



## Fast Food Danger

More than 50,000,000 people in U.S. depend on fast food. Americans alone spend over 110 billion dollars for different types of fast food. Most of the fast food contains high amounts of sodium which increases the risk of high blood pressure. Cholesterol in meat recipes is very dangerous for health. Eating this type of fast food, along with a sedentary lifestyle, leads to obesity. Steady and habitual use of fast food can lead to unhealthy conditions like malnutrition, corpulence, increased risks of heart attack, and/or hypertension. Food poisoning is one of the most noticeable fast food shocks. The FDA encourages consumers to request nutrition information from fast-food restaurants to avoid harmful effects.

"To love is to admire with the heart; to admire is to love with the mind."

**Theophile Gautier**

## Domestic Abuse

Domestic violence affects not only those abused, but witnesses, family members, co-workers, friends, and the community at large. Children who witness domestic violence are victims themselves, and growing up amidst violence predisposes them to a multitude of social and physical problems. Domestic violence is about power and control. The abuser wants to dominate the victim/survivor and wants all the power in the relationship. The abuser uses violence in order to establish and maintain authority and power. Perpetrators of domestic violence are usually not sick or deranged. They have learned abusive, manipulative techniques and behaviors that allow them to dominate and control others and obtain the responses they desire. An abuser will often restrict a victim's outlets by forbidding the victim to maintain outside employment, friends, and family ties. This has an isolating effect, leaving victims with no support system and creating dependency.

[Http://www.ncvc.org](http://www.ncvc.org)

### November is American Diabetes Month!

Diabetes is classified as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood - it is the principal source of fuel for our bodies. A person with diabetes has a condition in which the quantity of glucose in the blood is too elevated (hyperglycemia). This is because the body either does not produce enough insulin, produces no insulin, or has cells that do not respond properly to the insulin the pancreas produces. This results in too much glucose building up in the blood. This excess blood glucose eventually passes out of the body in urine. So, even though the blood has plenty of glucose, the cells are not getting it for their essential energy and growth requirements. All types of diabetes are treatable, but Type 1 and Type 2 diabetes last a lifetime; there is no known cure. The patient receives regular insulin, which became medically available in 1921. The treatment for a patient with Type 1 Diabetes is mainly injected insulin, plus some dietary and exercise adherence. Patients with Type 2 are usually treated with tablets, exercise and a special diet, but sometimes insulin injections are also required.

### Domestic Abuse Facts and Statistics

- *One in every four women will experience domestic violence in her lifetime*
- *Abuse is not just physical violence, it causes mental stress as well*
- *Studies suggest that up to 10 million children witness some form of domestic violence annually*
- *Men who as children witnessed their parents' domestic violence were twice as likely to abuse their own wives, than sons of nonviolent parents.*
- *Not all domestic abuse is from male to female; men can be victims too*

<http://domesticviolencestatistics.org/domestic-violence-statistics/>

### Get Ready to Get Fab and Fit!

**Look for upcoming information from Health Services on the *new* healthy weight loss competition! There will be lunch and learns, as well as many other ways to get fit!**

