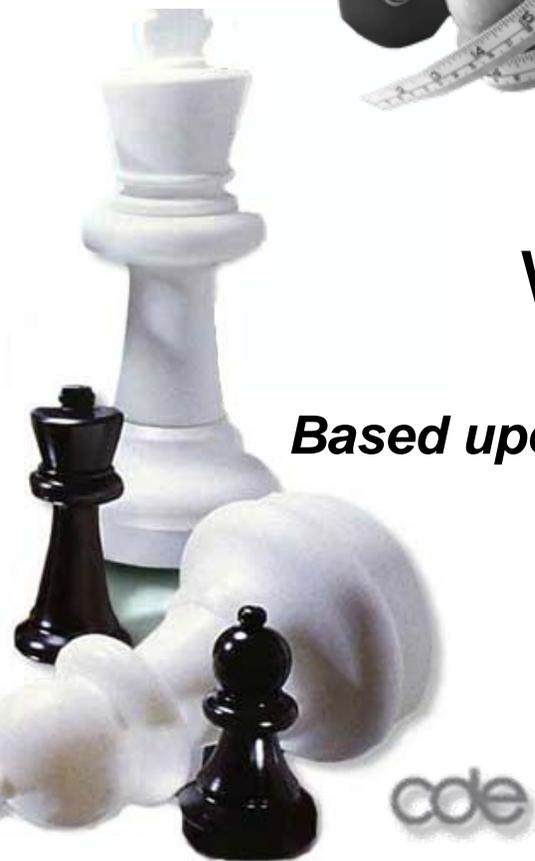


# Winning the Weight Game

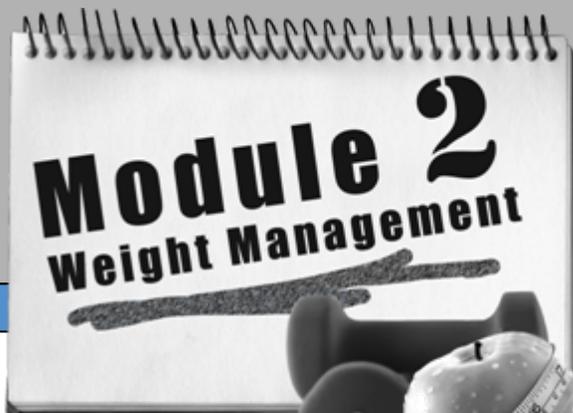


## Weight Management

*Based upon the 2005 Dietary Guidelines for Americans*



Colorado Department  
of Public Health  
and Environment



# Winning the Weight Game

## *Weight Management*

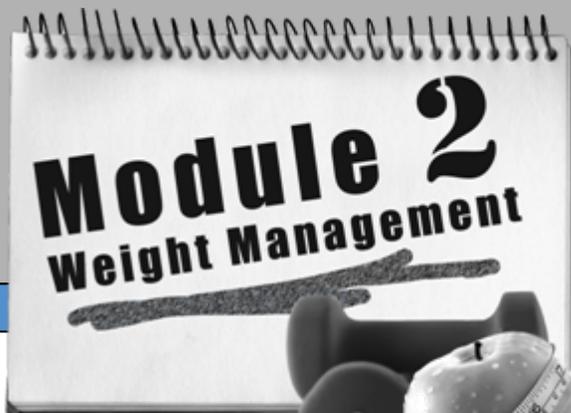
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# Winning the Weight Game

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# Winning the Weight Game

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- To learn how to evaluate adults' weight status.
- To explore values and concepts for healthy eating and activity.
- To learn about behaviors that lead to energy imbalance.
- To learn to apply eating and activity strategies that help us maintain or achieve healthier lifestyles.

