

KICK START 2017

The Benefits of Weight Management





Statistics

- Half of all American adults have one or more preventable, diet-related chronic diseases
- Obesity is the highest among middle aged and older adults
- More than 2 in 3 adults are overweight or obese
- One-third of children and adolescents are overweight or obese
- Only 3–5% of adults are meeting exercise recommendations
- 42% of children ages 6–11 meet exercise recommendations, 8% between ages 12–15 and 7.6% of adolescents from 16–19 years of age

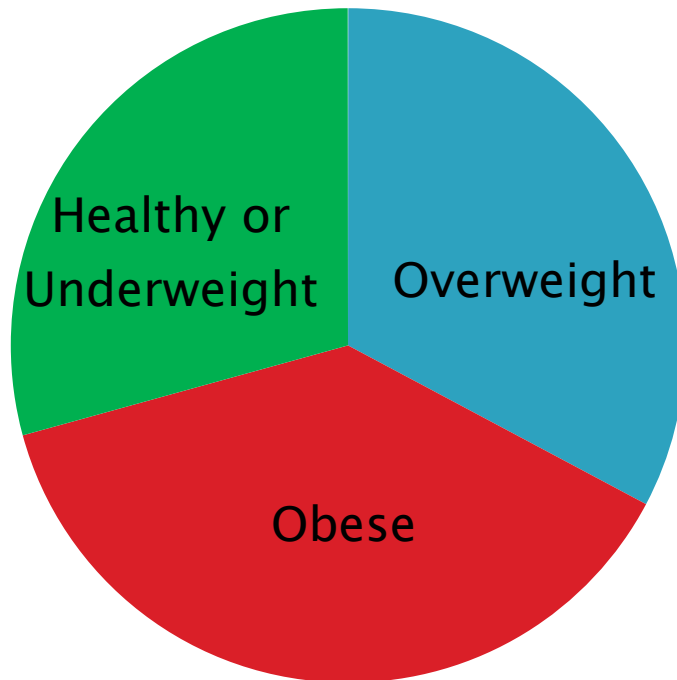
Overweight and Obesity Statistics. (N.D.). Retrieved January 12, 2017, from <https://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx>

Overweight & Obesity. (2016, November 17). Retrieved January 12, 2017, from <https://www.cdc.gov/obesity/index.html>

U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. ODPHP Publication No. U0036. Washington, D.C.: U.S. Department of Health and Human Services. Available online: <http://www.health.gov/paguidelines>

Who is Overweight/Obese?

