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“Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.”

Good day!

Maybe it's the result of processed food, too much screen time, or too little time outdoors exercising, but according to the Centers for Disease Control (CDC), the incidence of childhood obesity has more than doubled over the past 30 years. In adolescents over the same timeframe, those who are considered obese have more than quadrupled.

This is a significant public health concern. Consider the facts as quoted from the CDC website (<http://cdc.gov/healthyyouth/obesity/facts.htm>):

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

As the CDC reports, longer-term effects are even more consequential:

- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.

## In this issue:



*continued*

- Being overweight or obese is associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma.

Despite these sobering facts, there is good news. On the preventive side, the CDC advises that adoption of healthy lifestyle habits, such as healthy eating and physical activity, can lower the risk of becoming obese and developing related conditions.

Enter Care New England.

Next month, we will be conducting a trial aimed at improving the health, fitness and well-being for children at risk for adverse health as a result of being overweight. The program, Care New England Food, Fitness & Fun, will begin as a pilot for our own employee population, with the potential of being rolled out to the public at a later time.

Aimed at giving both the parent/guardian and child the knowledge and motivation to improve the child's weight status and health, our new initiative is designed to improve nutrition, physical activity and body image in children "at risk" for obesity to "normalize" the rate of future weight gain. Children and families learn healthy eating habits and increase physical activity in their daily lives. Here are a few more details:

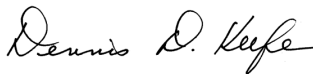
- Age: Children 6 to 10 years and their families learn how to adopt a long-lasting healthy lifestyle
- Start date: Tuesday, September 22, 2015
- Length of program: 12 weeks—once a week for a 75-minute session
- Recommendation: Tuesdays for 12 weeks—75-minute session at 5:30 p.m.
- Location: Care New England Wellness Center, 2191 Post Road, Warwick, RI
- Leaders: Elaine Piasecki, MS, RD, LDN, CDOE, CVDOE and Arianna Colella, exercise physiologist
- Physician referral required: For children with BMI greater than 85<sup>th</sup> percentile for age
- Participants in each group: Max 10 children with parent/guardians

A healthy future for our community begins with a healthier generation of children. Let it begin with us as we work to bring new programs and new insights in fulfilling our vision to create a community of healthier people.

For more information about this program or other Care New England Wellness programs, please contact Jan MacKinnon at [jmackinnon@carene.org](mailto:jmackinnon@carene.org).

Have a healthy week ahead!

Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer





## Memorial Cancer Center earns national certification

The American Society of Clinical Oncology, through its Quality Oncology Practice Initiative (QOPI®), has recertified The Cancer Center at Memorial Hospital.



A Cancer Center of Excellence, Memorial was the second hospital in Rhode Island to earn this prestigious three-year certification which is the result of a rigorous application and review process. The voluntary certification includes a site visit and measurement against ASCO criteria based on clinical guidelines and published standards for quality oncology care.

“The Cancer Center is a special, high-achieving facility that places the focus entirely on the needs of our patients,” explains Anthony Thomas, MD, director of the Center, chief of hematology and oncology at Memorial and clinical assistant professor of medicine at The Warren Alpert Medical School of Brown University. “We are pleased that the work we do here, as well as our commitment to quality care, is recognized with this national certification.”

The Cancer Center is a full-service center for patients with many different types of cancer. All the needed services—including lab work and an infusion center—are under one roof for patient convenience. In addition to the QOPI certification, the Cancer Center is accredited by the Commission on Cancer of the American College of Surgeons.

## CNE offers program on cardiology for PCPs

An *Update in Cardiology for the Primary Care Provider* will be held on Saturday, September 12, from 7 a.m. to 2 p.m. at the Crowne Plaza Hotel in Warwick. The program will provide an educational experience for primary care providers including physicians, nurses, nurse practitioners, physician assistants and other Allied Health professionals working in the field of primary care who treat and evaluate patients with cardiovascular disease, and it will feature physician resources from Care New England Cardiovascular Care.



