018), all large food manufacturers will be required to include this new label on their packaging.

So what are the key differences?

- "Calories from Fat" declaration has been taken away as the type of fat is more important than the total amount of fat
- Larger serving size with common household measures such as "1 Cup"
- Larger font size for "Calories" to increase awareness of nutrition contents
- Updated reference values used to determine % Daily Value
- Sugars are now "Total Sugars" with "Added Sugars" below it in order to help distinguish sugars from naturally occurring carbohydrates in the food, such as lactose in milk and yogurt, versus sugar added during processing, such as high fructose corn syrup

The new food label is a great tool to help you make healthful choices. Some tips for using the new nutrition facts label include:

- Choose foods with 20% or higher daily values of vitamins, minerals, and fiber, and foods with a lower than 5% daily value for sodium and added sugars.

● Diet should consist of no more than 10% added sugar. This is in order to encourage that 90% of the diet comes from nutrient-dense foods, such as whole grains, fruits, vegetables, and poly and monounsaturated fat.

For any questions or concerns about interpreting the new nutrition facts label, feel free to make an appointment with our registered dietitian, Hannah Griswold, MS, RDN, LDN by calling 513-853-8900.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New: added sugars

Change in nutrients required

New footnote

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Group Fitness Updates



Returning in August:
Heartcycles on Wednesdays
at 4:15p and Yin Yoga on
Thursdays at 5p.



CHISEL on Tuesdays at
11:45a will recess for
the month of August.
It will return on Tuesday
September 5th.