% of Adult U.S. Population

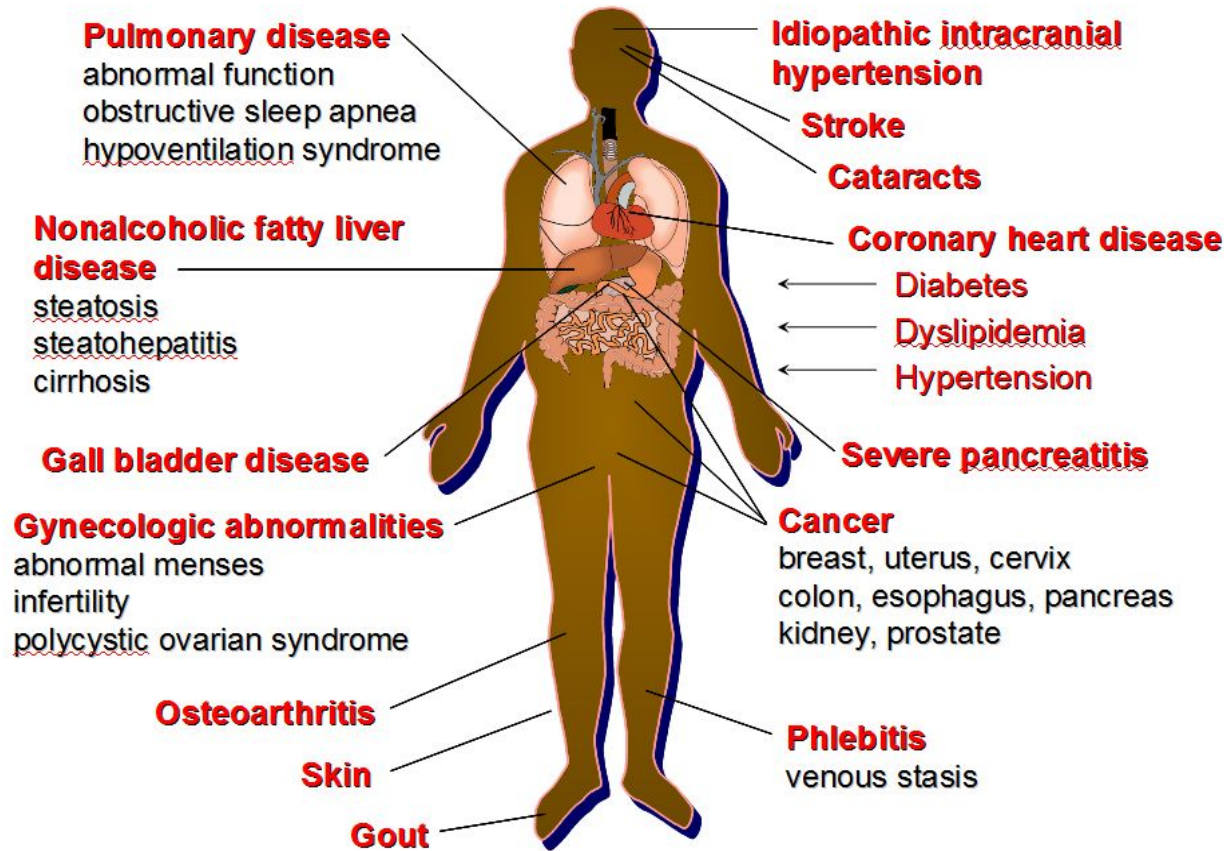


■ Overweight 32.8%

■ Obese 37.9%






■ Normal Weight or Underweight 29.3%

Medical Complications of Obesity





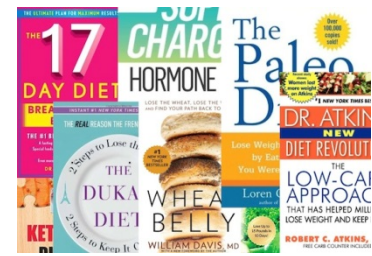
Keep It Simple

-  Bottom Line for Weight Loss is Less Calories
-  Remember All Calories Count
-  500 Less Calories a Day=1 lb. of Weight Loss in 1 Week
-  Don't Skip Meals
-  Don't Forget to Exercise





