

# HEALTH & WELLNESS

## Healthbeat

### Local doctor attends White House briefing

Winston-Salem's Dr. David Goff was one of about 75 American Heart Association volunteers invited to a White House "Community Leaders Briefing" on cardiovascular health on Feb. 24 as part of American Heart Month.

The all-day briefing included a presentation on "Million Hearts," a national initiative to prevent a million heart attacks and strokes over five years. Association advocates were joined at the White House by top Obama Administration staffers, representatives of WomenHeart: The National Coalition for Women with Heart Disease and other national groups focused on cardiovascular diseases.

Discussion topics included access to quality cardiovascular care, cardiovascular research, tobacco policy, and health disparities among women and minorities. Following a networking lunch, advocates participated in breakout sessions on various topics related to cardiovascular health, including nutrition and physical activity.

"Like many Americans, my family has been touched by heart disease and stroke," said Goff. "My father and his father both experienced major strokes and my mother has had heart attacks and chronic heart failure. These experiences have affected our family in many ways and have encouraged me to volunteer with the American Heart Association and to do research on prevention of heart disease and stroke. As a medical professional involved in research and education about heart health promotion, I'm very excited to take part in this forum on cardiovascular health."



Dr. Goff

### Statewide utility savings initiative saves taxpayers \$82.8 million

North Carolina's Utility Savings Initiative saved the state's taxpayers more than \$82.8 million in utility costs in the last fiscal year and avoided emitting more than 250,779 metric tons of carbon dioxide into the atmosphere, according to a report released recently by the North Carolina Energy Office, which assists agencies in managing their utility bills through a variety of programs.

Since the Utility Savings Initiative was launched in 2003, the state has avoided more than \$417 million while investing \$11.5 million into utility savings improvements in North Carolina government and university facilities.

"The return on our investment in resource-saving efforts continues to grow and that means we are more efficient and stretching precious taxpayer dollars even further," said Commerce Secretary Keith Crisco. "The Utility Savings Initiative allows us to not just save tax dollars but protects and preserves our environment."

The Utility Savings Initiative was an outgrowth of the 2002 Governor's Commission to Promote Government Efficiency and Savings on State Spending. It is a statewide program to cut utility spending and use in public buildings. State law requires that per square-foot utility (electricity and water) consumption be cut by 20 percent by the end of 2010 and by 30 percent by the end of 2015 - based on utility use for the 2002-03 fiscal year. The report is based on submissions from 15 state agencies and 21 University of North Carolina institutions.

### Wake Forest Baptist building new Davie hospital

Wake Forest Baptist Medical Center is about to begin construction on the first phase of its medical center in Davie County.

Consisting of an outpatient center and medical office building, the first phase is estimated to cost \$79 million. Approximately 200 jobs will be created by phase one, excluding construction jobs.

The complex will be named Wake Forest Baptist Health-West Campus. Site preparation has begun at the 88-acre tract on Highway 801 at Interstate 40 near the Yadkin River.

The medical office building will be larger than originally planned. It will be a four-story, 60,000-square-foot building containing physician offices. Originally, the building was projected to be 35,000 square feet.

The outpatient center will be 101,000 square feet. The three-level building will contain an emergency department, outpatient surgery and diagnostic imaging.

"The increased size of the medical office building will enable us to meet more of the needs of residents of the Davie County, western Forsyth County and southern Yadkin County region," said Dr. John McConnell, chief executive officer of Wake Forest Baptist Medical Center. "The larger size also is a reflection of the interest by a broad range of physicians in having full-time offices in a convenient location for patients."



Dr. McConnell

## Anti-hunger walk raises nearly \$90,000

CHRONICLE STAFF REPORT

Last October's 2011 Winston-Salem/Forsyth County CROP Walk raised nearly \$90,000, funds that will be used to fight hunger here in this county and around the world. The total raised makes the local Walk the sixth most successful in the nation.

Held as a fundraising tool for the Church World Service - which works to eradicate hunger and promote peace around the globe - CROP Walks have been held since the late 1960s.

Locally, the Walk, which took place at the Lawrence Joel Veterans Memorial Coliseum Annex, is organized by Church World Service partners Crisis Control Ministry and Sunnyside Ministry. The local agencies receive 25 percent of the money raised during the Winston-Salem/Forsyth Walk; the rest is used to further the Church World Service mission.

Local volunteers took part in the walk and received financial pledges from supporters. Several Walk participants were honored at a recent reception.

The top contributing team was St. Anne's Episcopal Church, which raised \$5,512. The top individual contributors were Rev. Nathan and Lisa Parrish, who raised \$1,825. The top walking group was Holy Cross Catholic Church in Kernersville, which had 760 walkers. The award for the largest contribution from a first-time participant went to Shiloh Lutheran Church for its \$955 donation. Messiah Moravian Church was honored for the largest percent increase in donations over last year.

Mary Catherine Hinds, associate regional director of Church World Service, presented Crisis Control Ministry and Sunnyside Ministry their share of the funds - a check for \$22,316.50. The agencies will share the money to alleviate the local hunger problem.

Hinds also gave a presentation on her recent trip to Bosnia and Serbia, where, thanks to the Church World Service, families have received micro-economic loans to start small businesses that help them feed their families and send their children to school.



CROP Walk Chair Judy House presents an award to the Top Individual Contributors Lisa and Nathan Parrish.

## Trainer starts new venture

CHRONICLE STAFF REPORT

A well-known local personal trainer has started her own business.

Dee Dee Knight is using all of her years of experience at Team Knight Fitness, which offers everything from specialized weight and endurance training to group classes and online personal training.