# What's Everyone Talking About?

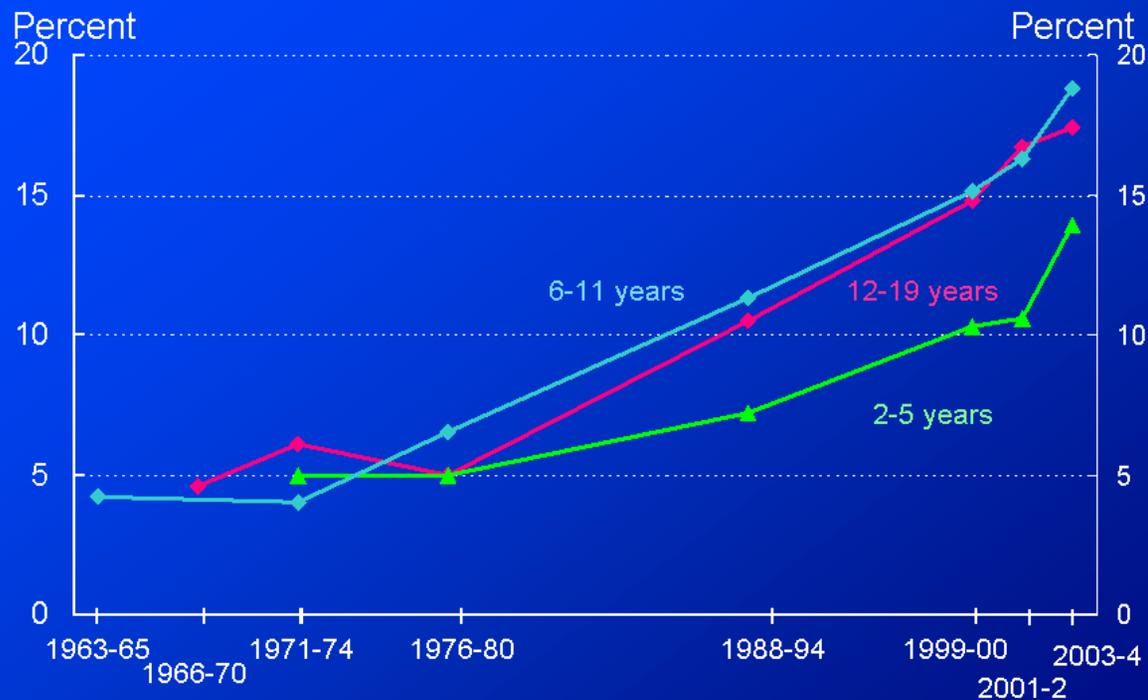
- As of 2004, 32.2% of adults 20 years and older are considered obese.
- 66.3% are overweight or obese.



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. National Center for Health Statistics.

# Overweight and Obesity

## Trends in Child and Adolescent Overweight



Note: Overweight is defined as BMI  $\geq$  gender- and weight-specific 95th percentile from the 2000 CDC Growth Charts.  
Source: National Health Examination Surveys II (ages 6-11) and III (ages 12-17), National Health and Nutrition Examination Surveys I, II, III and 1999-2004, NCHS, CDC.

# Adults Aren't The Only Ones

- Being overweight is a growing trend both for adults and children.
- Percentage of overweight children:
  - 14% aged 2-5
  - 19% aged 6-11
  - 17% aged 12-19



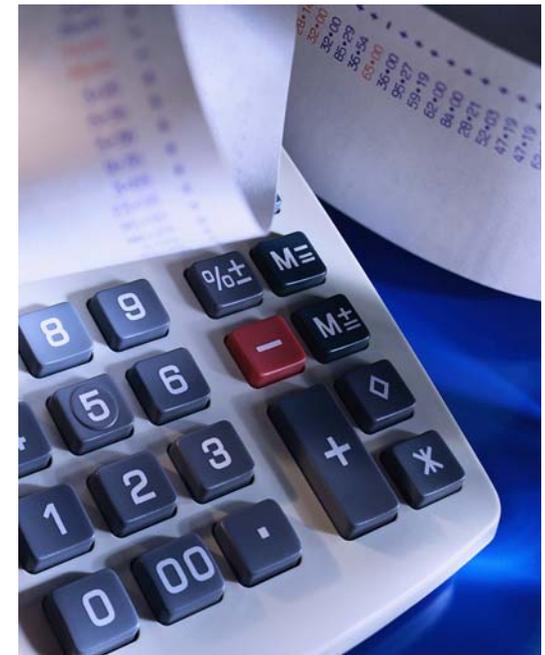
# How Can You Tell?

