

# Childhood obesity growing concern

## At least 15 percent of Hoosier teens are obese

The Associated Press

### INDIANAPOLIS

Pediatricians in Indiana are treating a growing number of overweight children for medical conditions typically associated with what their grandparents face: clogged arteries, high blood pressure, diabetes and severe joint pain.

They warn that unless the nation's epidemic of childhood obesity is curtailed, the government and employers will end up footing the enormous medical bills for obesity-related illnesses.

Experts say that many factors are to blame for childhood obesity: overeating, lack of exercise, the wide availability of fattening foods, an increase in TV watching and video game use, along with a general lack of attention to the problem.

"There are some who predict that our generation of young people will be the first generation that is less healthy than their parents as a result of the obesity epidemic," said Lloyd Kolbe, a professor of applied health science at Indiana University.

"Once these behavioral patterns are established as lifestyles, they're very difficult to change."

Some doctors even report adults in their 20s having heart attacks. Although there are no definitive statistics on the number of obese kids in the state, health surveys indicate at least 15 percent of Hoosier teens are obese and nearly another 15 percent are overweight. Nationally, experts estimate that 13 percent of U.S. kids of all ages are obese.

That Indiana has a large percentage of overweight children is not surprising, given that the state consistently ranks in the top 10 nationally for adult obesity, with 25 percent of those older than 18 considered obese.

Most of these adults were likely overweight as kids. Studies show that 70 percent to 80 percent of overweight adolescents fail to lose those extra pounds as adults.

Although many overweight kids will not see the most dire consequences of their condition for two or three decades, experts worry about what will happen before they hit middle age if they don't change their ways.

"Instead of getting diabetes in their 50s, they'll get it in their 20s," said Roland Sturm, a senior economist at California's Rand Institute. "The sooner they are obese and out of shape, the earlier the health problems."

Dr. Ravi Shankar, a pediatrician at the Indiana University School of Medicine, predicts that many of his young patients who have Type II diabetes, once referred to as adult-onset diabetes, will struggle with other illnesses in their mid-20s through 40s.

Shankar, Sturm and others fear that obesity-related illnesses will strain health-care services and ratchet up the already high cost of medical treatment and insurance.

"These are peak, productive years of society. They're going to be sick and a big burden on society, because they'll be using health-care resources," Shankar said.

Stores also cater to heavy teens and young adults. Torrid, a national chain with stores in Fort Wayne and Cincinnati, offers the same fashions that models squeeze into for those with larger figures. So youngsters may never face the fact that they are fat.

Avon Middle School teacher Joyce Newlin has seen that happen in her own classroom. She has her students enter their weight and height on Blubber busters.com to find out whether they are overweight.

"I've had kids crying in the classroom," Newlin said. "One girl who weighed 215 pounds did not even think she was overweight."

## LOTTERIES

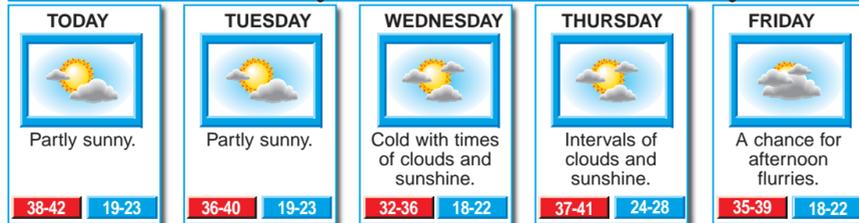
Here are the winning numbers selected over the weekend:

- Indiana**
- Sunday**
- Daily Three: 4-1-4.
- Daily Four: 3-3-0-0.
- Lucky Five: 10-16-21-22-28.
- Saturday**
- Hoosier Lotto: 4-6-11-13-24-33.
- Jackpot: \$2.5 million. (No winner. New jackpot: \$3 million.)
- Daily Three Midday: 6-7-0.
- Daily Three Evening: 9-6-5.
- Daily Four Midday: 6-6-4-0.
- Daily Four Evening: 1-8-9-2.
- Lucky Five Midday: 7-11-21-25-27.
- Lucky Five Evening: 3-9-10-18-19.