A graduate of Muhlenberg College and an American Council on Exercise-certified trainer, Knight has helped clients reach their goals at local facilities such as the YMCA, the YWCA and Peak Fitness.

"As a fitness professional, wife and mother, I understand the challenges people face in finding time for fitness," said Knight. "I realized I could still help those people through personalized sessions just without the face-to-face interaction. Now, I can help people from all over the world get fit and they can do it on their schedule. For some, that means working out at 3 a.m. at home or wherever is convenient for them."



Dee Dee Knight

In addition to challenging and encouraging clients to surpass their physical and mental boundaries by using functional exercises, Knight also offers nutritional planning to help clients achieve healthy lifestyle goals. Because each person is made differently with different genetic capabilities, goals and limitations, Knight says she customizes every training and nutrition program specifically to meet each person's needs and assist them in reaching their health, fitness, athletic and physique goals.

"With the proper combination of nutrition and exercise, you will get the healthy lifestyle you have been looking for," said Knight. "With determination and dedication, you can make anything happen."

Knight is proud of the many clients she has helped.

"Dee Dee first changed my exercise mindset. I learned that peddling for 30 minutes on the reclining bicycle while reading a magazine wasn't going to get me to any sort of fitness goals," said Team Knight client Christina Grosshans, who has lost 52 pounds. "I learned that you need to really push yourself if you want to change. I can honestly say I would never have pushed myself beyond what I thought were my limits without Dee Dee."

Learn more at <http://teamknightfitness.blogspot.com>.

## Parents: Leave A Legacy of Health



Dr. Rani Whitfield  
Guest Columnist

The current state of our economy has raised questions about whether today's kids will be better or worse off than their parents. But, as a physician and father, I question whether they will be healthy enough to even live longer than their parents. Today, more physicians than ever are treating children for "adult" diseases like diabetes, hypertension and even heart disease. So, we should be equally concerned about the future of their health as we are about their wealth.

I decided to write an open letter to African American parents, urging you to start a family legacy of good health. The future of our



children depends on it.

It's no secret that heart disease, obesity and diabetes are taking a toll on our families and our communities at a rate higher than any other ethnic group in the country. And it is mostly preventable. As a father to a six-year-old, I know "Do as I say, not as I do" doesn't work when kids are watching and mimicking your every move. Therefore, as parents, we

have to take the first steps toward building a healthy, active lifestyle for ourselves with hopes that our kids will "do as we do."

Contrary to what you might think, taking those steps doesn't mean cutting out the things you enjoy - doing that can actually lead to weight gain. To be honest, I'm not giving up my favorite foods and beverages,

See Health on A8



## All About Carbs

There's lots of information out there these days about nutrition and health, and some of it can be very confusing! One nutrition topic that has gotten a lot of attention lately is carbohydrates, or "carbs." It seems that every time we turn around, some has developed a new weight loss program that focuses on cutting or increasing carbs.

### But what are carbohydrates, and why are they so important to us?

Carbohydrates are one of three sources of energy or "calories" for our bodies, the others being fats and protein. Think of calories the same way you would gasoline for your car. Carbohydrates are the most important source because it is the source that is used by the brain and is used when energy is needed by the body quickly. The carbohydrates we eat go into our blood system as what we often call "blood sugar." Insulin, a hormone produced by the pancreas, is responsible for making sure our blood sugar doesn't get too high. Another hormone, glucagon, works to make sure our blood sugar doesn't get too low, so insulin and glucagon work as a team. When the insulin in our bodies is not working properly, or when our pancreas stops making insulin, that can lead to problems like diabetes.

### Where do we get carbohydrates in our diet?

The two major types of carbohydrates in our diets that give us energy are sugars and starches. The sugars are the "sweet" foods that contain sucrose (table sugar) or fructose (such as corn syrups). Starches are found in foods such as rice, pasta, breads, corn, and cereals. Starches are not as sweet as sugars, but do provide carbohydrates and calories to the diet. A third type of carbohydrate, dietary fiber, is not used as energy in our body because they cannot be digested, but it does play a very important role in keeping our digestive system working properly. They can also affect our blood sugar by slowing down how fast the starches and sugars we eat go into our blood. Good sources of dietary fiber include whole-grain breads, cereals and pasta; oatmeal; peas and beans; vegetables such as carrots, cauliflower, broccoli; and fruits such as prunes, apples and pears (especially with the skin).

You can read food labels to determine how many grams of carbohydrates are in a serving of a food. The nutrition content section of the label will tell you how many of the grams are from dietary fiber and sugars. The total carbohydrates in a food is the total amount of sugars, starches (which are not listed separately on food labels), and dietary fiber (which do not give us energy) that are in that food.

You can also look at the ingredients in a food label to see what types of sugars are in a food. Look for words like "high fructose corn syrup," "dextrose," and "sucrose." A lot of weight-loss diets these days are focusing on the sugar and starch content of the foods we eat. Diets such as the Atkins diet recommend eating very few carbohydrates. Of particular interest with these diet strategies is limiting foods with a high "glycemic index." These are foods that are high in carbohydrates and low in fiber and protein such as white bread and sweets that cause your blood to increase rapidly. Some research has shown that eating a lot of high glycemic index foods can lead to obesity and Type 2 diabetes. The down side of these diets is that they are generally high in fat and are low in fiber, which can cause some other health problems.

Also, if you have a chronic health condition like diabetes, you especially need to make sure that you follow your health care provider's advice on the amounts and types of carbohydrates you are eating and how that affects your condition.

For more information, contact the American Dietetic Association ([www.eatright.org](http://www.eatright.org)) or the US Department of Agriculture Food and Nutrition Information Center (<http://fnic.nal.usda.gov>).

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