January 25 - February 7, 2013

parable to and competitive with other

payers and eliminates some itemized

to 4.5 percent from 6.25 percent, with

on Jan. 16. The sales tax will be reduced

tax to 6.25 percent from 5.25 percent at

Gov. Deval Patrick’s plan goes through.


Scott King wanted,” said Leverett Wing,

goals: To celebrate the culture of Quin-

a Chinese New Year wishing tree, that

activities, including making a wish on

Asian food from several local

High School.

organized by Quincy Asian Resources

Center. “Building Hong Lok House re-

the Greater Boston Chinese Golden Age

said Ruth Moy, executive director of

Amenities include a senior center open to

for less than $500 a month on average.

the community, a rooftop garden, taichi

Microscopes all throughout the facil-

ities, clad in blue, anti-static overcoats

microscopes all throughout the facil-

the only bilingual Chinese-English Newspaper in New England

February 6 - 19, 2015

Mayor Marty Walsh discussed immigration and outreach by the Office of New Bostonians on
Feb. 3 at City Hall. (Image courtesy of Ling-Mei Wong.)

Boston Mayor Walsh voices
support for diversity

BY LING-MEI WONG

Mayor Marty Walsh reaffirmed his support for President Barack Obama’s immigration policy and improving
diversity through the Office of New Bostonians at City Hall on Feb. 3 at a roundtable meeting for student
teachers. About 15 members of the ethnic press attended, including representatives from

Chinese, Vietnamese, Arabic, In-
dian and Spanish media.

“We have place in City Hall for peo-
ple who are immigrants, whatever their
issues might be,” Walsh said. He added
he was proud to be a first-generation immi-
grant from Ireland.

One in four Boston residents are
foreign-born, which represents 33 per-
cent of Boston’s workforce, according
to data from the Office of New Boston-
ians. However, immigrants face barri-
ers, such as language, to realizing their
full potential.

Boston was one of the first cities in
the nation to endorse Obama’s execu-
tive order Deferred Action for Child-
hood Arrivals (DACA) for children of
undocumented residents to attend col-
lege.

“I understand the immigrant popula-
tion in Boston,” Walsh said. “I had fam-
ily members who were undocumented in
60’s and 70’s.”

Walsh talked about his voting record
as a state representative, when he sup-
ported a driver’s license bill for individ-
uals to register to drive legally, rather
than drive without a license and insur-
ance. Another bill he supported was in-
state tuition for undocumented children
who went to three years of high school
in Massachusetts.

“What makes Boston so unique is
there are so many pockets of diver-
sity — Somali, Vietnamese, Chinese,
Latin,” Walsh said. “I view that as a
strength.”

A DACA Day will take place Feb.
26 at City Hall. To register, visit bit.ly
BostonFebClinic.

Kwong Kow Chinese School celebrates 99 years

BY LING-MEI WONG

The Kwong Kow Chinese School (KKCS) held its annual “Dare to Dream”
gala to celebrate 99 years on Jan. 23 at the Empire Garden Restaurant. About
500 guests attended.

Boston city councilor at-large Mi-
chele Wu welcomed the guests with
her husband Conan and son Blaise. Sen.
Elizabeth Warren, honorary chairwoman
for the gala, was unable to attend due to
the government voting schedule.

“What we give to our students is a
reason to dream,” said KKCS Principal
Felicia Tseng.

Two awards were presented to Tufts
Medical Center and Edward Leung, owner of East Ocean City and Lucky Star
Transportation buses. Leung received the

award with his wife Maria.

The lion dance was performed by
students in the KKCS Lion Dance and
Drumming Group. Students from The
Kung Fu Kids demonstrated their abili-
ties, along with a yangqin and Chinese
zither performance by 10 female stu-
dents. An energetic “Reach for the Star”
dance was performed, along with a four-
part harmony of “The Sound of Music.”

