



October—Sedentary Lifestyle

Sitting Disease

As a society, we have become more and more sedentary over the years and that's not a good thing.

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, the medical community does not recognize Sitting Disease as a diagnosable disease at this time. The data on sedentary lifestyles is astonishing. 65% of Americans watch two or more hours of TV everyday...who the heck has time to watch TV everyday, much less two or more hours a day, that's what I'm wondering?!

300,000 deaths occur annually due to inactivity and crappy dietary habits! This is very scary to me considering the fix is so simple for the average American...getting up and doing something as simple as taking a brisk walk around the block a few times a day. The human body is designed to move. For thousands of years, that's exactly what humans did. In the mid-20th century, however, rapid technological advances (think: cars, TVs, computers, etc.) began chipping away at physical activity, and as technology did more of the heavy lifting, people became increasingly sedentary.

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts our sedentary lifestyles, often referred to as "sitting disease," may be one of the most unanticipated health threats of our modern time.

- **12 Hours**—the amount of time the average person is sitting (aka sedentary) a day.
- **4th leading** risk factor for global mortality is physical inactivity.
- **3.2 Million** deaths a year are related to physical inactivity.

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October 2019

October Quote: "Those who think they don't have time for Wellness, will soon find time for Illness." — Unknown.

Club

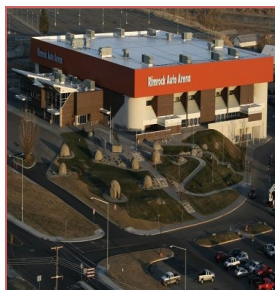
President:

Rene Critelli



October Volunteer Opportunities:
 October 12—NILE Ranch Rodeo
 October 17-19—NILE Rodeo
 October 26—Fluffy

Future Volunteer Opportunities:
 November 16—Monster Trucks
 November 22—Slayer
 November 23—Rocky vs. MSU Basketball
 November 26—Cirque Dreams Holiday
 December 5—Festival of Trees Gala
 December 8—Kenny G



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!



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 BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Now that's the bad news. The good news is...

By making simple lifestyle changes we can make big strides to lead healthier lives. Mounting medical research proves that if we choose to stand up, sit less, and move more, we can experience a great number of attainable benefits to our health, our minds and our bodies.

What you need to know

It's a common misconception that exercise can compensate for too much sitting. Even if you engage in the doctor-recommended 150 minutes of moderate to vigorous activity per week, you are still subject to the negative impact of too much sitting.

Low intensity, "non-exercise" activities like standing and walking are much more important than most realize. In fact, low level activities play a crucial metabolic role and account for more of our daily energy expenditure than moderate to high intensity activities.

Alternating between sitting and standing every 30 minutes is best for optimum health.

The Benefits of Alternating

There are a great number of attainable benefits to our health, our minds and our bodies, if we simply choose to stand up, sit less, and move more.

- Standing more can lower your risk of serious health issues ranging from cancer to early mortality.
- Standing more can increase your energy and productivity levels, lower your stress and improve your mood.
- Standing more can boost your metabolism, tone muscles and even reduce common aches and pains.
- Bones, like muscles, require regular movement to maintain strength—low level activity helps improve your bone health.
- Enhances brain power. Standing delivers more oxygen and nutrients to the brain through improved blood flow.
- When you're moving, fat-burning enzymes stay activated, burning far more calories than when you're sitting. It can add up over time.
- Studies have linked prolonged sitting to a greater risk for colon, breast and endometrial cancers. Research has suggested that regular movement boosts natural antioxidants that kill cell damaging and potentially cancer causing free radicals.
- Reducing sedentary time is linked to a lower risk of cardiovascular disease and death due to heart attack.
- Blood circulation is crucial to good health, but sitting can impede blood flow, affecting every system of the body.
- As the rate of those affected with type 2 diabetes continues to increase, breaking up sedentary time can aid in managing insulin levels and reducing that risk, as there is a significant correlation between excessive sitting and diabetes.
- Reduces the risk of early mortality. Research has found strong links between sedentary behavior and a variety of serious health problems, which increases the risk of early mortality.

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THE BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

10/4—ArtWalk

10/4-10/6—Jungle Book @ Nova

10/5 & 10/6—Kidz Dayz of Orchard Days (Ross Orchards)

10/8—Pint Night for Dress For Success @ Thirsty Street

10/11-13—Jungle Book @ Nova

10/11-26—Murder for Two @ Billings Studio Theatre

10/12—Harvestfest

10/12—Orchard Run 5k

10/12—Wine Mile

10/15—Pint Night for Camp Postcard @ Thirsty Street

10/26—Boo at the Zoo

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



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- Increases energy. Standing is a simple but underrated remedy to increase alertness and receive a natural jolt of energy.
- Increases ability to focus & productivity. Standing on the job promotes a greater mental awareness, which leads to far greater productivity and improved concentration. Low level movement can also reduce pain and discomfort, allowing people to better focus.
- Boosts metabolism. Alternating between sitting and standing increases the enzymes needed to metabolize food.
- Improves mood state. Moving muscles pumps fresh blood and oxygen to the brain, which releases mood enhancing chemicals.
- Supports heart health. Subtle movement, even standing, breaks up prolonged sitting and promotes higher HDL ("good" cholesterol) and lower LDL ("bad" cholesterol) which in turn can improve and lower the risk of heart attack.
- Tones muscles. Standing enlists large muscle groups along with the vestibular system which controls balance. Unused, weak muscles leave your joints unstable and prone to injury and chronic pain.
- Reduces the risk of osteoporosis. People who are more active have a lower risk of osteoporosis than those who are more sedentary.
- Pain relief. Our bodies were made to stand, so maintaining the seated position is physically stressful. This, in turn, can cause body pain, herniated discs, damaged nerves, degenerated joints and dementia.
- Improves posture. Standing (with proper posture) puts the spine into a more naturally aligned position.
- Standing more helps combat "Sitting disease".

www.juststand.org

Committee Happenings:

BECON Committee—Your October BECON Editor is Cavin Noddings.

