



Achieve & Maintain a Healthy Weight



Achieve and Maintain a Healthy Weight

Oregon Camp Meeting, 2006
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 (62%) 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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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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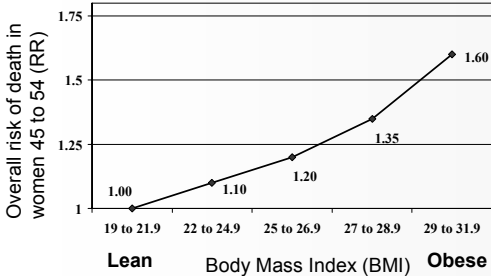
What is a Healthy Weight?

- 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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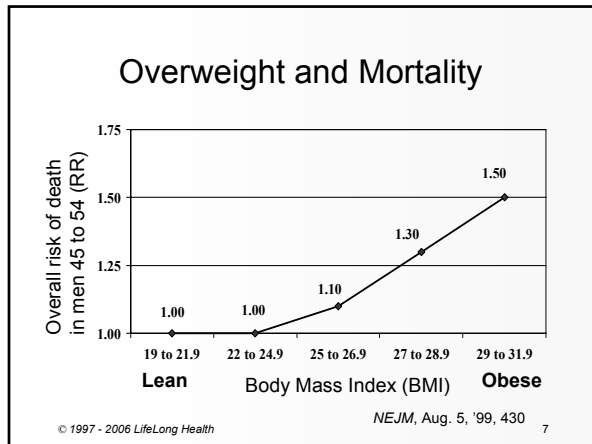
Overweight and Mortality



Body Mass Index (BMI)	Overall risk of death in women 45 to 54 (RR)
19 to 21.9 (Lean)	1.00
22 to 24.9	1.10
25 to 26.9	1.20
27 to 28.9	1.35
29 to 31.9 (Obese)	1.60

NEJM, Aug. 5, '99, 430
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Weight Risk Categories

	BMI	% of Pop.
Underweight	<18.5	---
Normal weight	18.5-24.9	40%
Overweight	25+	58%
Obese	30+	21%
Very obese	40+	2.3%

Prevalence of Obesity, JAMA Jan 1, 2003; 289:76-9
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Weight Ranges Based on BMI

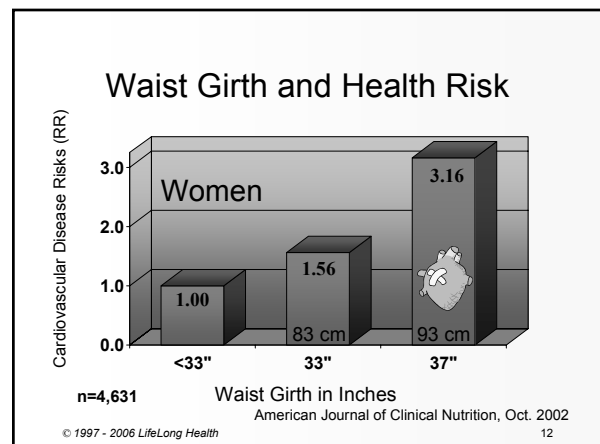
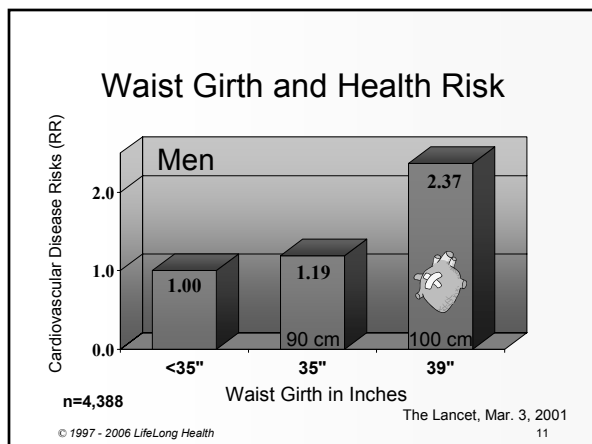
Ht (in)	BMI 20	BMI 25*	BMI 30**
58 in.	96 lb	119 lb	143 lb
60	102	128	153
62	109	136	164
64	116	145	174
66	124	155	186
68	131	164	197
70	139	174	209
72	147	184	221
74	155	194	233
76	164	205	246