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- The Body Mass Index, or BMI, is a measure of how proportionate a person's weight is to his or her height.
- BMI is a reliable indicator of body fat in adults.

# Calculating BMI

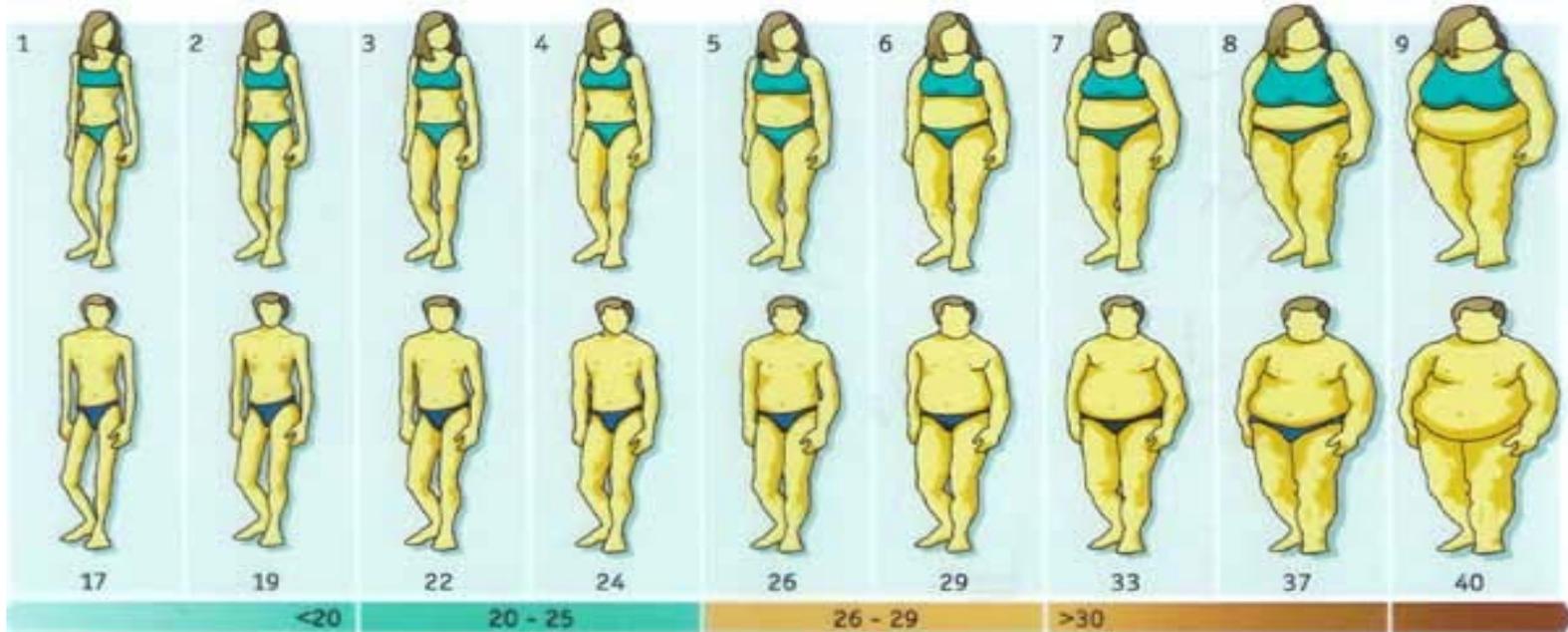
- $\text{Weight (lb)} / [\text{height (in)}]^2 \times 703$