研究人員將幫助華埠居民
了解高速公路的污染

Edwin L. Aguirre, UMass Lowell撰寫

美國國家健康協會最近授予
來自麻州大學波士頓分校、麻州
大學羅華分校和塔夫茨大學的多
科研究人員團隊50,000美元
資金來開發一個計算機可視化工
具，從而幫助波士頓華埠地區居
民了解來自高速公路與交通
有關的空氣污染所造成的健康危
險。

高速公路污染，特別是來自
汽車尾氣的細微顆粒，可以引起一
系列不良的健康影響，尤其是對
患有哮喘及呼吸系統和心血管疾
病的人。

波士頓華埠被選為進行為期两
年的國家健康協會研究，因為
這裡靠近主要的高速公路，並且
有著密集的低收入亞裔移民，特
別是來自中國的移民，他們處於
高風險中。麻州大學羅華分校計算機科
學教授，國家健康協會研究項目
首席研究員Georges Grinstein
說道：“這個項目旨在建立一個
新的健康傳播和掃盲計劃，將促
進中國城居民獲得有關他們的社
區所面臨的與交通有關的空氣污
染的政策的科學信息。目前，由
於他們有限的英語能力、教育及
經濟背景和獲得電腦的能力，他
們很可能沒有從傳統新聞的管道
了解空氣污染的資訊。”

Grinstein解釋道：“計算
機可視化工具上的菜單將使用中
文和英文”，他指導麻州大學羅
華大學的可視化和感知研究研
究所。

下續請看中文第四版

HIGHLIGHTS
Winter weather sweeps Massachusetts
PAGE 3
Winter exercise for seniors
PAGE 8

頭條新聞
麻州 雪不停 交通堵塞
中文第二版

長者聖誕活動
中文第五版

Sampan publishes every other Friday.
For more news, please visit Sampan.org
Event Calendar

Chinatown Main Street gala
Saturday, Feb. 7
7 p.m.
88 Beach Street
Boston, MA 02111
Chinatown Main Street will hold its annual fund-raising gala at Hei La Moon. A table is $500 and a ticket is $50.

Ha Jin book reading
Saturday, Feb. 7
1 to 3 p.m.
38 Ash Street
Boston, MA 02111
Award-winning Asian American author Ha Jin will read from and discuss his novel new year’s Eve, "Betrayal." RSVP at (617) 324-8991 or e-mail sharewood.director@gmail.com.

Tai Tung Park community meeting
Wednesday, Feb. 11
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Boston Parks and Recreation Department will hold a community meeting on Tai Tung Park renovations at the Josiah Quincy School. In the event of inclement weather, the meeting will take place Feb. 25 at the same time and place. For more information, please contactCathy Baker-Eclipse at (617) 961-3058 or cathy.baker-eclipse@boston.gov.

The Chinatown Coalition meeting
Thursday, Feb. 12
9:30 a.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, please contact tc@yan.org.

Divorce financial issues symposium
Friday, Feb. 13
9 a.m. to 4 p.m.
410 Belmont Street
Watertown, MA 02472
The symposium provides a deeper perspective of financial issues related to divorce for divorce professionals, which will take place at the Oakley Country Club. Registration is $195 including continental breakfast and lunch; sign up for $100 before Feb. 6 with code EARLYBIRD. For more information, visit https://divorcefinancialsymposium.eventbrite.com.

Chinese New Year Celebration
Saturday, Feb. 14
1:30 p.m.
85 W. Newton Street
Boston, MA 02118

Free legal clinic
Monday, Feb. 23, every fourth Monday
6 to 8 p.m.
1509 Hancock Street, Suite 209
Quincy, MA 02169
Quincy Asian Resourcees, Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.

Free business legal clinic
Wednesday, Feb. 25
6:30 to 8:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association hosts Advancing Entrepreneurship, a partnership with the Lawyers Committee for Civil Rights and Economic Justice. This business legal clinic provides confidential consultation to established and new businesses, helping owners and employees, free of charge. Please make an appointment with Scarlet Wu at (617) 426-9402 x 206 or scarlettwu@nacac.org.

Chinatown Chinese New Year parade
Sunday, March 1
10 a.m.
Boston Chinatown
The Boston Chinatown Chinese New Year celebration will feature lion dances, cultural performances and traditional music. In the event of snow, the celebration will be postponed to March 8.

