

New MEDDAC program focuses on health, weight

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The New Year often brings a renewed focus on health so the Fort Stewart Medical Department Activity is starting a new program to help you achieve your weight-loss goals.

Entitled, “BMI: A Healthy Weigh to a Healthy You”, the program focuses on ensuring each beneficiary has a current Body Mass Index recorded in their medical history. Body Mass Index is a number calculated from a person's weight and height. According to the Centers for Disease Control and Prevention, it provides a reliable indicator of body fatness and is used to screen for weight categories that may lead to health problems. In general, adults at

BODY MASS INDEX
BMI: “HEALTHY WEIGH TO A HEALTHY YOU!”



a healthy weight have a BMI between 18.5 and 24.9, people between 25 and 29.9 are considered overweight, and anyone with a BMI more than 30 is obese. However, this isn't about numbers said MEDDAC Commander Col.

Ronald J. Place.

“We're talking about a healthy lifestyle,” Col. Place said. “The number is merely a frame of reference to help us [as health-care providers] give guidance.”

The program is scheduled to begin Jan. 1 at all Stewart MEDDAC facilities as well as Tuttle Army Health Clinic. From then on, all patients will have their BMI calculated at every medical appointment, regardless of clinic specialty. This means if you visit your provider for back pain, a yearly physical, or even an eye exam, you will be weighed and measured as part of the new BMI program. Place said the timing of the program's kick-off is not a coincidence.

“With the challenges Americans have with healthy lifestyles and the large

number of people who have New Year's resolutions that revolve around losing excess weight and increasing fitness, we see this as a unique opportunity to fill the needs of the community and help them on their journey toward a healthier lifestyle,” he said.

Place said the new BMI program is the second in a series of steps that began earlier this year when all Stewart medical facilities became tobacco-free campuses. He also hinted there is more to follow in 2013 as MEDDAC continues to emphasize wellness rather than treating illness.

“In the future,” he said. “We look forward to partnering with the Garrison leadership on additional ways to make Fort Stewart and Hunter Army Airfield healthy communities.”