# Sample BMI Calculation

- A 27 year old weighs 150 pounds and is 5 feet 5 inches tall.
- Height = 5'5" = 65"  
[12" per foot = (5 x 12) + 5]  
then  $[150 \div (65)^2] \times 703 = 24.96 = \text{BMI}$

# Interpreting BMI



## BMI

Below 18.5  
18.5 – 24.9  
25.0 – 29.9  
Above 30.0

## Weight Status

Underweight  
Normal  
Overweight  
Obese

# Pears or Apples?



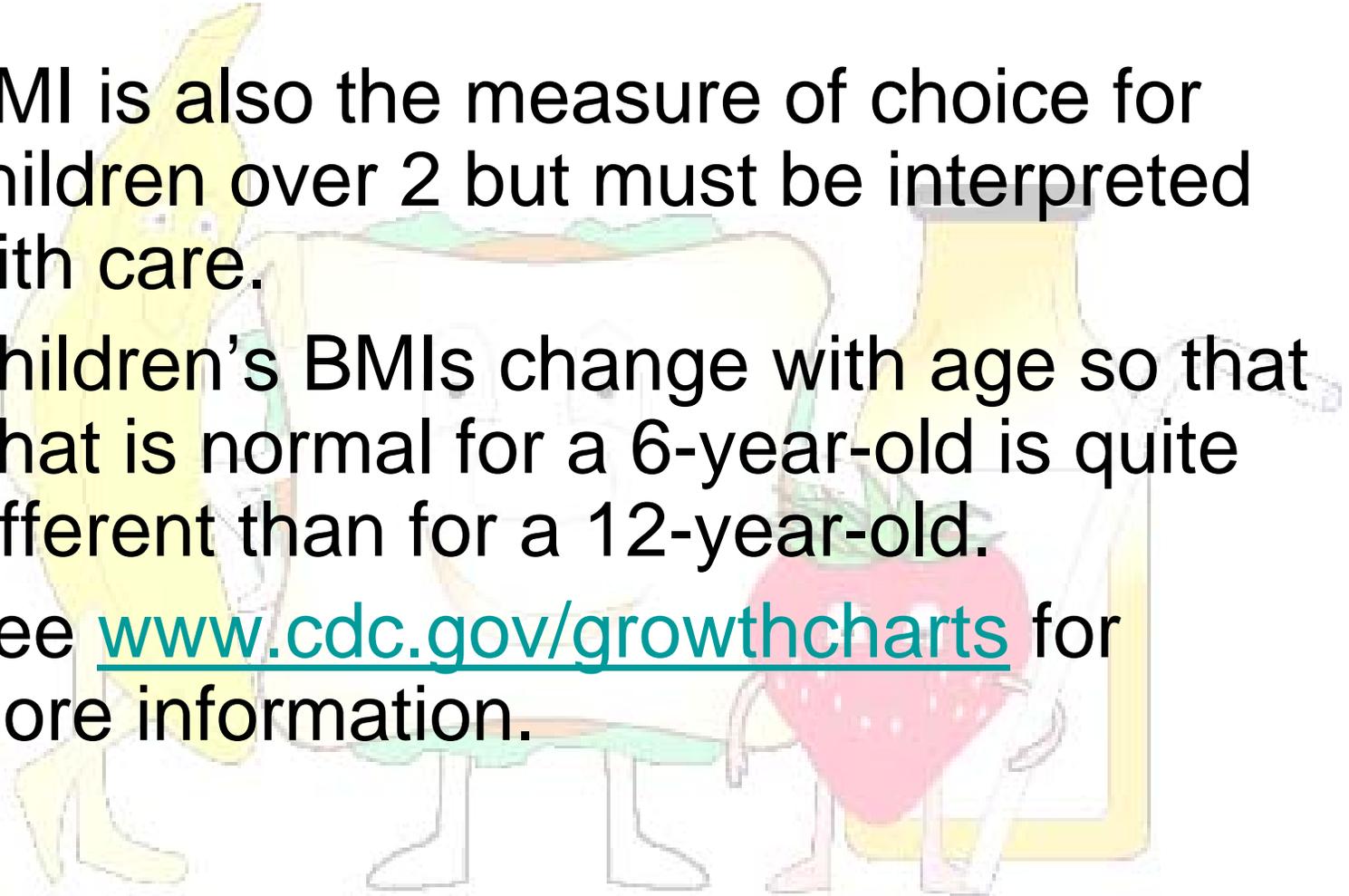
# Are you a Pear or an Apple?