MIT Asia Business Conference
Saturday, March 7
8 a.m. to 7 p.m.
MIT Media Lab
75 Amherst Street
Cambridge, MA 02139
Hear about Asian business today from renowned executives from Alibaba, Paypal, Rocket Internet, Kebze Ventures, A.T. Kearney, Yamaha Motors, SparkLabs Global, LIIX Global, NTT Data and many more. For more information, visit www.mitiasiasbusinessconference.com.

Chinese New Year (1st class mail); $35/area. All donations to the Greater Boston area. All donations are tax deductible. Subscription: $60/year (1st class mail); $35/3rd class mail.

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Year parade
Sunday, March 8
10 a.m.
Quincy Center
The Asian Taxi Chinese New Year celebration will feature lion dances, cultural performances and traditional music. In the event of snow, the celebration will be postponed to March 15.
A blizzard on Jan. 27 and a winter storm on Feb. 2 resulted in several feet of snow throughout Massachusetts. With the blizzard “Juno” delivering 24 inches of snow, the winter storm exacerbated bad cleanup conditions with an additional 14.5 inches of snow for Boston on Feb. 2 and more snow flurries on Feb. 5. “We are still in recovery mode from the recent blizzard and I want to thank residents for their patience as we prepare for the upcoming winter storm,” said Mayor Marty Walsh in a prepared statement on Feb. 1. “With up to 14 inches of snow expected, please remember to check on your neighbors, especially the elderly, and always put safety first.”

Parking bans were enforced in Boston for snow removal plows. Boston Public Schools were closed on Jan. 27 to 29 and Feb. 2 to 3, for five snow days in two weeks. Part of Boston’s Franklin Park was designated an emergency snow farm.

Boston’s Public Works Department had nearly 600 pieces of snow removal equipment ready and more than 20,000 tons of salt, according to the City of Boston.

The Jan. 27 blizzard downed trees across the state and knocked out power on Nantucket Island for a day. In Marshfield, a 50-foot section of the sea wall collapsed, causing storm damage to 12 homes, according to the Massachusetts Emergency Management Agency (MEMA).

Both the blizzard and winter storm disrupted transit, with a significant number of flights, trains and buses canceled, according to MEMA reports.

Boston has had inches of snowfall for the winter season as of Feb. 5, according to the City of Boston’s Snow Stats website, http://snowstats.boston.gov/. Removing the snow has taken 87,114 hours and 54,032 tons of salt to plow 157,601 miles.

For the latest winter weather updates, visit www.weather.gov/boston.

Workshop explores job discrimination

BY LING-MEI WONG


The EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person’s race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability or genetic information, said Amon Kinsey, federal investigator for the EEOC Boston area office. It is also illegal to discriminate against a person because the person complained about discrimination, filed a charge of discrimination or participated in an employment discrimination investigation or lawsuit.

“Our jurisdiction is for employers with more than 15 employees and in cases of age discrimination, more than 20 employees,” said Charles Jordan, federal investigator for the EEOC Boston area office. The federal agency has a state counterpart, the Massachusetts Commission Against Discrimination (MCAD). MCAD takes cases for employers with six employees and covers more issues, such as bullying and housing.

All workers may file a charge for free with the EEOC, whether they are documented or undocumented employees. The employee must provide proof, such as journal entries, witnesses or photos, Jordan said. A case must be filed in 180 days or in 300 days, if there is a state agency that performs the EEOC’s function.

“Changes questions included what discrimination was and whether one could build a case if the witness was unwilling to testify. If the EEOC finds cause for discrimination, the employer will be asked to provide a settlement.

“Call us free for advice on issues and whether we have jurisdiction,” Jordan said.

For more information, visit www.eeoc.gov.

