



Week 5 - Achieve & Maintain a Healthy Weight



Achieve and Maintain a Healthy Weight

Week 5 – Eight Weeks to Wellness™
Developed by Don Hall, DrPH, CHES

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Overweight, the Problem

- Each year in the U.S. more than 400,000 people die prematurely due to excess fat weight.
- In the U.S., 2 out of 3 adults (65%) exceed the “Healthy Weight” standard.
- The prevalence of obesity has increased by 74% since 1991 to 41.3 million U.S. adults (BMI 30+).
- The current trend shows a significant increase in obesity in both adults and children.

JAMA, Jan 1, 2003; 289:76-79
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Excess Weight Increases the Risk For...

- Heart disease
- Stroke
- Type 2 diabetes
- Osteoarthritis
- Certain cancers
- Early death
- A substantially reduced quality of life



JAMA, Jan 1, 2003; 289:229-30
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Trends in Eating Practices in Last 19 Years

1. Portion sizes and energy intake has increased significantly
 - Soft drinks 49 cal
 - Salty snacks 93 cal
 - French fries 68 cal
 - Hamburgers 97 cal
 - Mexican dishes 133 cal
2. More meals are eaten out of home
 - 35% of calories come from fast food and restaurant meals
3. Snack calories have increased by 73%
 - About 20% of all calories now come from snack foods

JAMA Jan 22/29, 2003; 289:450-53
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The Good News About Weight


- If you need to lose weight, even a loss of 10-15 pounds can make big improvements to your health:
 - Improved glucose levels
 - Improved blood fat levels
 - Improved blood pressure
 - Significant decrease in health risks



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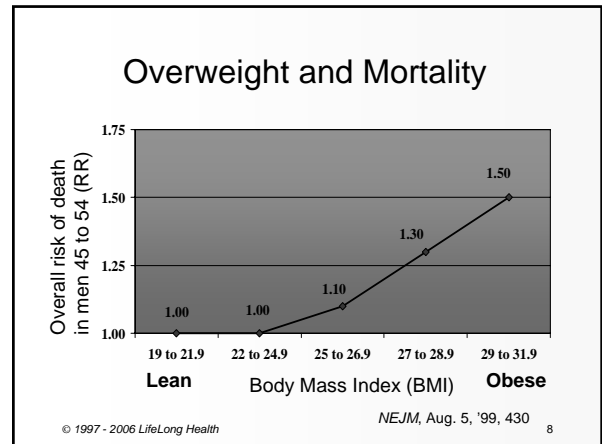
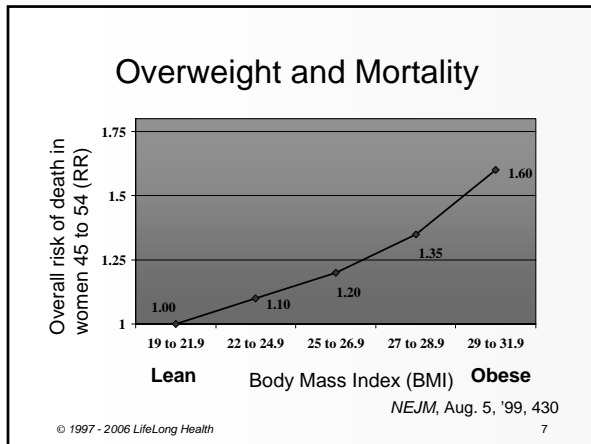
What is a Healthy Weight?

- For young adults, the weight at which you look and feel your best.
- For athletes, the weight at which you perform your best.
- For everyone, the range of weights for a given height that corresponds to the lowest rate of morbidity and mortality.