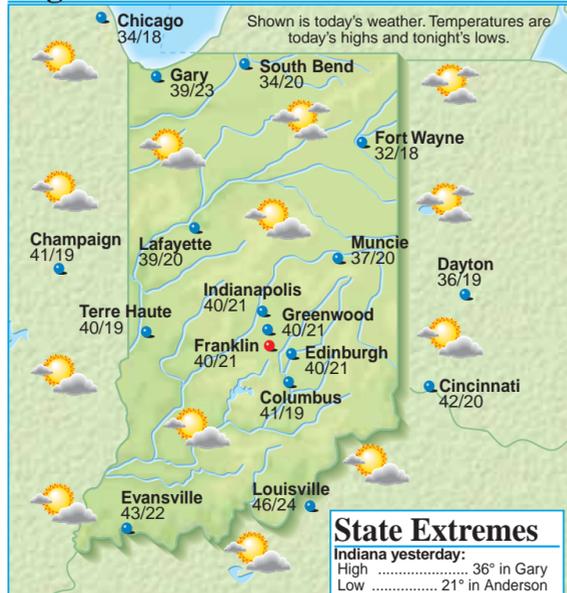
**Powerball**  
4-12-13-30-38. Powerball: 30. Power Play: 4. Jackpot: \$183.1 million. (No winner. New jackpot: \$210 million.)

## WEATHER

### AccuWeather® five-day forecast for Johnson County



### Regional weather



### State Extremes

Indiana yesterday:

High	36° in Gary
Low	21° in Anderson

### Regional summary

**Indianapolis/Greenwood:** Partly sunny today. Partly cloudy and cold tonight. Partly sunny again tomorrow and Wednesday.  
**Edinburgh/Franklin:** Partly sunny today. Partly cloudy and cold tonight. Partly sunny again tomorrow. Cold with clouds and sunshine Wednesday.

### Today in weather history™

The "Blizzard of '78" was in its early stages on this date in 1978. A prolific snow producer, it dumped 14 inches in Baltimore and 18 inches in New York City.

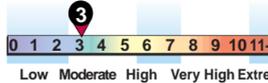
### Regional cities

City	Yest. Hi/Lo/W	Tues. Hi/Lo/W	City	Yest. Hi/Lo/W	Tues. Hi/Lo/W
Anderson	28/21/sf	36/20/pc	Indianapolis	28/21/sf	40/23/pc
Bloomington	28/23/sf	40/19/s	Kokomo	31/24/c	37/21/pc
Chicago	34/21/pc	36/20/pc	Lafayette	30/21/sf	36/21/pc
Cincinnati	29/24/sf	40/20/pc	Louisville	29/24/pc	42/26/s
Evansville	35/22/pc	43/23/s	Muncie	28/21/sf	35/20/pc
Fort Wayne	31/23/sf	32/18/pc	South Bend	31/26/sf	33/17/pc
Gary	36/22/sf	36/19/pc	Terre Haute	33/23/sf	40/20/pc

### Sun and moon



### AccuWeather UV Index™



### Weather Trivia™

What is the U.S. snowfall record for 24 hours?  
76 inches at Silver Lake, Colo., April 14-15, 1921

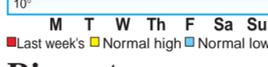
### Wind Chill Today



### Heating Degree Days



### Weekly temperatures



### River stages

Fld: flood stage. Stage: in feet at 7 a.m.  
Sunday, Chg: change in previous 24 hours.

Station	Fld	Stage	Chg
White River			
Mooreville	9	9.64	-0.69
White River (East Fork)			
Edinburgh	12	6.86	-0.15

### AccuWeather.com Almanac

Forecasts and graphics provided by AccuWeather, Inc. ©2006  
Statistics for Indianapolis through 5 p.m. yesterday.

**Temperature**  
High ..... 27°  
Low ..... 22°  
Normal high ..... 37°  
Normal low ..... 20°  
Record high ..... 66° in 1927  
Record low ..... -16° in 1979

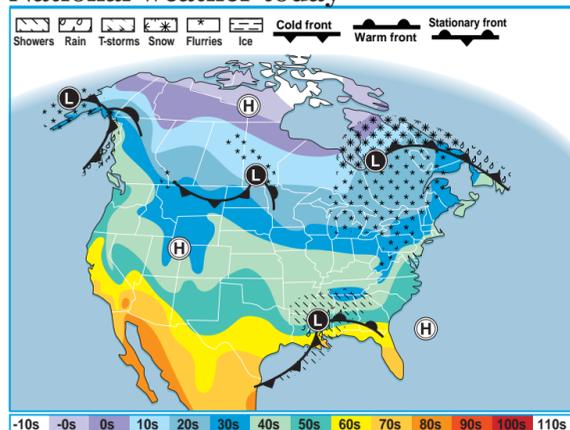
**Precipitation**  
24 hrs. ending 5 p.m. yest. .... 0.35"  
Month to date ..... 1.29"  
Normal month to date ..... 0.40"  
Year to date ..... 4.59"  
Normal year to date ..... 2.88"

**Wind**  
Average dir./speed ..... W at 15.5 mph  
Highest speed ..... 24

**Humidity**  
Yesterday's average ..... 74%  
Today's average ..... 47%

**Air quality**  
Indianapolis Source: IAPC  
Yesterday ..... 32  
0-50, Good; 51-100, Moderate; 101-151, Unhealthy (sens. grps.); 151-200, Unhealthy