Residents protest renovation in Chinatown

BY LING-MEI WONG

A protest took place at 103 Hudson Street in Chinatown on Jan. 30 to support three tenants who were relocated to a Boston hotel for building repairs. The property was purchased by First Suffolk on Jan. 16, as the Chinatown Community Land Trust seeks properties to buy to keep them affordable. (Image courtesy of Arturo Gossage.)
White House urges Asian Americans and Pacific Islanders to get health insurance

BY TINA TCHEN

Kalwis Lo suffered from Hodgkin’s lymphoma and got health care coverage through the Affordable Care Act. (Image courtesy of HealthCare.gov.)

The summer after he graduated from college, Kalwis Lo, 26, learned he had stage 3 Hodgkin’s lymphoma, a type of cancer that attacks the lymphatic system. His private health insurance plan denied him coverage for treatment, claiming the cancer diagnosis was a “pre-existing condition.” Every major private health plan turned him away. His family was forced to dip into their savings and ask friends and family for help to cover the cost of his testing and chemotherapy treatments. Kalwis discovered that the Affordable Care Act created a temporary program that they had not seen a doctor in the past year. Through the Affordable Care Act, nearly 2 million uninsured AAPIs gained access to health insurance through the Health Insurance Marketplace, and it is likely that eight in 10 will qualify for financial assistance.

So today, I encourage all Americans — including AAPIs across the country — who have not enrolled for health insurance to learn more, get engaged, and enroll in health coverage through the Health Insurance Marketplace by Feb. 15.

To encourage AAPI families to get health coverage, the White House, White House Initiative on Asian Americans and Pacific Islanders, and the U.S. Department of Health and Human Services are partnering with community groups to hold enrollment events for AAPI families that will be free, and in-person, and in-language assistance to enroll in health insurance through the Health Insurance Marketplace. Partners also plan to be active on social media, using hashtag #AAPIhealth, to share information, resources, and stories of AAPIs who have benefitted from the Affordable Care Act. For more information on the Affordable Care Act, visit HealthCare.gov or call 1-800-318-2596. Translation services are available. The call is free. And remember to enroll before Feb. 15!

Tina Tchen is the assistant to President Barack Obama and chief of staff for the First Lady.
Feb. 18 “Get Another Name Day”
dedicated to a new you

BY KRISTEN ALBERINO, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Proudly displaying your new last name on a marriage certificate is only the first step in legally changing your name. Now that the wedding and honeymoon are over, you need to tell Social Security so you can get a corrected Social Security card.

February 18 is “Get Another Name Day.” It’s the perfect day for you to get a replacement, corrected or original Social Security card — but only if you really need one. Of course, you can do this any time, but you should do it as soon as possible after your name changes.

If you have changed your name, whether due to marriage, divorce or for another reason, the way to change your name with Social Security is to apply for a corrected Social Security card. This ensures that your legal name matches our records, thus avoiding possible problems in the future, such as a delay in obtaining any federal tax refund owed or not getting full Social Security credit for all your earnings.

There are a number of other reasons you may want to get a Social Security card: starting a new job, verifying eligibility for government services, opening a bank account, obtaining medical coverage, filing taxes and legally changing your name. In most cases, unless an employer or other entity specifically requests to see your card, all they really need is your number. But, be cautious when sharing your Social Security number. People who commit fraud or want to steal your identity will often ask for your Social Security number. Always verify the identity of anyone who is asking, whether you’re online, on the phone, or face-to-face.

If you just had a baby, he or she will need a Social Security number. The main reason is to show your child’s dependent status on your tax return. In most cases, you apply for your newborn’s Social Security card and number, as well as the baby’s birth certificate, in the hospital.

After you receive your Social Security card, don’t carry it with you. To reduce your risk of identity theft, keep your card in a safe place with your other important papers.

Learn more about your Social Security card and number at www.socialsecurity.gov/ssnumber.

Hello
my name is

Feb. 18 is “Get Another Name Day.” (Image courtesy of Wikimedia Commons.)

Chinatown crime blotter for Jan. 23 to Feb. 6

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Jan. 23 to Feb. 6 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Larceny

Jan. 23, 5:31 p.m.: The victim reports the suspects stole several items from his store located on Washington Street.

Trespassing

Jan. 23, 12:10 p.m.: The suspect was arrested on Boylston Street on a charge of trespassing. He was in an area clearly marked no trespassing.