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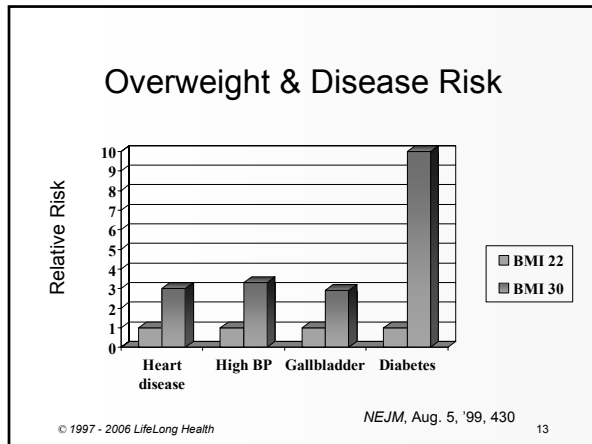
Waist Girth Measurement

- 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

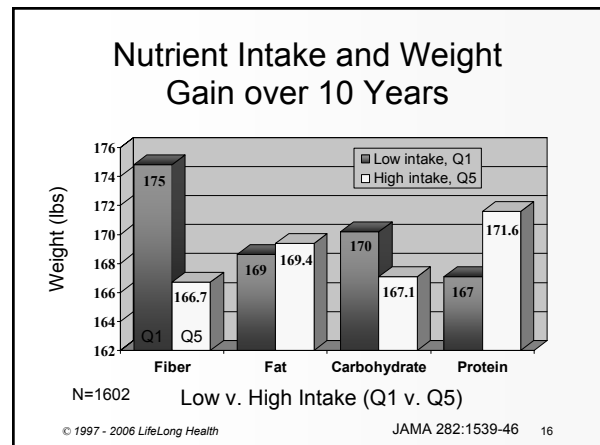
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- ### Trends in Eating Practices in Last 19 Years
1. Portion sizes and energy intake has increased significantly
 - Soft drinks 49 cal
 - Salty snacks 93 cal
 - French fries 68 cal
 - Hamburgers 97 cal
 - Mexican dishes 133 cal
 2. More meals are eaten 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 © 1997 - 2006 LifeLong Health 15



- ### Study Conclusions
- A low fiber intake predicted weight gain and other CVD risk factors more strongly than did saturated or total fat intake.
 - High-fiber diets may protect against obesity and CVD by lowering insulin levels.
- JAMA 282:1539-46 © 1997 - 2006 LifeLong Health 17

- ### 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.

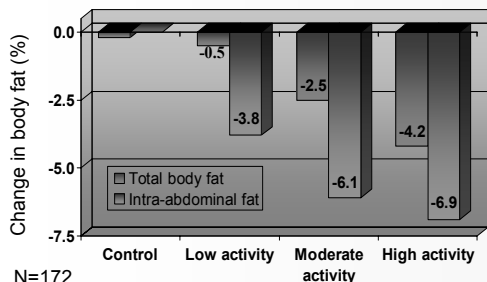
Activity	Increase
Sitting	1 X
Calisthenics	3-8 X
Climbing hills	5-10X
Biking 10 mph	7 X
Aerobic dance	3-9 X
Walking, 4 mph	4.3 X
Skipping rope, 70/min	9 X
Running, 9 min/mile	11.2X
Tennis	4-9 X
Swimming	4-8 X

Source: ACSM Resource Manual 22

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Exercise and Body Fat Changes

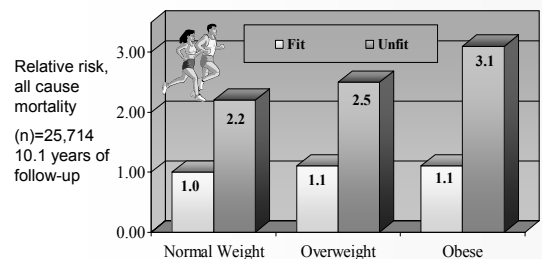


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JAMA Jan 15, 2003; 289:329

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



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

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