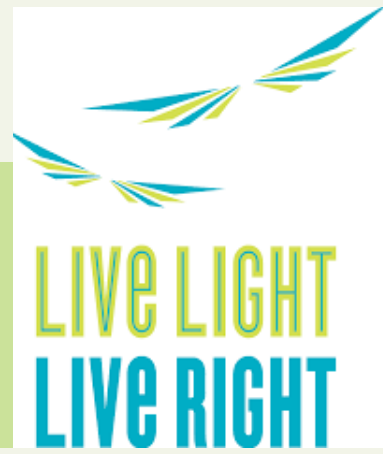


SUMMER NEWSLETTER



Congratulations to the Live Light Live Right Team!

BROOKLYN CHILDREN'S SOCIETY GRANT

Live Light Live Right was awarded a special grant by The Brooklyn Children's Society of SUNY Downstate for helping improve the health of children in Brooklyn. **The Brooklyn Children's Society's** mission is to support projects and programs whose goals are to enhance the health of children in the Brooklyn community. Awards granted by the Society are intended to support programs, groups and projects whose goals are the prevention and treatment of disorders and other causes of morbidity among children in the communities of Brooklyn. We were joined by our patient ambassador Dawn Fearon who shared her journey with our program. We are committed to transforming lives of children in our community with our consistent efforts and dedication.



DOWNSTATE HEALTH SCIENCES COMMUNITY CHANGE MAKER AWARD

Live Light Live Right was awarded the **1st Community Change Maker Award** by Downstate Health Sciences University. The Community Change Maker Award is given to a community-based organization that is dedicated to taking creative actions to solve an enduring urban health challenge. The School of Public Health recognizes LLLR as a leader in our local Brooklyn community. LLLR serves as a model for national efforts dedicated to tackling childhood obesity and addressing a history of systemic marginalization. LLLR's dedication to the community and collaborative spirit has led to outstanding contributions to the success of the School of Public Health's educational, research, and service programs.



Published Article in the International Journal of Environmental Research & Public Health

Evaluation of a Childhood Obesity Program Serving a High-Need Population in Brooklyn, New York Using Survival Analysis

Alecia James, Aimee Afable, Nagla Bayoumi and Sarita Dhuper

Congratulations to the Live Light Live Right team and the SUNY Downstate School of Public Health partners on their recent publication highlighting the long term effectiveness of the Live Light program.

They used survival analysis to evaluate whether contact hours intensity was associated with a reduction in time to improvement of various BMI metrics over a 5-year follow-up period at the Live Light Live Right pediatric obesity program in Brooklyn, New York. This was a single-center retrospective longitudinal study of 406 patients during 2010–2016. Participants were categorized based on hours of exposure to Live Light Live Right's interventions; high contact hours (≥ 50 h) vs. low contact hours (< 50 h). At baseline, 88% of patients in the high contact hour group had severe obesity and the mean age for this group was 10.0 ± 2.66 . High contact hours were independently associated with a shorter time to BMI improvement in the sample. There was also a significant association between high contact hours and a longer duration in the improved state. Survival analysis was successful in evaluating the efficacy of the Live Light Live Right Program and demonstrated a positive association between greater intervention intensity and a healthier metabolic profile. Patients' active engagement in a robust treatment model exemplified by Live Light Live Right is recommended to address the childhood obesity crisis in central Brooklyn.

[Read the published article here](#)



Live Light Live Right's Success with Anti - Obesity Medications

Use of Anti obesity Medications like Ozempic, Qsymia on the rise. However one needs an expert to manage the recommendations and close monitoring . Anti-obesity medications are designed to help individuals who are overweight or obese manage their weight by suppressing appetite, reducing food intake, or interfering with the absorption of nutrients. These medications are typically prescribed as part of a comprehensive weight-loss program that includes dietary changes, increased physical activity, and behavioral modifications. Here are some common mechanisms of action for anti-obesity medications:

Appetite suppression: Certain medications work by suppressing appetite and reducing food cravings. They target neurotransmitters in the brain, such as serotonin and norepinephrine, that regulate hunger and satiety. By increasing the levels of these neurotransmitters, these medications can help individuals feel full with smaller amounts of food.

Interference with nutrient absorption: Some medications work by interfering with the body's absorption of nutrients, particularly fat. They inhibit the activity of enzymes in the digestive system that break down fats, leading to a reduced absorption of dietary fat. This can result in decreased calorie intake and weight loss.

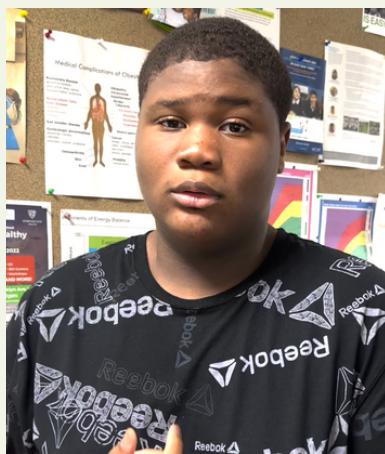
Increased metabolism: Certain medications can increase the body's metabolic rate, which is the rate at which it burns calories. By boosting metabolism, these medications can help individuals burn more calories even when they are at rest. This can contribute to weight loss over time.