- Being “apple-shaped”, or having more fat in the abdominal area, carries more risk than being “pear-shaped” or having more fat in the extremities and hips.
- A waist-to-hip ratio of  $<0.8$  defines you as a “pear”.

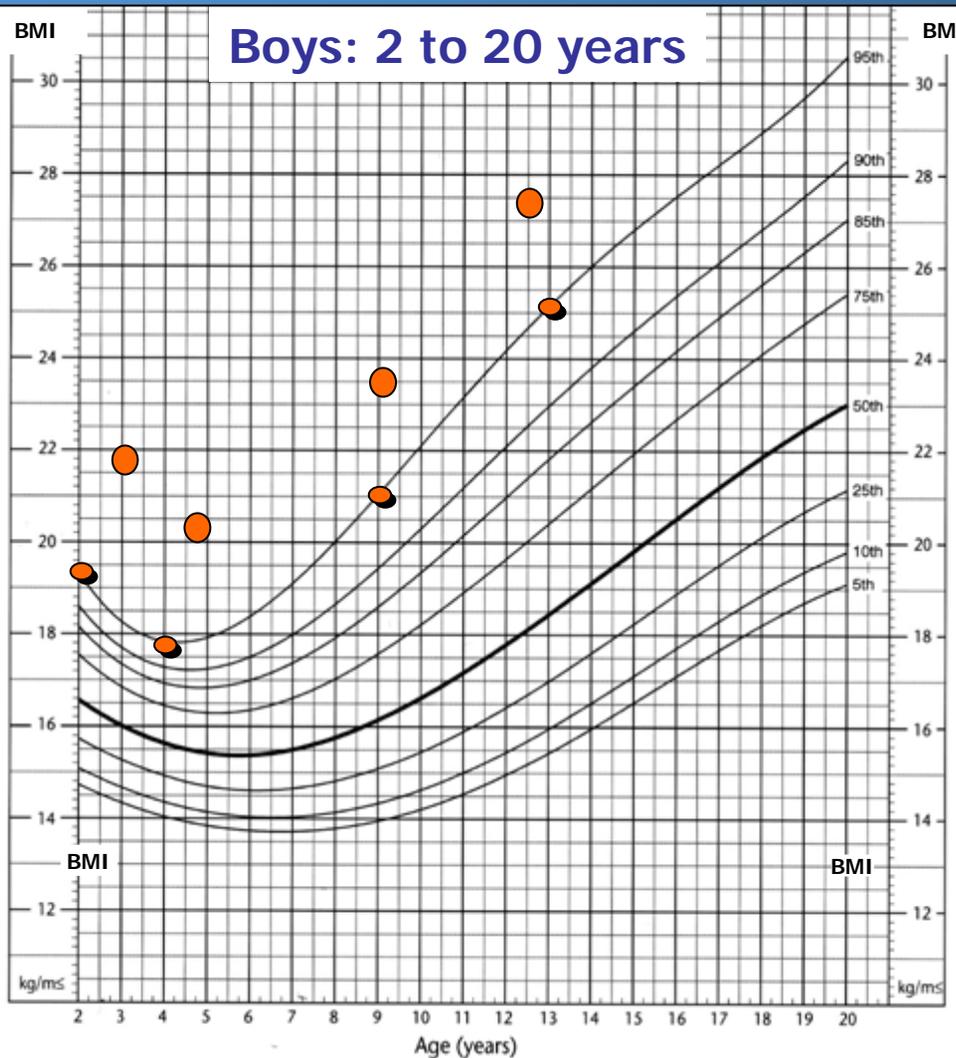


# Interpreting Children's BMI

- BMI is also the measure of choice for children over 2 but must be interpreted with care.
- Children's BMIs change with age so that what is normal for a 6-year-old is quite different than for a 12-year-old.
- See [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts) for more information.