To register go to: <http://carenewengland.org/cardiology/2015CME.cfm>.

Kent Hospital is accredited by the Rhode Island Medical Society to provide continuing medical education for physicians. Kent Hospital designates this live activity for a maximum of 5.0 AMA PRA category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Women & Infants launches Constance A. Howes Women's Health Innovation Research Fund Grant Program



Women & Infants has launched the Constance A. Howes Women's Health Innovation Research Fund Grant Program to foster innovative research leading to significant advances in women's health. The principal investigator must be an employee at Women & Infants Hospital. A total of \$50,000 will be available to award this year. The total number of grants will depend on the size and scope of the applications received. These one-year grants are meant to support pilot projects in women's health and gender-based research and to help faculty investigators gain the experience and/or preliminary data necessary for future success in attracting external support.

Hundreds of individual and foundation donors contributed to this fund in honor of Women & Infants' former president and CEO Connie Howes. Research projects will be evaluated by an in-house Scientific Advisory Committee as well as an ad hoc Donor Advisory Committee. This fall, finalists will be asked to present their projects to the Donor Advisory Committee before final selections are made.



## Gardens of Hope and Healing yield bumper crop

The Gardens of Hope and Healing project, sponsored through the Integrative Care Program in the Program in Women's Oncology at Women & Infants, encourages cancer patients, survivors and family members to find peace and stress relief through gardening plots of land in South County and Providence. The gardens are now producing bumper crops of various vegetables. In fact, volunteers through Job Corps were enlisted to help weed and harvest the gardens because they are so large. Every two weeks, the Integrative Care Program sets up a farmer's market in the lobby of One Blackstone, giving produce to cancer patients and asking staff for donations to help sustain the program. The next farmer's market will be on Tuesday, September 1, from 11 a.m. to 2 p.m. For more information on the Gardens project or the farmer's market, call Jessica Barletta at ext. 47285.



## Did you know 1 in 3 families struggle to buy diapers?



Please join Kent Hospital, Women & Infants Hospital, and Memorial Hospital as well as Newport Hospital and South County Hospital to collect new diapers for those in need. The drive is part of a national diaper drive organized by the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), a nonprofit membership organization that promotes the health of women and newborns. The local diaper drive is organized by Justine Iadeluca, RN, a member of the Rhode Island section of AWHONN. Diaper donations will assist agencies in Rhode Island including Project Undercover, which provides diapers, socks, underwear and baby wipes to more than 45,000 children in Rhode Island every year. Project Undercover regularly distributes donations they receive to community partners that help those in need—including Women & Infants' WPCC.

The drive will take place from August 17 until August 31. There are donation drop off locations in each of our facilities. For more information, please contact Justine Iadeluca, RN at [jiadeluca@wihri.org](mailto:jiadeluca@wihri.org).

## Memorial Hospital Wellness Night at McCoy Stadium

Memorial Hospital and the Paw Sox have teamed up to offer a healthy dose of prevention and education this summer. Doctors, nurses, laboratory technologists and staff will provide a free Wellness Night on Tuesday, September 1, 2015 at McCoy Stadium, One Columbus Avenue, Pawtucket, RI, before and during the PawSox game.



This event will take place inside the stadium with various tables located next to the food court with free screenings and information from 5:30 to 7:30 p.m. Game time is 7:05 p.m. Take advantage of this convenient opportunity to ask questions to an internal medicine doctor, oncologist, pediatrician, or nurse. Memorial Hospital staff will offer glucose and blood pressure screenings. Gain valuable information about stroke and other services at Memorial Hospital and Care New England. The Pawtucket Cancer Control Task Force will also be on hand with information as part of this wellness event.

Free tickets are available to our local community for this game. The first 50 people to register for this wellness event will receive one general admission ticket to the game. Tickets are available on a first come, first served basis by calling Memorial Hospital at (401) 729-2459. 