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What's Happening this Month:

- * Our October Support Group for Post – Weight loss surgery patients is **Wednesday, October 23** from 6 – 7 p.m. in our office, Suite 356.
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on **October 23** from 6 – 7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at **609.537.6777**.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at **609.537.6777** to schedule your first appointment with Dr. Chung.
- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietician, be reminded of program events and updates, and access recipes!

HOW TO CREATE A WEIGHT-BIAS FREE MOVEMENT TOGETHER!

by Caroline Lazur, RD, CSOWM
Bariatric Dietitian at Capital Health Metabolic & Weight Loss Center

Weight stigma plays a role in everyday life, including work, school, and health care settings. It is a lingering and rarely challenged form of prejudice in American society that can have serious personal, social, and overall health consequences for those who experience it. One of the goals of Capital Health Metabolic & Weight Loss Center is to eliminate the negative stigma associated with obesity. Those who attended our August support group shared stories about when they experienced weight bias at home, work, public spaces, and even from medical providers. We also discussed ways we commit to eliminating weight bias and how you can too.

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HOW TO CREATE A WEIGHT-BIAS FREE MOVEMENT TOGETHER! *continued*

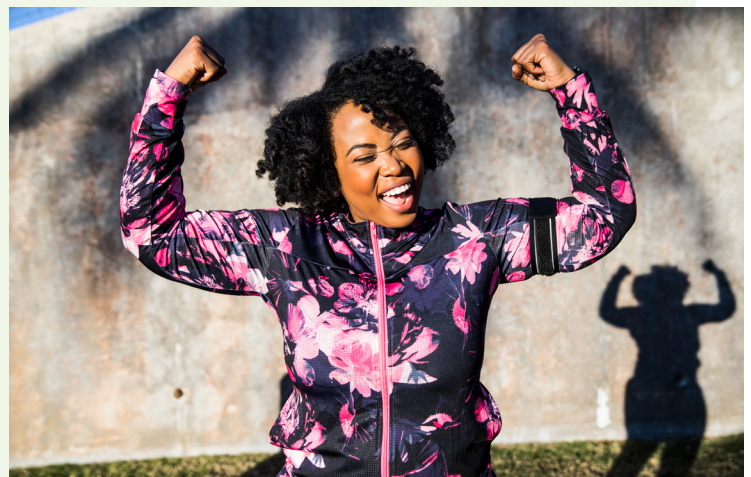
STRATEGIES FOR DEALING WITH WEIGHT BIAS:

- ... Rather than giving in to feelings of inferiority, practice positive self-talk strategies that emphasize self-acceptance and positive self-esteem. In challenging moments, say “My worth is not defined by my body size or the number on the scale” as a reminder to focus on what’s really important in your life.
- ... Challenge negative attitudes by educating others about the stigma of obesity.
 - Obesity is not directly caused by lack of self-control but by genetic, medical, and social factors.
 - You can’t tell if a person is healthy just by looking at their size. Larger size does not necessarily indicate poor health or physical inadequacies.
- ... Look to family, friends, or others who are struggling with weight stigma for social support.
- ... Instead of avoiding enjoyable activities because of negative feelings about your weight, set goals to ease these restrictions and participate more fully in these experiences.
- ... Be vocal about your individual needs and positively assert them to appropriate individuals (for example, requesting a larger-sized medical gown from a health care provider).
- ... When you experience weight bias, let the person involved know that his or her comments were inappropriate and hurtful, and that no one (regardless of their weight) deserves such unkind remarks or treatment.
- ... Talk to your dietitian or a therapist to help you identify effective ways to cope with stigma and replace self-defeating thoughts or self-blame with healthier ways of coping.
- ... Your motivation for joining our programs was not to chase a number the rest of your life—remember to focus on your non-scale victories!

AS HEALTH CARE PROVIDERS, WE COMMIT TO:

- ... Making Capital Health a weight-bias free zone.
 - We’re continuing to improve the physical and social environment of our office, other areas within Capital Health, and beyond.
 - We have come a long way in our office and other facilities in the hospital recently, but there is still a lot of work to be done!
- ... Encouraging our patients to share their experiences of stigma and working to create an environment where they never feel isolated.
- ... Helping our patients identify ways to effectively cope with stigma, such as using positive “self-talk,” stopping self-blame, obtaining social support from others, and participating in activities that they may have restricted due to feelings of shame about their weight.
- ... Continuing to provide education on weight bias within Capital Health and the community to encourage health care providers and others to adopt a more accurate and empathic understanding of those with a larger body size.

Please call us at 609.537.6777 if you need help coping, changing your own mindset about your body size, or respectfully challenging others who are weight-prejudiced. We can make a change together!



RECIPE OF THE MONTH



TURKEY PUMPKIN CHILI

Makes six servings • *From SkinnyTaste.com*

INGREDIENTS

- 1 large yellow onion, diced (about 2 cups)
- 1 medium bell pepper (red, yellow, or orange), diced
- 3-4 garlic cloves, minced (or 3/4 tsp garlic powder)
- 1½ lbs. ground turkey or chicken (90 to 93 percent lean)
- One 15 oz. can white beans, drained and rinsed
- One 28 oz. can diced tomatoes with liquid
- ¼ cup tomato paste (no salt added)
- One 14 oz. can pumpkin puree
- 1 cup reduced-sodium chicken or vegetable broth
- 2 tbsp chili powder
- 1½ tsp ground cinnamon, or 1 tablespoon pumpkin pie spice
- 2½ tsp ground cumin
- 1 tsp kosher salt
- ½ tsp ground black pepper
- ½ tsp cayenne pepper, optional
- 4 cups baby spinach leaves
- Light sour cream or nonfat plain Greek yogurt, optional
- Cilantro, optional

DIRECTIONS

1. Liberally coat a large pot or Dutch oven with oil spray and warm over medium-high heat.
2. Add onion and bell pepper and sauté (stirring occasionally) for about 7 minutes, or until the onion softens.
3. Add garlic and stir everything together. Cook until fragrant (about 30 seconds).
4. Add the ground turkey. Use a spatula or large spoon to break up the meat as it cooks for about 6 or 7 minutes, until fully cooked.
5. Add beans, diced tomatoes, tomato paste, pumpkin puree, broth, chili powder, cocoa powder, cinnamon (or pumpkin pie spice), cumin, black pepper, and optional cayenne pepper. Stir thoroughly.
6. Reduce heat and simmer for 20 to 30 minutes, stirring occasionally.
7. Immediately before serving, add the spinach and mix thoroughly.
8. Enjoy chili with desired toppings, such as nonfat plain Greek yogurt, cilantro, and salsa.

INSTANT POT METHOD

1. Press sauté on the instant pot, then follow the steps 1 to 5.
2. Cook 15 minutes at high pressure/natural release.
3. Add the spinach immediately before serving.



Product of the Month

Instead of highlighting a product for October, this month we are using this space to promote a hashtag that will help you clean up your social media accounts and limit your contact with social media users who promote negative self-talk.

When you are feeling down about your weight, search the hashtag **#weightbias** on Instagram or Facebook for awesome quotes and users who will remind you that you are not alone. Because it is social media, we can't guarantee that all quotes or accounts found with this hashtag will present factual or inspirational information, but you will find plenty that do. And while you're at it, take the time to unfollow the accounts that hold you up to unfair standards or make you feel bad about your life. You'll be glad you did!