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Weight Risk Categories

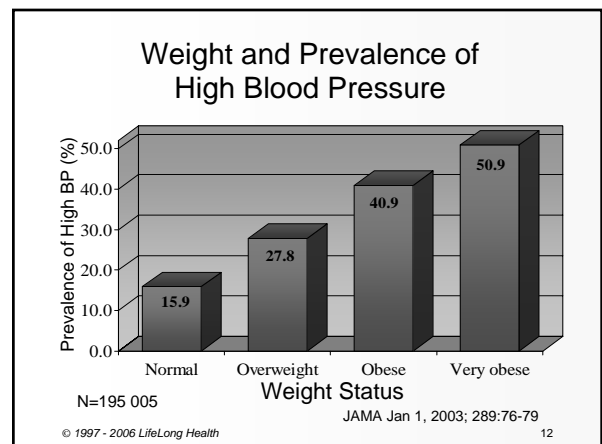
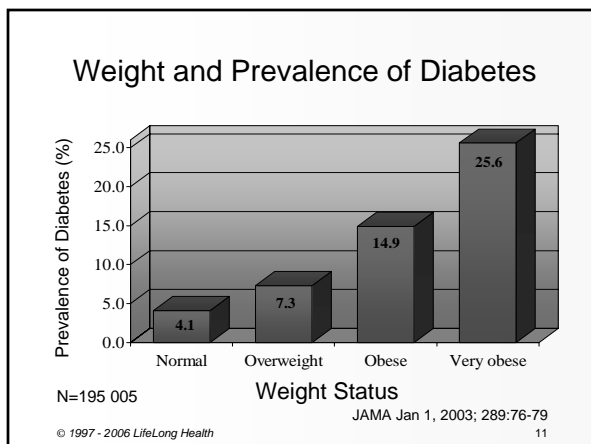
	BMI	% of Pop.
Underweight	<18.5	---
Normal weight	18.5-24.9	35%
Overweight	25+	65%
Obese	30+	30%
Very obese	40+	2.3%

Prevalence of Obesity, JAMA Jan 1, 2003; 289:76-9

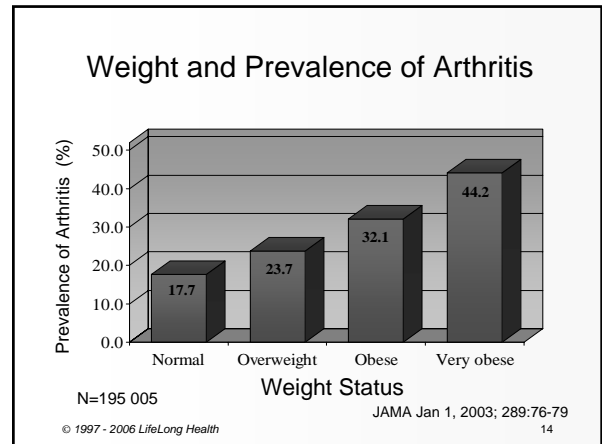
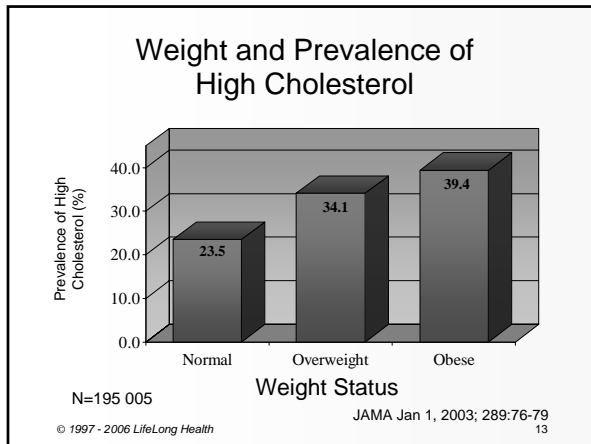
Weight Ranges Based on BMI

Ht (in)	BMI 20	BMI 25*	BMI 30**
58 in.	96 lb	119 lb	143 lb
60	102	128	153
62	109	136	164
64	116	145	174
66	124	155	186
68	131	164	197
70	139	174	209
72	147	184	221
74	155	194	233
76	164	205	246

* People with a BMI less than 25 live the longest
** Obesity is defined as a BMI of 30+