Motor vehicle accident

Jan. 24, 1:30 a.m.: The victim reports while traveling on Washington Street his motor vehicle was struck by an unknown person driving a black Jeep, who fled the scene without stopping to exchange papers.

Threats

Jan. 24, 4:20 p.m.: The victim reports while working at the hotel on Avenue de Lafayette, he was threatened by an unknown male. The male said he would return with a gun and shoot him. The suspect left prior to officers arrival.

Assault and battery with a deadly weapon of a police officer

Jan. 24, 1:45 a.m.: The suspect was arrested on Washington Street. She kicked the officer while he attempted to place her in custody.

Trespassing

Feb. 26, 6:45 a.m.: The two suspects were arrested on LaGrange Street for trespassing.

Feb. 18, 6:30 a.m.: The suspect was arrested on Boylston Street on a charge of trespassing.

Professionally managed by CMJ Management Company
417-436-0771 | TTY: 711
cmjapts.com

THE CHINESE NEW YEAR SPECIAL ISSUE WILL BE PUBLISHED ON FEB. 20!
Researchers to teach Chinatown residents about risks of highway pollution

BY EDWIN L. AGUIRRE, UMASS LOWELL

The U.S. National Institutes of Health (NIH) has awarded $450,000 to a team of researchers from UMass Boston, UMass Lowell and Tufts University for developing a computer-visualization tool that will help educate residents in Boston’s Chinatown about the health hazards of traffic-related air pollution from the city’s highways.

Highway pollution, particularly ultrafine particulates from car exhausts, can cause a range of adverse health effects, especially for people with asthma and other respiratory and cardiovascular diseases. Boston’s Chinatown was chosen for the two-year NIH study because of its proximity to major highways and its dense, low-income population of Asian immigrants, especially from China, who are at high risk of pollution-related illnesses.

“The project aims to establish a new health communication and literacy program that would facilitate Chinatown residents’ access to complex scientific information about their community’s exposure to traffic-related air pollution,” says UMass Lowell computer science Professor, Georges Grinstein, a principal investigator in the NIH study. “Right now, because of their limitations in English proficiency, educational and economic backgrounds and access to computers, they are likely not learning about air pollution from traditional news sources.”

Grinstein will direct the creation of a map-based computer visualization of particulate pollution across Chinatown. Using Weave — an open-source, web-based analysis and visualization platform developed at UMass Lowell and used worldwide — Grinstein plans to take data collected by the umbrella organization Community Assessment of Freeway Exposure and Health Study to produce interactive displays of particulate pollution levels under different weather conditions.

"Menus on the computer visualizations will be both in Chinese and English,” explains Grinstein, who directs the university’s Institute for Visualization and Perception Research.

“The user will be able to point to locations in Chinatown and an indicator will show levels of ultrafine particulates for that location at different times of day. Interactive animations will also demonstrate how residents can lower their pollution exposure by closing their windows when the levels are high, scheduling their walks and outdoor activities when levels are low, avoiding heavy-traffic areas and installing vent filters and air conditioners,” he said.

Bringing the generation gap

The team will partner with the Boston Chinatown Neighborhood Center in training bilingual high school students, who are already familiar with computer technology, on how to use the Weave visualization tools. UMass Lowell Associate Professor William Mass of Work Environment and his students will lead the training effort.

“These high school students will then teach adult Chinese immigrants and engage them in interactive demonstrations and conversations about air pollution and its health effects,” said Grinstein. Because traffic-related particulate pollution is not only invisible and odorless but also toxic, making the environmental threat apparent to ordinary people is critical to influencing their interest in and response to the problem, Grinstein added.

“She high school students will then teach adult Chinese immigrants and engage them in interactive demonstrations and conversations about air pollution and its health effects,” said Grinstein.

Because traffic-related particulate pollution is not only invisible and odorless but also toxic, making the environmental threat apparent to ordinary people is critical to influencing their interest in and response to the problem, Grinstein added.