# For Children, BMI Changes with Age



Example: *95th Percentile Tracking*

Age	BMI
2 yrs	19.3
4 yrs	17.8
9 yrs	21.0
13 yrs	25.1

# BMI-for-Age Cutoffs

$\geq 95^{\text{th}}$  percentile

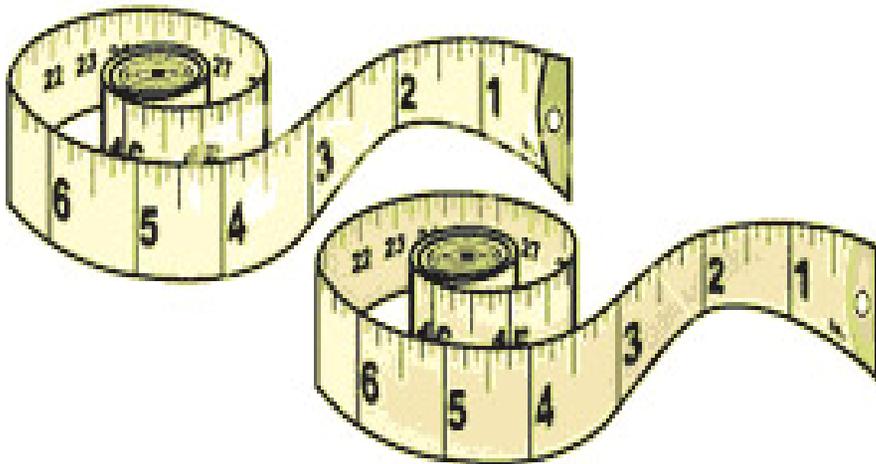
*Overweight*

85<sup>th</sup> to  $< 95^{\text{th}}$  Percentile

*Risk of overweight*

$< 5^{\text{th}}$  percentile

*Underweight*



# Is it Worth It to Maintain Healthy Weight?

- Reduced risk for:
  - *cardiovascular disease*
  - *some forms of cancer*
  - *diabetes*
  - *diverticulitis & hemorrhoids*
  - *cataracts*
- All this translates into feeling better and less medical expense when we eat well and are active.



# Weight Management Goals in the Dietary Guidelines for Americans

Ideally, everyone would to be at a healthy weight.

BUT preventing weight gain is a great goal.



An achievable goal for everyone is to lead a healthy life regardless of their weight.