Social Committee—Annual Halloween Pub Crawl is scheduled for November 2nd. The holiday party is tentatively scheduled for January 18th.

Membership Committee—A new member orientation is in the works for October 10th in the Yellowstone Room.

Patriotism Committee—Chili Cook Off for Veteran's Day on November 9th at the American Legion.

Dress a Child Committee—Committee Chair, Don, has been working with the Salvation Army. We are tentatively scheduled for December 14th and will shop with 70 kiddos.

GET INVOLVED

**** Committee Chairs**—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter!**



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CAP Center Corner

Making the Case: Why Prevention Matters

Dollars and Lives: The Economics of Healthy Children – Dr. Phaedra Corso

Author's note: Healthy children lead to healthy adults. And healthy adults are more productive and drive a healthy economy. Because the nation cannot sustain its productivity potential if it has a large number of unhealthy adults, ensuring the physical and emotional well-being of our children through the prevention of child abuse and neglect must be one of this country's top priorities. The immediate, short-term economic impacts of child maltreatment are clear. They include the cost of healthcare services for acute injuries, the utilization of social and protective services to investigate and treat abused children, and the money spent on the legal and criminal justice systems involved. Perhaps the greatest economic impact of child maltreatment on society, however, is the unhealthy adults that are produced as a consequence. – Dr. Phaedra Corso

The Cost to Society of Adults who were Childhood Victims of Abuse and Neglect

Research has revealed the impact on society of unhealthy adults who were exposed to childhood abuse. First, adult survivors of child maltreatment are more likely to have decreased health-related quality of life¹ as shown by considerable evidence of higher levels of chronic and mental health diseases relative to non-abused adults². There is evidence of a strong correlation between childhood exposure to abuse and adult obesity, cardiovascular disease, and adverse lifestyle behaviors such as alcohol and tobacco use. The economic implications of these and other adult chronic and mental health conditions being associated with abuse are very serious, resulting in excess utilization of our healthcare system. Research done by³ Dr. Amy Bonomi at Ohio State University reveals that the annual healthcare costs for adult women reporting physical abuse during childhood were 22% higher than costs for women reporting no abuse during childhood. If one considers this excess cost, which is about \$500, and multiplies it times the number of adult women in the US (about 110 million) and the prevalence of self-reported physical abuse from this study and others, ranging from 19 to 34 percent, then the excess healthcare costs associated with childhood physical abuse for women in the US is between \$10.4 and \$18.7 billion per year. Add to this the excess medical expenditures for men, which could be higher because their prevalence of self-reported physical abuse is higher⁴ and the excess medical expenditures for other types of abuse (sexual, emotional), and the economic impact on our healthcare system is even greater. When adult survivors have access to employer-based health insurance, these excess expenditures are borne by the employer and the survivor in terms of out-of-pocket expenditures and health insurance premiums. In cases where adult survivors do not have access to private health insurance, these excess expenditures are paid by society through tax dollars that support publicly-funded health insurance, primarily Medicaid and Medicare, or by cost shifting that results from uncompensated care delivered in hospital settings.

The Impact on the Labor Force

Higher levels of chronic and mental health conditions among adults who were victims of childhood abuse and neglect may also affect the labor supply through lower productivity. Good health, while vital for individual wellbeing, also plays a large role in employee productivity. When adult survivors of child abuse and neglect suffer from long-term effects of chronic and mental health conditions, the results are increased number of sick days and increased number of days at work marked by low productivity. Some studies have noted that productivity losses for chronic diseases can be up to 4 times higher than the costs of the associated medical expenditures⁵. This means that in addition to the direct medical expenditures estimated above, female survivors of childhood physical abuse cost the economy an additional \$40 to \$75 billion in lost productivity each year.



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The Impact on Long Term Economic Growth

These estimates, exclusive of the impact on productivity losses for men and for other types of abuse, are just the tip of the iceberg in terms of real consequences for long-term sustainable economic growth. Hard to quantify productivity impacts of chronic diseases associated with adult survivors of abuse include: unwanted job changes, impediments to job promotion opportunities, and lack of proper educational attainment to obtain the desired job or to maintain one's job through ongoing continuing education and training. Most importantly, lifetime productivity losses associated with premature mortality resulting from child maltreatment make these estimates even greater.

The Adult Legacy of Childhood Abuse and Neglect

Finally, childhood exposure to abuse and neglect has been linked, both anecdotally and scientifically, to a lifetime trajectory of violence perpetration and victimization,⁶ non-violent criminal activity⁷, and increased utilization of social and welfare services. This means there is less money available for the criminal and legal justice systems, including police, prosecution, courts, probation, prison, and legal aid; and social welfare services, such as social security disability benefits. Beyond the economic impact associated with the actual survivor, it is also important to consider the influence on society and the family. For example, if child maltreatment has long-term impacts on the adult survivor's social functioning, coping skills, and relationship potentials, then one should also assume that there are negative spillover effects on the quality of life, physical and emotional well-being, and productivity potential for those in the survivor's sphere of influence. While not easy to quantify, these spillover economic impacts of child abuse and neglect may be no less important than those specific to the individual victim. The costs to individuals and to society of childhood abuse and neglect are enormous. The savings through prevention in lives and dollars should be an important public policy objective.