

Michigan residents losing out in battle of bulge

PHYSICAL FITNESS



BARRY FRANKLIN

We've known it for several years — Michigan has one of the highest death rates from heart disease in the nation. And now, more bad news.

Recently, the Michigan Department of Public Health released the findings of their latest behavioral risk factor survey. The survey measures self-reported lifestyle habits and characteristics that place Michigan residents at increased risk of poor health outcomes. Unfortunately, many of our lifestyle habits have gotten worse since the state health department first began studying them in 1987.

According to the most recent telephone survey of 2,400 Michi-

ganders 18 and older, 77 percent of the state's adult population have at least one of the major risk factors for heart disease: cigarette smoking, high blood pressure, elevated cholesterol or physical inactivity. Perhaps even more alarming was the fact that Michigan "belled up" as the most overweight state in the nation.

Survey findings showed that 29 percent of Michigan residents are "overweight," that is, they exceed

the upper weight range in federal guidelines. This compares with a national average of 23 percent. Moreover, since 1987, there has been almost a 7 percent increase in the proportion of Michigan adults who are overweight.

The increased prevalence of pot-bellied and pear shaped persons in Michigan has state officials concerned. Obesity is directly related to several "chronic health problems," including heart

disease, breathing difficulties, diabetes, high blood pressure, brittle bones, digestive complaints and certain types of cancer.

Why are so many Michigan residents overweight? Although no one knows for sure, there are several possible reasons. Some speculate that perhaps we're trying to eat our way out of poor economic times. Others suggest that our preoccupation with fast foods, many of which are high in fat and

calories, may be a contributing factor. It's also likely that we aren't exercising enough, particularly during the winter months (which seem to get longer each year).

The survey, however, revealed some good news. More Michigan residents than ever before are using their seat belts, not drinking and driving, and getting their cholesterol tested.

Nevertheless, when it comes to

good health habits, it appears that Michiganders have a long "weight" to do.

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AROUND OAKLAND

Victor heads WAND group

Bloomfield Hills resident Arlene Victor will be installed as national president of a group called Women's Action For New Directions on Sunday.

The ceremony will occur in Washington, D.C., at a conference of the Women Legislators Lobby. Seven Michigan WAND members plan to attend: Jean Prokopow, Joyce Kaplan and Marilyn Scheeter of West Bloomfield, Loraine Lerner and Nancy McHugh of Southfield, Andrea Putman of Birmingham and Victor.

TV show wants you

Audience members are being sought for the Channel 50 show "Straight Talk."

The topic is "What kind of medicine does your doctor practice?"

Taping will occur 5 p.m. Monday, Sept. 20, at the Channel 50 studios on 11 Mile Road between Telegraph and Inkster in Southfield. Call 355-7059 for reservations.

Here's the deadline

Oct. 1 is the deadline for submission of manuscripts to be professionally critiqued at Oakland University's 32nd Annual Writers Conference, Oct. 15-16 on campus.

To qualify for individual manuscript or poetry evaluation, entries must adhere to specific requirements and the author must be registered for the conference.

For a brochure or more information, call 370-3120.

Cancer group needs help

The Michigan Cancer Foundation is seeking hospice and home companion volunteers.

A training course for volunteers will occur 6:30-9 p.m. Wednesdays, Sept. 22 to Nov. 10, at the Jean and Samuel Frankel Community Service Center in Lathrup Village.

All prospective volunteers are required to complete this eight-week course covering topics like the cancer process, communication skills, durable power of attorney and bereavement.

For additional date, call Cathy Dominici at 833-0715, extension 763.

How to be assertive

An Oakland University Continuum Center class called "Making Assertive Choices" will occur 7-10 p.m. Thursdays, Sept. 28 to Oct. 26.

Fee is \$149. Registration deadline is Sept. 24. Call 370-3033.

Teacher Kristie McKenzie will show how assertive skills can move individuals from confusion to decision. Students will learn their personal blocks to assertive behavior and options to passive and aggressive behavior.