# Tenets of Health at Every Size

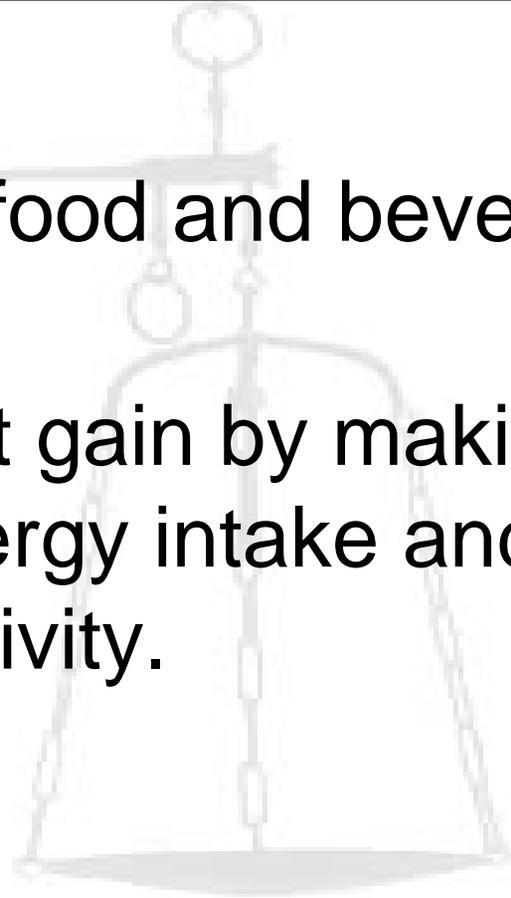
- Health enhancement and well-being rather than achieving an “ideal weight”.
- Self-acceptance and respect for the diversity of bodies.
- The pleasure of eating well, based on internal cues of hunger and satiety.
- The joy of movement and encouraging all physical activities.

Source: Kratina, K. Originally published as "Tenets of the Nondiet Approach" in *Moving Away from Diets: Healing Eating Problems and Exercise Resistance* by Kratina, Hayes and King, 1996. Copyright© 2000 by the Council on Size and Weight Discrimination, Inc. All rights reserved. Used with permission.



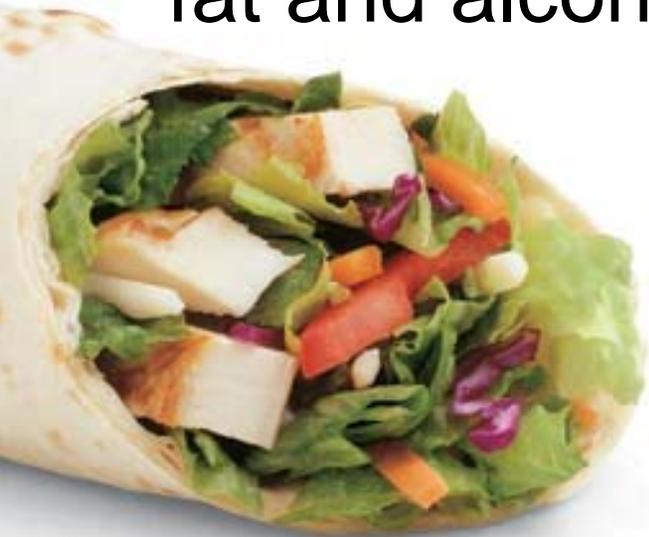
# Key Recommendations

- Balance calories from food and beverages with energy expended.
- Prevent gradual weight gain by making small decreases in energy intake and increasing physical activity.



# Winning Strategies

- Consume low calorie, high nutrient foods like vegetables and fruits.
- Cut back on foods high in added sugars, fat and alcohol.