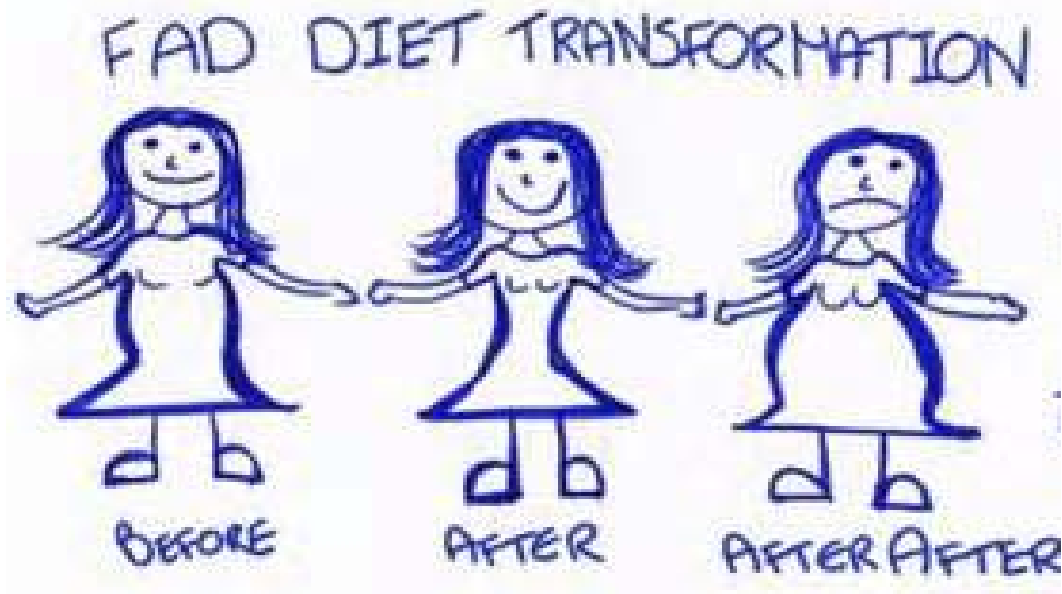
Beware of Gimmicks



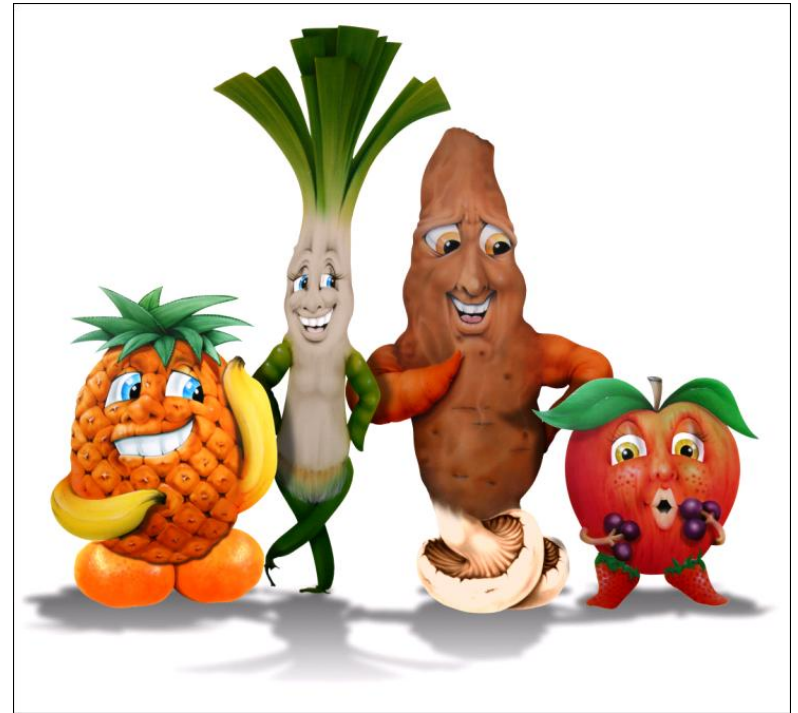
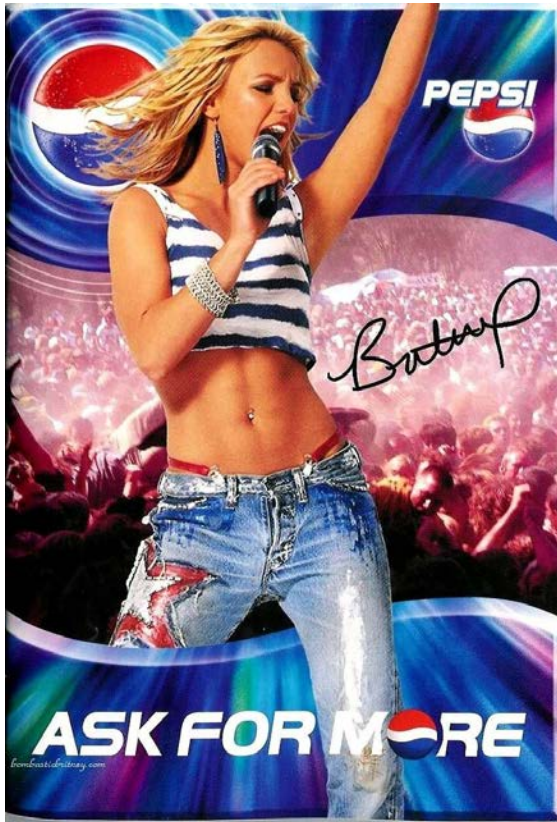
- ▶ Rapid Weight Loss
- ▶ Eating The Same Thing Everyday
- ▶ Totally Avoiding Macronutrients:
 - Carbohydrates
 - Protein and Amino Acids
 - Fats and Cholesterol
 - Fiber
 - Water
- ▶ Specific Food Combinations
- ▶ Rigid Menus
- ▶ No Exercise Needed and Weight Melts Off



My Interpretation of Fad Diets



Which One Would You Choose?



Sometimes The Best Looking Choice Is Not Always The Best Choice!



Healthy Can Look Good Too!