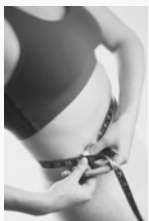


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Waist Girth Measurement

- Waist girth measures intra-abdominal fat, the most dangerous kind of fat.
- Waist girth is a better risk indicator than BMI alone.
- Measure your waist:
 - At the level of the navel
 - Pull tape firm but not tight
 - Relax and don't "suck it in"
 - Compare results to norms



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Waist Girth Standards

	Men	Women
• Healthy range	<37 inches	<32 inches
• Overweight	37+ inches	32+ inches
• Obese	40+ inches	35+ inches

American Journal of Clinical Nutrition, Oct. 2002
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Practical Steps to a Healthy Weight

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Adopt a Healthy Lifestyle

- Dieting doesn't work long-term.
- You need a plan you can live with for the rest of your life:
 - healthy eating habits
 - regular physical activity
 - good coping skills and behavior change techniques



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Set an Achievable Goal

- Start with a weight loss goal of 5-10% of your weight (10-15 pounds)
- This is sufficient to see healthy changes in:
 - lower blood pressure
 - blood fats (lower triglycerides and higher HDLs)
 - insulin resistance (lower blood sugar and insulin levels)

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Weekly Weight Loss Goal

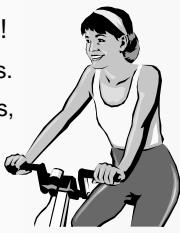
- Weight loss of 1/2 to 2 pounds/week is ideal
- Rapid weight loss usually involves water loss and loss of protein stores (more than fat loss)
 - Very restrictive diets that promise quick results are not good long-term solutions.
- After achieving this goal, maintain the loss for a few months before attempting to lose additional weight.

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Be Active


If you can't get skinny, get fit!

- Physical activity burns calories.
- It reduces your risk of diabetes, heart problems, and even certain cancers.
- Physical activity counteracts many of the health problems linked to excess fat weight.



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Calories Burned in Exercise



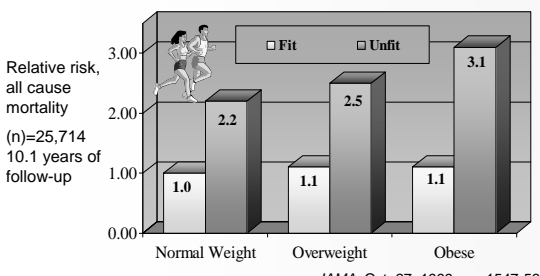
- Every minute of activity burns 3-12 times more calories than sitting.
- Notice the relative increase in calories burned for the various activities listed on the right.

Activity	Increase
Sitting	1 X
Calisthenics	3-8 X
Climbing hills	5-10X
Biking 10 mph	7 X
Aerobic dance	3-9 X
Walking, 4 mph	4.3 X
Skipping rope, 70/min	9 X
Running, 9 min/mile	11.2X
Tennis	4-9 X
Swimming	4-8 X

Source: ACSM Resource Manual 22

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Body Weight, Fitness Level, and Risk of Mortality from All Causes



Relative risk, all cause mortality (n)=25,714 10.1 years of follow-up

Weight Category	Fit (Relative Risk)	Unfit (Relative Risk)
Normal Weight	1.0	2.2
Overweight	1.1	2.5
Obese	1.1	3.1

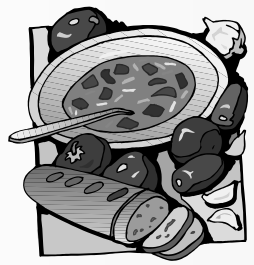
JAMA, Oct. 27, 1999, pp. 1547-53

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Eat Well

Choose healthy foods

- Lower in calories
- Unrefined, high in fiber and nutrients
- Eaten at regular meals
- Limit snacks
- Limit portion sizes
- Limit fast foods



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Choose Lower Calorie Foods

- Fresh fruits
- Vegetables and salads
- Nonfat or low fat dairy or soy milk
- Choose whole-grains
 - whole-wheat breads
 - whole grain cereals
 - brown rice