Live Light Live Right's Success with Anti - Obesity Medications

It's important to note that anti-obesity medications are typically prescribed for individuals with a body mass index (BMI) of 30 or higher, or those with a BMI of 27 or higher with obesity-related health conditions. These medications are usually used in conjunction with lifestyle changes and should be prescribed and monitored by a healthcare professional.

It's also worth mentioning that the effectiveness and safety of anti-obesity medications can vary. Each medication has its own set of potential side effects and contraindications, so it's important to consult with a healthcare professional before starting any medication for weight loss. They can assess your individual circumstances and recommend the most appropriate treatment options for you.

Live Light Live Right participants are really benefiting from these miracle agents. Meet Tyler Morris - he lost 60 pounds in 3 months with the help of anti - obesity medication. This is only the start of his journey. Listen to his testimonial here. Call us and schedule your appointment today!



[Click here to watch his video testimonial](#)

Cardiology & Weight Management Clinic Updates

Book your appointment today and come see us at our newly renovated office space



Services Provided

- Schedule your appointment for EKG & Sports Clearance. Call Rena at 718.221.1598 for appointment at the Clinic or call 718.270.3065 for SUNY Downstate appointments.
- Offering Genetic screening for inherited cardiac diseases especially with strong family history of early heart disease.
- Exercise stress testing , treating lipid disorders, treating high cholesterol, hypertension and obesity.
- Weight management anti-obesity medication such as Ozempic, Qsymia available after consultation with expert.

Local Community Resources

Learn more about local resources that focus on promoting health and well-being. They offer access to recreational facilities, fitness classes, healthy eating and wellness programs.

[Click Here](#) to get access to local resources.

Healthy Tips for Summer

Stay Hydrated this Summer



There are lots of reasons to drink water, especially when it gets hot outside!

- Your body needs to replace all the water it loses every day.
- Drinking lots of water will help you have a smaller appetite and eat less.
- You will be less tired and have more energy
- You can cut out lots of calories by replacing juice and soda with water.

Here are some ideas to make your water more exciting!

- Add slices of lemon, lime, orange, or any fruit you like.
- Try club soda or seltzer with a tiny splash of juice instead of soda or drink unsweetened iced tea with lemon.

Everyone should try to eat at least 5 fruits and vegetables every day. It's actually easier than it sounds!

- Add banana or berries to your breakfast.
- Snack on an apple, banana, or orange.
- Eat cut up peppers, celery, cucumbers, or carrots with lunch.
- Have at least 2 kinds of veggies with dinner in a salad or as a side!

How many creative ways can you think of?

Watch Chef Nico as he talks all about fruits and fun ways to include them in your diet.

[Click Here](#)

Gimme Five! (Fruits & Veggies)



Summer Fitness

Stay Fit This Summer



Workout everyday with our trainer **Ebony Harris** this Summer at **Brownsville Recreation Center - 1555 Linden Blvd, Brooklyn, NY 11212** from 10 am to 6 pm. Everyone is welcome. Meet trainer Ebony Harris for more details. Participate in fun activities throughout the day with your friends or siblings.

Supercharge your summer with **Planet Fitness** - Now through August 31st, teens between the ages of 14-19 can work out for free all summer long!

[Click here](#) to find out more and register today.

Exercise contributes to overall well-being by promoting better sleep, reducing the risk of chronic diseases, boosting self-confidence, and improving cognitive function. Taking care of your body and engaging in regular exercise during the summer can contribute to a sense of accomplishment and enhance your overall quality of life.

Weekly Exercise & Cooking Classes



Join us for Zoom exercise classes with Ebony Harris
When - Every Wednesday & Friday at 5:30 PM

Join using Zoom Link below:

[https://zoom.us/j/97314374562?](https://zoom.us/j/97314374562?pwd=U3IY0XBld0JZWmFuZ3djdjdnVpbTZNQT09)
[pwd=U3IY0XBld0JZWmFuZ3djdjdnVpbTZNQT09](https://zoom.us/j/97314374562?pwd=U3IY0XBld0JZWmFuZ3djdjdnVpbTZNQT09)

For simple and easy access, please use the Zoom
app.

Meeting ID: 973 1437 4562

Password: 8jJe4v

Join us for cooking classes with Chef Nico. In this class we can all share and learn with each other the benefits of healthy eating. So get your aprons out and your knives sharpened, because lunch is about to be served!

When: Saturdays 12-1 pmTBA

Where: Kitchen

Joining info: Join with new Google Meet link:

<http://meet.google.com/rpi-fxur-ivu>

Watch pre-recorded cooking classes here on our

[YouTube channel](#)