The computer visualization of fine particulate concentrations across a community for presentation to lay people has never been attempted before,” said Grinstein. “Our method of community-based inter-generational collaborative learning about environmental health through visualization is also a first.”

“About a dozen Chinatown residents have computers in their homes but many do not,” explains Carolyn Wong of the Institute for Asian American Studies at UMass Boston and the principal investigator in the NIH study. “For now, they can use computers at the neighborhood center.”

Wong added, “Our teaching approach is currently geared toward group settings — small groups with demonstrations by skilled tutors. The visualization tool is not intended to be used on a frequent home basis by individuals. Rather, it is designed as an educational tool in a group or classroom environment. If we find the visual approach to have good results, we will apply for future grants that could explore enhancements and other applications, such as making some of the features available on mobile devices for individuals to use.”

Nonprofit energy program launches in Boston, Cambridge, Quincy and Salem

BY HEET

The cities of Boston, Cambridge, Quincy, and Salem in collaboration with National Grid and the award-winning nonprofit HEET, have launched the Help for Energy (HeEP) program to assist nonprofit organizations — such as preschools and community centers — lower their energy bills and fossil fuel use through upgrading outdated building equipment such as boilers.

The partnership will offer local organizations a unique opportunity to get major energy efficiency work completed at no up-front cost. The work will be funded through an energy efficiency developer, RENEW Energy Partners. On completion of construction, a participating nonprofit organization uses the cost savings associated with reduced energy or water consumption to make regular payments over a set period of time, usually six to 10 years, and will see an immediate reduction in operating costs.

HEET selected RENEW Energy Partners as the participating energy efficiency developer through a competitive review process. RENEW will pay for the upgrades, as well as own, insure and maintain any measures that they install.

To qualify, a project should include at least $35,000 worth of efficiency upgrades such as a new heating system, an oil-to-gas conversion, heating systems controls, combined heat and power systems, building insulation, lighting, water or other conservation measures.

To participate, nonprofits in the communities of Boston, Cambridge, Quincy and Salem need to own and occupy the building. At a minimum, organizations should have an annual energy bills (heating and electricity) totaling over $15,000 and a high energy-use per square foot. Organizations will also need to demonstrate financial stability, be willing to participate in WegoWise (an online energy monitoring site that is free through the program) and help to get that word out to local small businesses — such as convenience store and laundromats — about rebates and free energy-efficiency services available to them through the state.

Audrey Schulman, president of HEET, said, “The goal of Help for Hogs is to help the whole community become more environmentally sustainable and economically vibrant. Fossil fuel use is reduced; nonprofits save money so they can deliver more community services, and small businesses benefit through lower energy bills.”

Visit www.HelpforHogs.org to learn more about the program.

HEET

An award-winning community-based nonprofit. Since 2008, HEET aims to support organizations and individuals in their efforts to create more sustainable communities through investments in energy efficiency and renewable energy.

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For more information contact: Chelsea Restoration Corporation

154 Pearl St., Office #2 Chelsea, MA 02150
Phone: (617) 889-2277
hzucco@chelsearestoration.org
Workshop explores attention deficit hyperactive disorder

BY LING-MEI WONG

A workshop on attention deficit hyperactive disorder (ADHD) by Dr. Christina Sakai took place at the Boston Chinatown Neighborhood Center on Jan. 23. Sakai, a Mandarin-speaking pediatrician at Floating Hospital for Children, spoke about common ADHD myths, treatment options and strategies for families. ADHD is characterized by a child’s pattern of behavior in all environments, which results in a performance decrease, she said. One in 10 U.S. children age 4 to 17 have ADHD, according to a 2011 study, with the rate increasing. Of high school children, a study found one in five found it hard.

“That’s a lot of children with ADHD,” Sakai said.

One myth of ADHD is that only hyperactive children suffer from it, Sakai said. The truth is ADHD has two types, with hyperactive/impulsive being the first and inattentive/distractible being the second. The first type is seen more in boys and younger children, while the second type affects girls more. Children with inattentive/distractible ADHD are often called “daydreamers” or “lazy.” Some children exhibit symptoms of both types of ADHD.