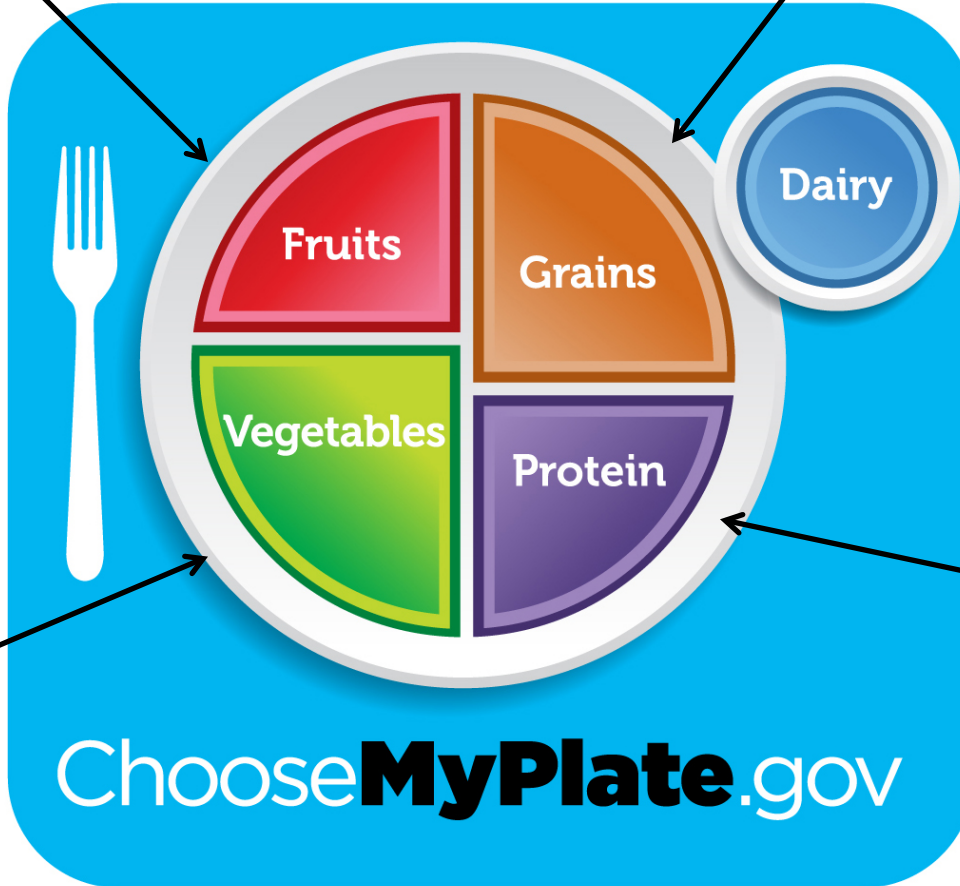
MyPlate

Daily Amounts

Fruit
1.5–2 cups

Grains=5–8oz

Dairy=3 cups



Vegetables
2.5–3 cups

Protein=5–6oz

Choose **MyPlate**.gov

Changing Habits Fast or Slow?

“Habit is habit, and not to be flung out of the window, but coaxed downstairs a step at a time.”

Mark Twain



Changing Habits

- Self-Monitoring
- Stimulus Control
- Cognitive Restructuring
- Stress Management
- Social Support





Eat



Smart

▶ Pay Attention to Your Body

- When you have had enough stop eating
- Quit before you feel stuffed
- Wait 10–15 minutes before getting more



▶ Pick Lean Meats

- Higher Fat=Higher Calories

▶ Cut Back on Sugar

▶ Avoid Drinking Your Calories

- Soda, sweetened tea, alcohol, lattes, etc.

▶ Make Snacking Healthy

▶ Avoid Eating Out of Emotion

- Go for a walk
- Read
- Call a friend



Healthy Cooking

- ▶ Reduce Amount of Sugar in Recipes or Use Sweeteners
 - Splenda, Sweet N Low, NutraSweet, etc.
- ▶ Cook With Fish and Lean Meats
 - Meats labeled “loin” or “round” are leaner
 - Cut off visible fat and remove skin from poultry
 - Use more egg white than yolks
- ▶ All Fats/Oils=High Calories, So Cut Back
 - Substitute applesauce or fruit puree for some recipes
 - Sauté foods in broth or juice versus fat or oil
 - Flavor foods with herbs or lemon juice versus butter or oil
 - Use nonstick pan to help limit the need for oils
- ▶ Bake, Broil, Grill, Roast, or Stew Versus Fry
- ▶ Cook With More Fruits and Veggies
 - Go Vegetarian one day a week by adding bean, lentils or tofu to meals



Is Eating Healthy Expensive?



Healthy Eating on a Budget With the 3 P's

▶ Plan

- Plan out snacks and meals for the week
- Find quick and easy recipes online
- Make a grocery list
- Look for coupons/deals and use loyalty cards

▶ Purchase

- Never go to the grocery store hungry or rushed
- Stick to the list and don't go down extra aisles
- Buy store brands
- Purchase frequently used items in bulk
- Choose produce that is in season or canned/frozen
- Snack sized foods cost more, do your own prepping

▶ Prepare

- Double a recipe and freeze extra for another meal
- Try a few meatless meals by substituting beans or peas with salads.
- Be creative with leftovers



Recipe to Feed 4 Under \$10

Turkey Black Bean Chili:



Onion: 99 cents
Garlic: 75 cents
Bell pepper: \$1.64
15.5 oz. can low sodium black beans: \$1.09
14.5 oz. can chicken broth: \$1.09
14.5 oz. can stewed tomatoes: \$1.49
Ground turkey (1/2 pound): \$2.40

Total: \$9.45

Portion Control is



PORTION CONTROL CHART

Useful cues that can help with portion size are below. All the examples are for one serving size.



