

Weight brings challenges and changes

Kate Jackson's* obesity affects her everyday life

by Nicole Ryley
editor in chief

Kate Jackson* is now considered obese on a body mass index scale and has been gaining the weight since late elementary school.

Like any girl, she would like to be a few sizes smaller, but has accepted the fact of being heavy and does not want to change herself for anyone.

"The change is going to have to come from the will within me for me to want to change how I look, not because a magazine says so."

Not feeling any pressure from the media, she has never tried serious diets or committed exercise.

She did go through a tough time at Morton with her weight. She became an outcast because she was not skinny like the popular girls.

"No one judged me in elementary, weight wasn't an issue then, but in junior high, Morton was very clicky and I wasn't what the popular girls looked like."

"They always had something mean to say to me about my weight, it was difficult to hear those things at that age."

Kate is not the only one in her family who has struggled with being overweight. Her mom underwent gastric bypass surgery, last year to

lose the weight.

Gastric bypass can also be called bariatric surgery is a procedure where doctors make the stomach and small intestine smaller. This reduces the intake of calories because a person cannot eat as much.

"It took my mom over a year before she finally decided that was what she wanted to do."

Kate's younger siblings were her mom's main motivation to get the surgery.

"She wanted to be able to play in the park with them and not be slowed down by her weight."

Since her mom's surgery, she has been changing not only her lifestyle, but also the whole families.

There is less junk food in their house and their meals have smaller portions, the recommended serving size.

Kate's mom does not want her kids to go through the problems with weight like she did, so she is changing what everyone eats.

Kate does not know what the future will bring her with weight. She does know that she does not want to get to the point of her mom.

Risks of being overweight

Liver Disease

Caused by fat developing in the liver, which causes cirrhosis and can lead to liver failure

Osteoarthritis

Caused by the extra body weight putting strains on the spine, hip, and knee joints, causing loss of cartilage, which causes the bones to grind

Coronary Heart Disease

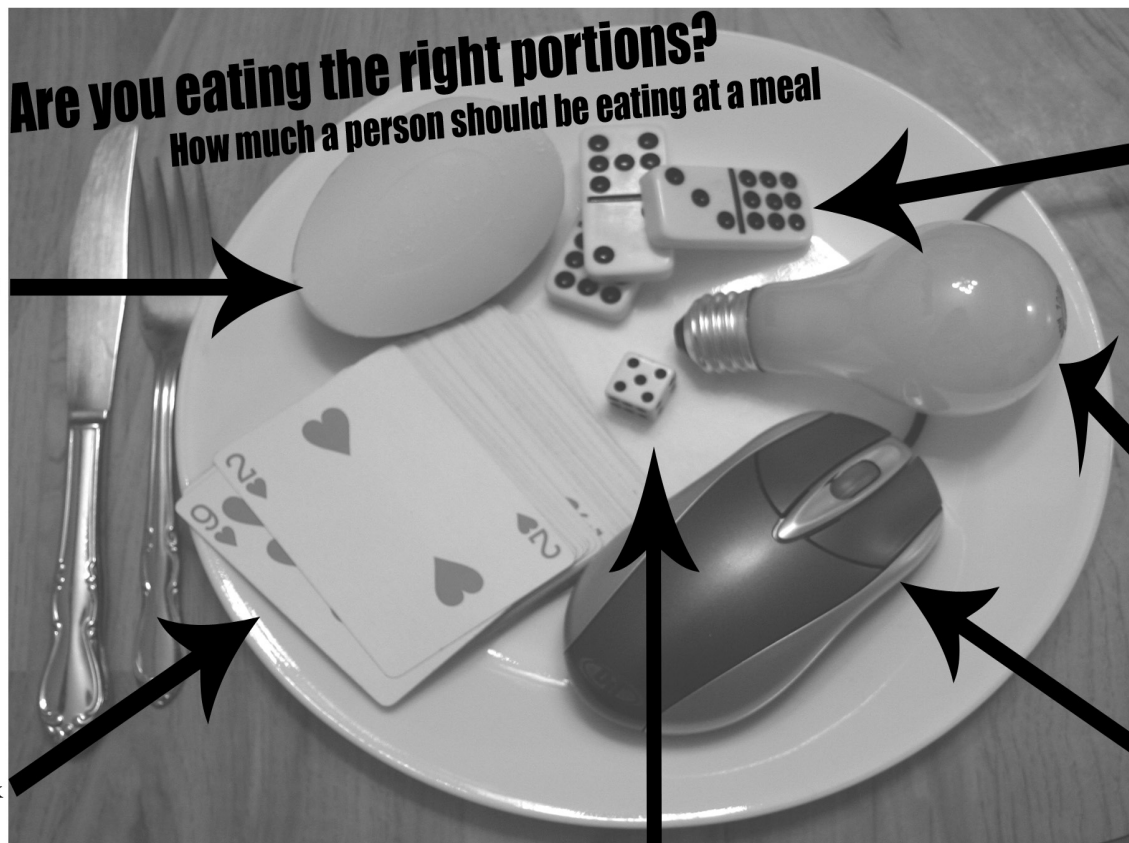
Caused by raised cholesterol, triglyceride levels, and blood pressure, which are high in people who are overweight

Type II Diabetes

Cause by a person with excess body fat to become resistant to insulin. Insulin helps the body store glucose, when this becomes to high diabetes occur. Strokes are also common with people who have diabetes

"If I see myself getting heavier, I want to do something about it before it goes too far. I don't want to have to take the measures my mom did."

*Name changed



Are you eating the right portions?
How much a person should be eating at a meal

Bar of soap is the size of a burrito

Three dominoes are a serving of cheese

Deck of cards is a serving of steak

Light bulb is a serving of potatoes

Computer mouse is a serving of pasta

Dice is the amount of butter that should be used