Weight loss: Building a solid foundation

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PEBTF
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Learning objectives

Weight loss: Building a solid foundation

Learn building principles including:
• BMI & BMI trends
• Obesity health risks
• Main cause of obesity
• Setting goals and measuring success

Explore nine tools for successful weight loss
Building principles
Body mass index (BMI)

- Math formula
  - Used to assess overweight and obesity

\[
\text{Weight (pounds)} \times \frac{703}{\text{Height (inches)}} \div \text{Height (inches)}
\]
National obesity trends

1990

2000

2010

<table>
<thead>
<tr>
<th>No Data</th>
<th>&lt;10%</th>
<th>10%-14%</th>
<th>15%-19%</th>
<th>20%-24%</th>
<th>25%-29%</th>
<th>≥30%</th>
</tr>
</thead>
</table>

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Health risks of obesity

- High blood pressure
- High LDL, low HDL, and high triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and breathing problems
- Chronic inflammation and increased oxidative stress
- Endometrial, breast, colon, kidney, gallbladder, and liver cancers
- Mental illness such as depression and anxiety
- Body pain and difficulty with physical functioning
Main cause of obesity

Calories in

Calories out
Weight loss goals and measuring success

• Best way to lose weight is slowly
  – 1-2 lbs per week is
    • Do-able
    • Safe
    • Will help you keep off the weight

• Look at many factors to gauge success with weight loss efforts

What factors could you look at to **gauge success** with your weight loss efforts?
Nine tools for successful weight loss
Tool 1: Self-monitoring

- **Weight**
  - Track 1 time per week
- **Nutrition**
  - Track multiple times per day
- **Exercise**
  - Track daily
Tool 2: Drinking more water

- Limit caloric drinks
  - By drinking more water
    - Many benefits

- 12oz Soda: 165 calories each
- 12oz Juice: 165 calories each
- 12oz Alcohol: 165 calories each

3465 calories = 3500 calories = 1 lb
Tool 3: Decreasing portion sizes

• Much overeating is caused by increased portion sizes
  – If a large portion is available, it will most likely be eaten
• Let your membership in the clean plate club expire
  – New goal: Satisfying hunger

What *portion control strategies* have you tried?
Tool 4: Reading food labels

**Nutrition Facts**

* Serving Size: 2/3 cup (55g)
* Servings Per Container: About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 230</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 8g</td>
<td>12%</td>
<td>Calories from Fat 72</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>% Daily Value*</td>
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<tr>
<td>Sodium 160mg</td>
<td>7%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Carbohydrate 37g</td>
<td>12%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td>0%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Protein 3g</td>
<td>10%</td>
<td>% Daily Value*</td>
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Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

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</tr>
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<td>Includes 10g Added Sugars</td>
</tr>
<tr>
<td>Protein 3g</td>
<td>0%</td>
<td></td>
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Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Tool 5: Not skipping meals

- Skipping meals can lead to
  - Overeating
  - Starvation mode
Tool 6: Eating mindfully

- Noticing your hunger and fullness signals
- Savoring each bite
- Slowing down
- Avoiding multi-tasking while eating
Tool 7: Getting active

• Shoot for consistent, life-long exercise
  – How?
    • Get an exercise partner
    • Plan ahead
    • Do something you enjoy
    • Make it fun

What do you like to do for exercise?
Tool 8: Expecting setbacks

• Expect setbacks and be ready for them
  – When one occurs
    • Learn from it if you can
    • Then get back on track

"Every setback is a setup for a comeback!"

Joel Osteen
Tool 9: Keeping your eye on the prize

• Make a short list of 5-10 reasons why you want to lose weight
  – Write them down
  • Read your list 1-3 times every day
  – Will guide you towards making healthier choices when the going gets rough

Why do you want to lose weight?
Summary

- BMI & BMI trends
- Obesity health risks
- Main cause of obesity
- Setting goals & measuring success
- Must-have tools

What tools are you going to use?
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