3 oz. of animal protein



1 deck of cards



1 slice of bread



1 CD case



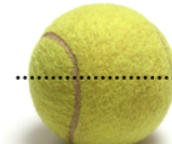
1/2 cup of fruits/vegetables



1 computer mouse



1/2 cup of grains
(cereals included)



1/2 of a tennis ball



1 baked potato



1 fist



2 tablespoons of
peanut butter



1 ping pong ball

Photo Credits: Sofie Dittman (1 slice of bread) and Jennifer Perillo (1/2 cup of grains)

Does Sleep Affect Weight?

- ▶ Increases Hunger
 - Alters hormones ↑ghrelin ↓leptin
- ▶ Less Sleep Leaves More Time for Eating
- ▶ Decreases Amount of Physical Activity
- ▶ Lack of Sleep=Cravings for Carbohydrates/Sugar

Nedeltcheva AV, Kilkus JM, Imperial J, Kasza K, Schoeller DA, Penev PD. (2009). *Sleep curtailment is accompanied by increased intake of calories from snacks.* Am J Clin Nutr. 89:126-33.

Spiegel K, Tasali E, Penev P, Van Cauter E. (2004). *Brief communication: Sleep curtailment in healthy young men is associated with decreased leptin levels, elevated ghrelin levels, and increased hunger and appetite.* Ann Intern Med. 141:846-50.

Nielsen LS, Danielsen KV, Sorensen TI. (2011). *Short sleep duration as a possible cause of obesity: critical analysis of the epidemiological evidence.* Obes Rev. 12:78-92.

What Is Successful Weight Loss?

5–10% Weight Loss

- ↓ Glucose Levels
- ↓ Insulin Levels
- ↓ Triglyceride Levels
- ↓ LDL Cholesterol Levels
- ↓ Blood Pressure
- ↑ HDL Cholesterol Levels



↑ **Quality of Life**



*Try again without the
socks..*

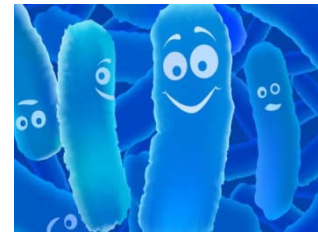
Keep the Success Going

- ▶ Sleeping 8 Hours
- ▶ Eating Breakfast
- ▶ Exercise Daily
- ▶ Write Down What You Eat
- ▶ Weigh Yourself Weekly
- ▶ Find Support
- ▶ Never Give Up





What's The Deal With Prebiotics & Probiotics?



▶ Prebiotics: “Good” Bacteria Promoters

- Improves GI health and can enhance calcium absorption
- Foods: bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole wheat foods

▶ Probiotics: “Good” Bacteria



- Improves GI health and boosts immunity
- Used for IBS, may prevent certain allergies and reduce lactose intolerance
- Foods: yogurt, kefir, aged cheese, kimchi, sauerkraut, miso and tempeh

▶ New Research: Probiotics and Weight Loss

Mallappa, R.H., Rokana, N., Duary, R.K., Panwar, H., Batish, V.K., & Grover, S. (2012). *Management of metabolic syndrome through probiotic and prebiotic interventions*. Indian Journal of Endocrinology and Metabolism, 16(1), 20-27.

Tarini J, Wolever TM. (2010). *The fermentable fibre inulin increases postprandial serum short-chain fatty acids and reduces free-fatty acids and ghrelin in healthy subjects*. Apple Physiol Nutr Metab, 35, 9-16.

Long-Term Weight Maintenance

- ▶ Track their food intake
- ▶ Count calories
- ▶ Follow a low calorie, low fat diet
- ▶ Eat Breakfast
- ▶ Limit the amount they eat out
- ▶ Don't splurge on holidays
- ▶ Walk about one hour/day
- ▶ Watch less than 10 hours of TV a week
- ▶ Weigh themselves weekly



calories

(noun)

Tiny creatures that
live in your closet and
sew your clothes a little
bit tighter every night.