### National weather today



### National cities

City	Yest. Hi/Lo/W	Tues. Hi/Lo/W	City	Yest. Hi/Lo/W	Tues. Hi/Lo/W
Albany, NY	51/42/sh	33/14/pc	Houston	75/37/pc	64/40/s
Atlanta	47/28/pc	47/28/s	Jacksonville	58/37/s	62/35/sh
Atlantic City	55/39/sh	43/21/pc	Kansas City	38/17/sh	45/20/pc
Baltimore	47/33/sh	42/24/pc	Las Vegas	63/51/pc	67/40/pc
Boston	52/42/r	40/22/pc	Los Angeles	82/52/pc	76/50/pc
Buffalo	43/27/sf	27/16/sf	Louisville	29/24/pc	42/26/s
Burlington, VT	47/37/r	29/12/pc	Memphis	47/28/sh	50/33/s
Champaign	33/17/pc	41/20/pc	Miami	71/51/pc	78/59/pc
Charleston, SC	54/37/s	53/34/r	Milwaukee	33/21/pc	31/18/pc
Cheyenne	39/26/sf	38/18/pc	Minneapolis	25/6/sf	30/10/pc
Chicago	34/21/pc	36/20/pc	Nashville	41/26/pc	47/26/s
Cleveland	34/28/sf	30/17/sf	New Orleans	62/40/pc	58/39/s
Columbia, SC	52/34/s	52/28/s	New York	56/44/pc	40/28/pc
Columbus, GA	52/31/s	55/29/s	Philadelphia	56/37/sh	41/26/pc
Dallas	74/39/pc	62/36/s	Phoenix	74/54/pc	78/46/pc
Denver	45/28/sh	45/18/s	St. Louis	39/19/pc	41/22/pc
Des Moines	33/8/c	35/14/pc	Salt Lake City	38/26/pc	41/22/pc
Detroit	34/30/sf	32/18/pc	San Francisco	60/46/s	65/47/s
El Paso	74/35/pc	61/31/s	Seattle	50/40/pc	52/38/s
Fairbanks	8/-18/pc	17/-6/sf	Tampa	63/47/r	69/46/sh
Honolulu	77/66/s	80/66/pc	Washington, DC	48/35/r	46/26/pc

Weather (w): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, f-fice.

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## Steelers

(CONTINUED FROM PAGE ONE)

for a touchdown right after half-time and receiver Antwaan Randle El's 43-yard touchdown pass to Hines Ward on a trick play that put the Steelers up by 11 early in the fourth quarter.

Before that, it was Jagger and the Rolling Stones making most of the best moves.

Jagger strutted his stuff during a three-song set, two of which contained obscenities that the NFL chose to bleep out. There would be no reprisal of the Janet Jackson "wardrobe malfunction" this year thanks to the network's decision to air everything on a five-second delay.

The Stones were stars of a halftime show the NFL had been seeking for years — so long, in fact, that the league turned a celebration of the Motown sound that has long defined Detroit into a pregame-show undercard.

That didn't sit well in the Motor City during the lead-up to the game, but Detroit got its due.

The NFL took a chance bringing its showcase game up North to one of America's great, old cities, but one under duress. Hurt by sinking population, growing unemployment and urban blight that doesn't go away easily, this proud metropolis was a happy host, eager to impress and hoping the NFL's magic and money



Pittsburgh Steelers' Chukky Okobi celebrates after beating the Seattle Seahawks 21-10 in Super Bowl XL on Sunday in Detroit. The Steelers became the third NFL team to win five world championships.

won't go away as soon as the teams and fans leave.

Bettis wasn't ashamed. "The best part is being able to showcase the hometown," he said earlier in the week, of a city that was staggered last month when Ford announced up to 30,000 job cuts. "I love this city and it puts our city on the grandest stage in the world. It's something that's much needed."

In between the Stones, Pitts-

burgh's big plays and a few nice rumbles by Bettis, America's 140 million viewers got their taste of the always anticipated Super Bowl commercials, aired at a cost of \$2.5 million per 30 seconds.

Highlights included Kermit the Frog insisting it really is easy being green in an ad for a hybrid car and a woman ending up in a compromising position after trying to awkwardly climb over a sleeping stranger in an airplane.

There were reprises of the sad-sack guy in corporate America who literally works for a bunch of monkeys and a geezer needing to take oxygen after hearing "testimony" from a woman whose shirt straps are about to pop.

Experts from the Calorie Control Council estimated Americans would eat 30 million pounds of snacks on Super Bowl Sunday on their couches at home, in bars and at parties. That equaled an

## Success

(CONTINUED FROM PAGE ONE)

"I'm always looking down the road," he said.

