

Happy New Year! 2018 is upon us!

Let the New Year's resolution race begin!

Every New Year, a large number of people make resolutions or promises to do some sort of self-improvement. Two of the most popular resolutions set in Canada every year are weight loss and quit smoking (smoking cessation).

Obesity in Canada is on the rise. **1 in every 4 adults are obese as well as 8.6% of children between the ages of 6 and 17.** Since the 1980's rates in both of these age groups have almost doubled. Well known factors that influence obesity include physical activity, diet, socioeconomic status, ethnicity, lack of sleep, medications and environmental factors. Common complications of obesity are high triglycerides, type 2 diabetes, high blood pressure, stroke, heart disease, certain types of cancer, breathing disorders, fatty liver disease and osteoarthritis.

**Butt out! As the old ad says.** As many as 1 in every 5 Canadian adults still smoke. It's never too late to stop smoking. Your body is eager to get rid of this bad habit. The benefits can be noticeable within days of quitting. There are many methods used to assist with a person's desire to stop smoking, some include both prescription and over the counter options. Remember, quitting is difficult but it remains one of the best ways for a person to improve their health.

As you start thinking of goals or resolutions for the New Year, follow this simple acronym I use in my patient visits.

- Specific**
- Measurable**
- Attainable**
- Realistic/relevant**
- Timely**



Remember when you are planning your goals to include your family and/or friends for support when it is appropriate. And embrace technology, there are many cost-free apps to assist you in reaching your goals. **HAPPY 2018 everyone!**