



# Rotary Messenger

Rotary Club of Eau Claire

Editor: Jerry Reinecke

February 8, 2010

## In This Issue

- The Obesity Epidemic
- Youth Rotars Honored

## Visiting Rotarian

- Jake Richards, Amarillo, TX; father of Robin Shih

## Guests

- Youth Rotar School Reps:
  - Jeff Pepowski (Altoona)
  - Michelle Moss (Memorial)
  - Darrel Kluck (North)
- Kristina Skornikova – Rotary Exchange Student from Slovakia

## Make-up

- Marje Bunce – Stevens Point (2/3/2010)

## Leaves of Absence

- John DeRosa (10/25/2009 – 3/31/2010)
- Jeanne Chilson (1/25/2010 – 3/31/2010)
- Kris Becker (10/13/2009 – 4/13/2010)
- Glenn Horejsi (1/13/2010 – 4/30/2010)
- Ron Dulitz (11/22/2009 – 5/10/2010)
- Dennis Vanden Bloomen (1/1/2010 – 5/31/2010)

## The 4-Way Test

Of the things, we think, say or do:

1. Is it the 'Truth'?

## The Obesity Epidemic by Dr. William J. Klish, M.D. (The Impact of Obesity on Health and Health Care Costs)

Until the 1970s, the percentage of Americans that were considered overweight and obese had remained fairly stable at just over 30%. But then in the mid 1970s, that percentage began to increase at the rate of approximately 1% per year. And now, nearly 70% of the adult population and 20% of our youth are considered overweight or obese.

By appearance, overweight and obese people are becoming the norm. However, the greater concern is the health risk associated with obesity. Obesity is not a cosmetic issue, it is a disease.

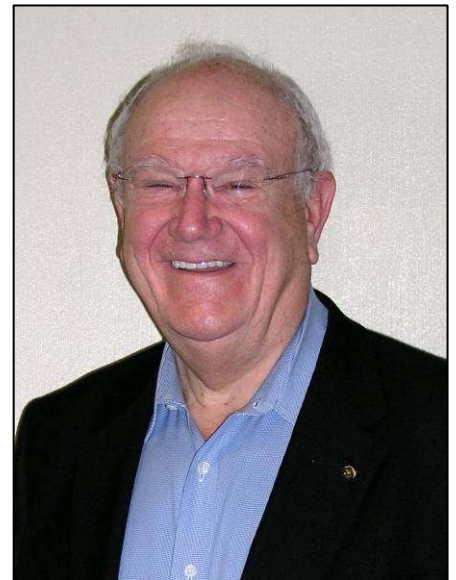
According to Dr. William J. Klish, most health issues are related to weight. The health problems (co-morbidities) associated with obesity include psychological, pulmonary, skeletal, liver, metabolic, cardiovascular, and certain types of cancer.

The health care costs associated with obesity are staggering, \$240 billion in 2008, with some estimating that these costs could climb to \$1 trillion by 2030. These costs do not include decreased productivity, lost work days, obesity treatment, etc.

Current projections by the CDC (Center for Disease Control) include scenarios in which one third of children born today will develop Type II Diabetes during their lifetime, with the percentage being even higher for certain minorities, such as Hispanics and Blacks.

The health care cost of diabetes is also staggering. The 2007 estimated cost for the USA was \$174 billion, with 1 in 10 health care dollars attributed to diabetes. That equates to approximately \$6,600 per individual, not including the cost of lost productivity and social costs such as unpaid caregivers, etc.

Another co-morbidity of obesity is non-alcoholic fatty liver disease, a disease that affects the liver much like alcoholism. It is estimated that 25% of adults currently have this disease, and the only treatment is weight loss or a liver transplant. The average cost of a liver transplant is \$150,000, but even if that cost could be afforded, only a fraction of the required livers will be available.



**Dr. William J. Klish**  
Professor Emeritus of Pediatrics,  
Baylor College of Medicine  
Houston, Texas

2. Is it 'Fair' to all concerned?
3. Will it build 'Goodwill' and 'Better Friendships'?
4. Will it be 'Beneficial' to all?

### Our Calendar

February 15 – Club Assembly

February 17 -- Board Meeting  
at Bank Mutual

February 22 – American Red  
Cross Update, by Kyle  
Kriegl

March 1 – The World of  
Professional Bike Racing by  
Tom McCarty

March 8 – to be announced

March 15 – How the FBI  
Serves Eau Claire by Special  
Agent Dave Fitzgerald

### Officers/Board of Directors for the 2009-10 Rotary Year

President – Jacqe Lahn

President-Elect – Jon Niebergall

Vice President – Sara Antonson

Secretary – Mary Knight

Exec Sec / Treas – Jerry Reinecke

Past President – Don Huebscher

Avenues of Service:

Club – Angela Hite

Community – Bob Schmidt

International – Mark Morse

Vocational – Marcia Van Beek

### Contact Us

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Dr. Klish went on to discuss other co-morbidities of obesity, including hypertension in both adults and children, coronary heart disease, sleep disorders including sleep apnea, and psychological complications.

According to Dr. Klish the prevention of obesity must include these factors:

1. Must start with public awareness of the problem.
2. Must start early in life, which now means infancy.
3. Must not interfere with our quality of life.
4. Must include strategies for treatment.

Similarly, the treatment of obesity needs to be fun, transparent, must be reinforced, and must be inexpensive to the individual. If we do these things, we might be successful in combating obesity.

There is some evidence that the incidence of obesity is leveling out, but it may just be that we are reaching equilibrium between our life style and our genetics.

Questions followed.

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## Youth Rotars Honored February 8

The February Youth Rotars, as selected by their respective schools on the basis of academics and school/community activities, are pictured below. We congratulate them and wish them well.



From left: **McKenzie Devine** (North), **Will Beckfield** (Regis), **Emily Ashlin** (Memorial), **Rachel Larsen** (Altoona), **Aimee Lace** (Memorial), and **Katie Sprick** (North)