ADHD has genetic roots, as it causes

Obesity: A growing health problem

BY DR. PARINI PATEL

Obesity means excessive body fat. It is not only a cosmetic concern but can lead to health problems as well. In the United States, about two-thirds of population is overweight and one-third of population is obese.

1. What is obesity?

Clinically, obesity is usually defined in terms of body mass index (BMI), which is weight (in kilos) divided by height (in meters) squared.

<table>
<thead>
<tr>
<th>Definition</th>
<th>BMI (Caucasian, Black and Hispanic)</th>
<th>BMI (Asian)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>18.5-24.0</td>
<td>18.5-22.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0-29.0</td>
<td>23.0-24.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30.0 and above</td>
<td>25.0 and above</td>
</tr>
</tbody>
</table>

Visit the National Heart, Lung, and Blood Institute’s Web site to calculate your BMI: www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Obesity can also be measured by waist circumference (WC).

<table>
<thead>
<tr>
<th>WC Males (cm)</th>
<th>WC Females (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese Asian</td>
<td>≥90</td>
</tr>
<tr>
<td>Obese Non-Asian</td>
<td>≥102</td>
</tr>
</tbody>
</table>

Asian people suffer from obesity-related health problems at a lower BMI and waist circumference.

2. What causes obesity?

Obesity is caused by a number of factors including genetics, unhealthy diet, sedentary lifestyle, environmental factors and certain medical conditions or medications.

3. Why do we need to treat obesity?

Obesity can lead to a number of health problems such as diabetes, heart attack, stroke, sleep apnea, increased risk of breast, colon and prostate cancers, high cholesterol and arthritis. Obesity during pregnancy can lead to health issues during pregnancy as well as long-term health problems for the child.

4. How can we treat obesity?

a) It is very important to change to a healthy low fat, low sugar diet. Avoid juices, sodas, dessert and fried foods. Cut down on excessive intake of starches such as bread, pasta, rice, noodles and potatoes while increasing intake of fresh vegetables, fruits and nuts. Portion control is also another important factor in treating obesity. For more specific dietary advice, it is recommended that you visit your doctor and a certified dietician.

b) Increase physical activity. It is important to exercise at least 30 minutes daily.

c) If these measures are not enough to treat your obesity, your doctor may prescribe medications that help decrease appetite or reduce absorption of food.

d) Finally, if diet, exercise and medications do not result in desired weight loss, your doctor may recommend weight loss surgery.

Remember, there is no magic remedy for obesity. A disciplined lifestyle change is a cornerstone for effective weight loss even in patients who take medication or get surgery.

5. How can we prevent obesity?

Keeping an active lifestyle and a healthy diet at a younger age can help decrease chances of developing obesity. Simple things like taking the stairs instead of an elevator, taking walks during lunch break, parking a car further away in a parking lot and doing outdoor activities can help burn extra calories. When eating, try to eat protein like tofu, egg white, milk and lean meats as well as salad first and eat at least three meals a day to avoid being excessively hungry. Chew well and eat slowly. It is also important to get enough sleep, as sleep deprivation does affect hormones and can lead to unhealthy eating behaviors.

About the author
Dr. Parini Patel is a board certified endocrinologist practicing in Livingston, NJ. She can be reached at (973) 535-8870.
Adding exercise to your everyday routine can be challenging. It can be even more difficult during New England winters where travel to the gym is a huge obstacle. Thankfully, it can be easy to find a workout space in your own home.

For a good cardio workout that burns calories and cuts heating costs at the same time, try marching or jogging in place for 45 seconds at a time with a minute in between each march or jog. You can repeat this up to 20 minutes! Not much of a runner? Do the same routine with jumping jacks instead of the marching or running in place. Be sure to be aware of any joint pain while doing these movements. Always modify and limit impact with jumping if you feel discomfort.

For those looking for more resistance training, use your favorite TV show to help separate your sets. For one full commercial, stand up and sit down as you would doing squats in the gym. After resting for the next commercial, repeat your stand-ups and sit-downs and continue this until your show returns. When your show resumes, feel free to sit back and relax.

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