CONVENTIONAL AND ADVANCE PAYMENT PROGRAM

Lease payments based on '93 Villager GS with PEP 002A MSRP \$20,104, '93 Sable GS with PEP 451A MSRP \$19,404 and Cougar XR7 with PEP 200A MSRP \$17,743 excluding title, taxes, license fee. Lease payment based on an average capitalized cost of 93.35% of MSRP for Villager, 90.82% for Sable and 95.75% for Cougar for 24-month closed-end Ford Credit Best Capet. Leases purchased in the Great Lakes Region for the period 01/02-5/03. Some payments higher, some lower. See dealer for payment and terms. Take new retail delivery from dealer stock by 02/22/93. Lessee may have the option to buy vehicle at lease end at a price to be negotiated with the dealer at signing. Lessee responsible for excess wear and tear and \$11 per mile over 30,000 miles. Credit approval/creditability determined by Ford Credit. *Cash savings based on comparison of total of monthly payments under a conventional 24-month Red Carpet Lease plus cash down payment vs. one lease payment under the Advance Payment Program lease: \$8,820 vs. \$7,817 on Villager; \$8,312 vs. \$7,366 on Sable; \$9,060 vs. \$8,228 on Cougar. MSRP for Topaz GS 2-door with PEP354R includes \$500 cash back, excludes title and taxes. *For cash back take new retail delivery from dealer stock by 02/22/93. *Excludes title and taxes. *Except on models with privacy glass. *Always wear your safety belt.

Advance Payment Series \$1,000 Over Conventional 24-Month Lease	Conventional 24-Mo. Lease	Payment Program
First Month's Payment*	\$299	N/A
APR Payment*	N/A	\$7,817
Down Payment*	\$1,644	N/A
Refundable Security Deposit*	\$300	\$350
Cash Due at Signing*	\$2,243	\$6,187

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1993 MERCURY VILLAGER GS MINIVAN

The new Villager is nothing less than a new kind of minivan. It combines front-wheel drive, V-6 power and a specially engineered suspension for a remarkable "car-like" ride! Plus, Villager has standard anti-lock brakes and meets all federal passenger car safety standards.

Advance Payment Series \$1,000 Over Conventional 24-Month Lease	Conventional 24-Mo. Lease	Payment Program
First Month's Payment*	\$299	N/A
APR Payment*	N/A	\$7,817
Down Payment*	\$1,644	N/A
Refundable Security Deposit*	\$300	\$350
Cash Due at Signing*	\$2,243	\$6,187

1993 MERCURY SABLE GS

STANDARD FEATURES: 3.0-liter V-6 engine • Sequential multi-port electronic fuel injection • 4-speed automatic overdrive transaxle • Power rack-and-pinion variable-assist steering • Air conditioner • Tinted glass • Driver- and right front passenger-side air bag Supplemental Restraint System • PREFERRED EQUIPMENT PACKAGE 451A: rear window defogger • Front and rear carpeted floor mats • Fingertip speed control • Power lock group • Electric • Electronic AM/FM stereo cassette radio

Advance Payment Series \$750 Over Conventional 24-Month Lease	Conventional 24-Mo. Lease	Payment Program
First Month's Payment*	\$269	N/A
APR Payment*	N/A	\$1,000
Down Payment*	\$1,000	N/A
Refundable Security Deposit*	\$275	\$350
Cash Due at Signing*	\$2,400	\$6,778

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1993 MERCURY COUGAR XR7

COUGAR STANDARD FEATURES: 3.8-liter V-6 engine • Automatic overdrive transmission • Power rack-and-pinion steering • Air conditioner • Power windows • Dual power outside mirrors • PREFERRED EQUIPMENT PACKAGE 260A: Fingertip speed control • Power lock group • Electric rear window defogger • 6-way power driver's seat • Cast aluminum wheels • Leather-wrapped steering wheel • Electronic AM/FM stereo cassette radio

Advance Payment Series \$750 Over Conventional 24-Month Lease	Conventional 24-Mo. Lease	Payment Program
First Month's Payment*	\$309	N/A
APR Payment*	N/A	\$8,328
Down Payment*	\$1,680	N/A
Refundable Security Deposit*	\$225	\$350
Cash Due at Signing*	\$2,314	\$6,678

\$309 OR **\$8,328**

1993 MERCURY TOPAZ GS

STANDARD FEATURES: 2.3-liter HSC engine • Sequential multi-port electronic fuel injection • Power assisted rack-and-pinion steering • Child-proof rear door locks (4-door only) • PREFERRED EQUIPMENT PACKAGE 353A (4-door only) Automatic transaxle • Manual air conditioner • Electric rear window defogger • Fingertip speed control • Power windows • Electronic AM/FM stereo cassette radio • PREFERRED EQUIPMENT PACKAGE 354R (2-door only) Manual air conditioner • Electric rear window defogger • Electronic AM/FM stereo • Deluxe luggage rack • 7-spoke aluminum wheels

Advance Payment Series \$750 Over Conventional 24-Month Lease	Conventional 24-Mo. Lease	Payment Program
First Month's Payment*	\$309	N/A
APR Payment*	N/A	\$8,328
Down Payment*	\$1,680	N/A
Refundable Security Deposit*	\$225	\$350
Cash Due at Signing*	\$2,314	\$6,678

\$9,965 M.S.R.P.