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25

Limit Refined and Snack Foods

- Soda pop, other sugar rich drinks
- Snack foods
- Cookies
- Chips
- Candy and sweets
- Drinks containing alcohol
- Desserts
 - pastry, cookies, cake, pie, ice cream, cheese cake



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Limit Foods High in Saturated Fats

- Fast foods
- Fried foods such as
 - French fries
 - Onion rings
 - Fried chicken
- Fatty meats
 - Hamburgers, hot dogs, bacon, sausage, fried chicken
- Cream sauce and gravies
- Whole milk or yogurt
- Ice cream, cheese, sour cream, cream cheese



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Watch Portion Size and 2nd Helpings

Servings Defined

- Grains
 - Breads, 1 slice
 - Cereal, 1/2 cup cooked, 2/3 cup dry
 - Pasta, 1/2 cup cooked
- Meats/proteins
 - 2-3 oz. of meat, poultry, fish
 - Beans 2/3 cup, nuts 1 oz
- Fruits and vegetables
 - 1 cup fresh, 1/2 cup cooked
 - One small fresh fruit



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28

Limit Snack Foods

- Eating between meals can add extra calories quickly.
- Snack foods are usually highest in calories and lowest in nutrition.
- 10 extra calories per day can add up an additional pound of fat in one year!
- If you must snack, choose healthy snacks – fresh fruit, vegetables, whole wheat bread.



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29



Meal Planning

- Eat regular meals (avoid skipping meals and frequent snacking on “junk” foods).
- Develop new cooking techniques:
 - limit high-calorie ingredients (e.g., fats, oils, and sugar),
 - do less frying (or use vegetable sprays for oil).
- Read nutrition labels, look for calorie content.
- Limit eating out, and when you do, look for healthy, low calorie choices (ask your waiter or waitress for help).

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MyPyramid

Whole grains
Veggies
Fruit
Oils
Dairy
Healthy proteins

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Eating Summary

Limit...

- Fatty meats, whole milk, cheese, cream
- Pastry, deep fried foods, snacks
- Most desserts: ice cream, pie, cake, candy, and soda pop
- Serving sizes
- Second helpings
- Eating out

Increase...

- Fresh fruits/vegetables
- Soy and other legumes
- Whole grain breads and other unrefined cereals
- High fiber foods
- Lower calorie foods
- Water
- Physical activity

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Behavior Change Techniques

- Develop a strong system of social support
- Avoid cues or triggers to overeat
- Develop problem-solving skills in relation to eating/exercise
- Change self-defeating thoughts

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Keep Records

- You are more likely to succeed if you set goals and keep records
 - weekly weight chart
 - daily exercise log
 - eating goals
- Keep goals realistic and attainable
- Reward your progress

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Maintain Good Coping Skills and a Positive Mental Outlook

- Overeating often takes place when you are discouraged, overwhelmed, frustrated, or stressed out.
- Keep life balanced and stress within limits:
 - Plan time to relax and have fun,
 - Keep stress within manageable limits,
 - Be nice to yourself,
 - Avoid discouragement, don't focus on failures,
 - Keep a positive, "can do" mental outlook.

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Lifetime Weight Control

- For long-term success keep in mind that you are not dieting but developing a healthy lifestyle you can maintain for a lifetime.
- For further help, get guidance from:
 - A dietitian
 - Your doctor
 - A weight loss support group

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Quiz

1. T/F About 2 out of every 3 adults is overweight.
2. Excess weight is closely related to which 3 major risk factors?
3. T/F Obesity increases health care costs on average over \$600 per person per year.
4. A waist girth of _____ inches (men) and _____ inches (women) indicates high risk.
5. T/F 25% of calories eaten today are from restaurant foods.

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37

Quiz

6. A realistic starting weight loss goal of _____ pounds is recommended.
7. The kind of body fat that increases risk the most is _____.
8. T/F Being fit reduces most of the risk linked to being overweight.
9. The food group at the base of the new food pyramid is _____.
10. The best approach to permanent weight loss is _____.

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39