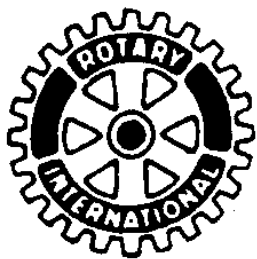


Check our web site – <http://waunakeerotary.org>



Waunakee Rotary Club

Feb. 24, 2005
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Jon Morgan with the State of Wisconsin's Department of Public Health addressed the topic of obesity at the Feb. 17 Waunakee Rotary Club meeting.

Jon, a former physical education teacher and coach, is working on the state nutrition and physical education program, an effort to stem the obesity trend, along with chronic illnesses resulting from it.

The trend toward obesity is only growing, he said, as more and more states report higher percentages of obese populations.

In 1991, only three states reported that between 15 and 19 percent of their populations were obese. In 2002, the number of states reporting those percentages increased and three reported more than 25 percent of their populations as obese.

The issue is not going away, Jon said, and is costing states more in Medicaid and Medicare payments to treat chronic illnesses such as heart disease and diabetes. In addition, the numbers of obese children are growing and will begin developing these illnesses at a younger age.

The trend is caused by restaurants serving larger portions, an increase in fast food restaurants and more people eating at them, along with less physical activity.

Once a species of hunters and gatherers, human beings find food always available and need to move less than ever.

The cure is simple – eat less, move more, Jon said. And it's easier to keep weight off than to lose it.

To keep weight off, people should exercise 30 minutes a day – more if they want to lose weight.

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Changing community policies rather than working with individuals is less costly for states, and it provides an opportunity for widespread change, Jon said.

That means communities should focus on creating grid neighborhoods that people can walk in. Studies show most people exercise in their own neighborhoods rather than go to the gym. More educational campaigns are also needed.

Statewide, efforts are under way to work with community groups such as schools and workplaces to encourage more activity.

Also at last week's meeting, Phil Willems told members to give themselves a pat on the back: The Rotary Plaza garnered the Orchid Award at the Chamber of Commerce annual dinner.

Phil also reminded members that the Dane County Rotary Clubs will celebrate Rotary International's centennial with a dinner at the Alliant Energy Center Feb. 23. Cocktails are at 6 p.m. followed by dinner. Tommy Thompson is the featured speaker.

Ron Niesen reported that all Super Raffle tickets have been distributed and 20 percent have been collected.

Guests: John Cullen and John Bass, guests of Rich Harris; Caleb Brown, guest of Leonard Allen; Doug Porter, guest of Joyce Maly; Jake Fehrenbach, guest of Mike Fehrenbach.

Visiting Rotarians: Martha Main, South Madison.

Birthdays: Feb. 24, Danny Paul; Feb. 26, Sandy Taylor; March 1,

Calendar of Events:

March 1, Whitetails Unlimited
March 15, Super Raffle
April 29-May 1, district celebration
July 27, Service Club Olympics
Aug. 5, Rotary Golf Outing

Rex Endres; March 1, Duwayne Statz; March 2, Wendy Grunewald-Fahlgren.

Anniversaries: None.

Prayers: Feb. 24, Kim Wilde; March 3, Pat Durden; March 10, Jon Townley; March 17, Msgr. Kramer.

Programs: Feb. 24, Lori Derauf on her new travel company; March 3, Club Assembly.

Greeters: Feb. 24, Connie Blau and Jason Brown; March 3, Jim Brussell and Frank Bucaida; March 10, Kathy Cefalu and John Cherf; March 17, Rod Cupp and Allan Dassow.

Make up meetings online

It's easy to make up a meeting on the Internet. The site is www.rotarye-clubone.org. Print out the form and give it to Roberta Baumann, club secretary.