

being well

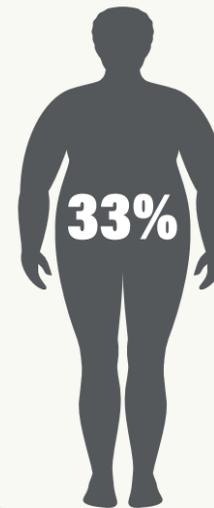


Nothing is more intrinsic to our everyday lives than our health. We spend a lot of time and energy trying to make healthy choices for ourselves and our families. The most reliable information about what's good for us comes from scientific research.

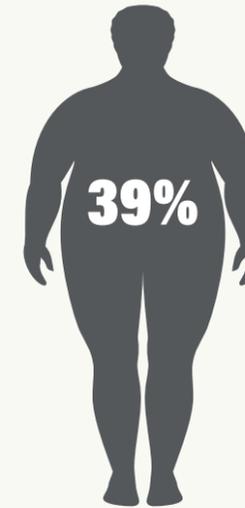
Faculty, staff and students at Cal Poly's Center for Health Research are dedicated to helping all of us make better decisions about our health. Through building the basic knowledge about how to stay healthy, they're answering the questions we all ask at some point.



33% of adults in the U.S. are overweight



39% of adults in the U.S. have obesity



HOW DO I MAINTAIN A HEALTHY WEIGHT?

Faculty, student and staff researchers at the Center for Health Research investigate multiple aspects of obesity, one of the country's main health concerns. Obesity increases the risk for heart disease, stroke, type 2 diabetes, cancer, sleep apnea, osteoarthritis and several other health conditions.

Professor Suzanne Phelan, the center's director, led a study of almost 5,000 members of WW (formerly Weight Watchers) who reported losing an average of about 50 pounds and kept it off for more than three years. The research team looked at 54 behaviors related to successful long-term weight management. Findings were published in the journal Obesity.

Compared to a group of 500 people with obesity whose weight stayed constant, those who maintained long-term weight loss reported several daily habits that contributed to their success. These habits included choosing healthy foods, tracking food choices and staying positive in the face of challenges.

STRATEGIES FOR WEIGHT LOSS SUCCESS

- ✓ Record what you eat each day
- ✓ Keep lower-calorie foods more accessible
- ✓ Practice self-kindness and mindfulness

View related video online at cosam.calpoly.edu/intersections

WHAT'S THE BEST WAY TO FEED MY BABY?



3 out of 4 babies in the U.S. receive some formula at 6 months

Bottle-feeding is a major risk factor for overfeeding

Infant overfeeding is widely recognized as a cause of excess weight gain in children up to 2 years old. Infants who gain too much weight are at risk for obesity and metabolic problems later in life. To help prevent overfeeding, Professor Alison Ventura has tested many factors, such as bottle type, that affect how well mothers pay attention to these hunger and fullness cues in hopes of learning how mothers can better respond.

Babies show that they're full with actions such as turning away from the nipple or falling asleep. Ventura has tested many factors, such as bottle type, that affect how well mothers pay attention to these hunger and fullness cues in hopes of learning how mothers can better respond.

INFANT FEEDING RECOMMENDATIONS

- ✓ Breastfeed as much and as long as possible
- ✓ When bottle-feeding, be aware that overfeeding is more likely
- ✓ Pay attention to babies' hunger and fullness cues, the best guide for how often and how much to feed



In a new project, Ventura and her students will study how feeding interactions develop over time and in different situations. They're teaming up with researchers at the University of Michigan, who will film bottle-feeding and solid food feeding sessions during the infants' first year. Cal Poly students will review the recorded sessions and code the behaviors of both mother and baby. Researchers can then assess which patterns lead to healthy feeding and which lead to overfeeding.

HOW CAN I REDUCE SCREEN TIME & GET MOVING?

GET UP AND GET MOVING

- ✓ Break up sitting every 20-30 minutes
- ✓ Replace 1 hr./day of sedentary time with activities such as slow walks, housework or gardening
- ✓ Engage in more intense activity such as a brisk walk or other exercise for additional health benefits



The research team will also track how less screen time affects physical activity level, diet, mood and disease risk factors. Their results will inform public health guidelines for the country.



Sedentary screen time is the single most prevalent use of time for U.S. adults outside of work and sleep.

50%+

It consumes more than half of U.S. adults' available leisure time.

Americans spend the majority of their free time in front of their TVs, computers and phones, which means they don't spend that time moving. A new study led by Sarah Keadle, a kinesiology and public health professor, will test different approaches to help adults with overweight or obesity escape their screens. Researchers hope to reduce sedentary screen time by 50% by testing three ways to help people to change their behavior:

- ✓ Receiving text messages that give them immediate feedback on their screen time
- ✓ Getting locked out of further screen time
- ✓ Earning back screen time through exercise



Excessive sedentary time increases risk for chronic diseases like diabetes, cardiovascular disease and some cancers.

HOW CAN WE INCREASE ACCESS TO HEALTH CARE?

Cal Poly's Women and Infants Mobile Health Unit provides free medical care to uninsured women and infants in Santa Maria and Guadalupe on California's Central Coast. Services include obstetrics and gynecology, women's health, family medicine, nursing and pediatrics.

Research indicates that mobile health clinics have helped prevent costly emergency room visits and improved access to care. Providing prenatal care through Cal Poly's mobile unit may lead to fewer pregnancy and delivery complications.

The mobile unit also offers training opportunities for Cal Poly students interested in the health professions. Students experience Learn by Doing as they offer health assessments and referrals in partnership with doctors, nurses and social workers. These and other local health professionals staff the unit through a partnership with the SLO NOOR Foundation.

ACCESSING MOBILE HEALTH UNIT SERVICES

- ✓ Patients using the mobile unit may receive care in English, Spanish and Mixtec, the language of one of the indigenous peoples of southern Mexico.
- ✓ The calendar for services can be found at healthresearch.calpoly.edu/mobile-health-unit-calendar



An estimated **20%** of Americans can't afford or access medical care.

Low income and non-white populations are most affected.

HOW CAN I SUPPORT THE CENTER FOR HEALTH RESEARCH?

HELP PREVENT OBESITY AND IMPROVE FAMILY HEALTH

By giving to the Center for Health Research, you will be part of the groundbreaking research and healthcare facilitated by talented, passionate faculty and students. The Campaign for the Center for Health Research is an opportunity to support the expansion of the clinic and its relocation to the Cal Poly Tech Park, giving patients and research participants easier access and creating a shared research space. State-of-the-art labs, treatment rooms and clinical research facilities are crucial to the future success of this prolific research center.



Your support will contribute to advances in preventing obesity, diabetes, cardiovascular disease and cancer and improving family health. One-time gifts of any amount, multi-year pledges or including the Center in your estate planning all make an important impact. //

FOR MORE INFORMATION

Contact **Kathryn Dilworth**, assistant dean for advancement, at kdilwort@calpoly.edu to discuss a gift.