He also said that most of his life has been lived on the fast track, with lots of work hours, lots of commitments, lots of focus and drive.

Abdalla attributes some of that to his personality.

"I'm Type A, through and through," he said. Some of it also is a result of shouldering big responsibilities from a young age.

Abdalla is the second oldest child of eight. Born in the West Bank, his family moved to Jordan after the 1967 war with Israel.

In 1976, the family moved to Kuwait.

In September 1983, at 19, Abdalla came to America, to join his older brother.

"I could understand a little bit of English, and I could converse a little bit," he said. Culture shock was a given.

But what Abdalla remembers most about his first moments on Indiana soil was the weather.

"It was really cold and snowing," he said. "I thought it would be cold. But not that cold. It took my breath away."

Abdalla graduated with honors from the English as a Second Language program at Vincennes University. With the assistance of two scholarships, he studied engineering at Purdue University.

"My goal was to get school out of the way," he said. "So I focused and I studied a lot."

By his senior year of college, Abdalla was married with his first child.

He worked two jobs, as a teacher assistant and as a tutor, while juggling classes and family life.

Immediately after college in 1989, Abdalla moved his family north for nearly nine years, to begin his first steps in the work force. He initially worked as an electrical engineer at Commonwealth Edison in Chicago.

"Until I got an opportunity to come back to Indiana," he said.

After working one year for Hoosier Energy in Bloomington, Abdalla became director of marketing in the Indiana office of Williams Energy, a Tulsa, Okla., company. He was soon promoted to vice president of marketing.

While Abdalla worked diligently to build his career in America, his family, including his parents and four younger siblings, was devastated by war a world away.

"My family lost everything when Iraq invaded Kuwait," Abdalla said. "I picked up the ball then and started helping them. They had nobody else to help them."

He added more hours of work to his already strenuous schedule. "I worked many, many hours and made it through the ranks," he said. "At one time, I worked six months straight, 16-hour days, without a day off."

Abdalla once worked 40 hours straight without sleep.

His personal goal was not just to climb the ladder of success but to master it.

"I put myself in a lot of positions, to learn a lot of things," he said. "I

always looked at the biographies of company CEOs. I wanted to follow in their footsteps."

There were times, no matter how he tried, when the juggling act was not successful, Abdalla said.

"I would go days without seeing my children," he said. "I made it up to them on weekends."

Abdalla joined Cinergy in 2000 as vice president of Midwest marketing. Four years later, he stepped out on his own. He is now president of Magna Properties Inc., an Indianapolis-based real estate company he owns and operates with three of his brothers.

Owning 348 units and recently buying a 10-story building at East and Washington streets in downtown Indianapolis led to Magna Properties Inc. being featured in an issue of Indianapolis Business Journal. The building will serve as headquarters for Magna Properties.

Abdalla also co-owns and is chairman of Q Realty Group, which manages 1,642 units.

Life is still a sprint for Abdalla. But it has slowed to a manage-

"I love this city and (the Super Bowl) puts our city on the grandest stage in the world. It's something that's much needed."

Jerome Bettis  
Steelers running back, on having the Super Bowl in his hometown of Detroit

average of 1,200 calories and 50 grams of fat per person, and that was before actual meals or beers were factored into the equation.

That's what the Super Bowl is about, though: celebrating a truly American sport in truly American fashion.

Nobody had more reason to celebrate than the Steelers, who got this win despite a less-than-perfect game from their quarterback, Ben Roethlisberger (9-for-21 for 123 yards and two interceptions) and an offense that desperately needed the big plays it got to pull this out. Nearly half of Pittsburgh's 339 yards came on three plays — Parker's run, Randle El's pass and a 37-yard pass that Roethlisberger threw across his body to Ward to set up Pittsburgh's first touchdown.

An aesthetic masterpiece, it was not, although a working-man's city like Pittsburgh and a blue-collar team like the Steelers will certainly take it.

"I hope they appreciate me, because we just brought a championship home," Bettis said. "One for the thumb!"

able 45- to 50-hour work week.

As a divorced father, Abdalla spends time with his children, Anesa, 17, a senior at Center Grove Middle School, Terek, 13, a seventh-grader at Center Grove Middle School Central, and Laila, 5, who attends The Goddard School.

He drinks hot tea and talks business with his brothers.

And he has discovered a form of recreation: golf.

"That's my second life," he said. "If I'm not talking about the business, I'm talking about golf."

When Abdalla speaks to young people about their plans, he emphasizes hard work.

His pet peeve is self-doubt. "I don't like to hear people say, 'I'm not smart enough,'" Abdalla said. "Everybody is capable of being somebody or something."

Honesty and integrity mixed with the realization that building a foundation of knowledge are necessities for success, Abdalla said. "Be patient while you build your foundation," he said. "And know that life is fair. You get out of it what you put into it."