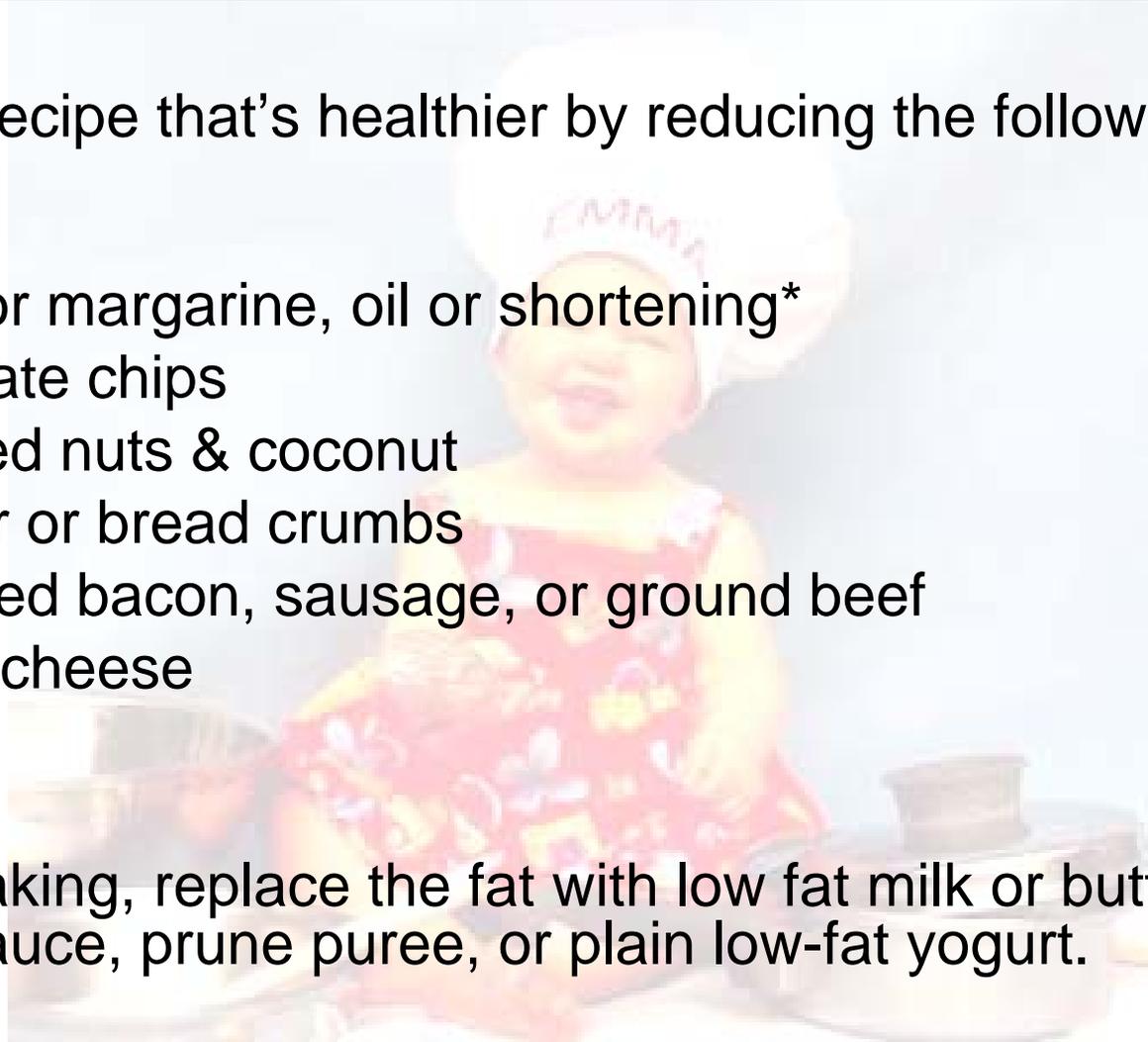


# Less is More

Create a recipe that's healthier by reducing the following by  $\frac{1}{4}$  to  $\frac{1}{2}$  :

- Butter or margarine, oil or shortening\*
- Chocolate chips
- Chopped nuts & coconut
- Cracker or bread crumbs
- Crumbled bacon, sausage, or ground beef
- Grated cheese
- Sugar

\* When baking, replace the fat with low fat milk or buttermilk, applesauce, prune puree, or plain low-fat yogurt.



# Watch Out For Large Portions

- A 32-ounce beverage, is now a Wendy's® “medium” drink. A 42-ouncer, is the new “large”.
- The 5.6-ounce “Biggie” fries is now a “medium”, and the 6.7-ounce has become the “large”.
- Wendy's ® former 20-ounce “medium” drink and 5-ounce “medium” fries are now called “small”.



# Portion Distortion II Interactive Quiz

## COFFEE

**20 Years Ago**

**Coffee**  
**(with whole milk and sugar)**



**45 calories**  
**8 ounces**

**Today**

**Mocha Coffee**  
**(with steamed whole milk and mocha syrup)**



**How many calories**  
**are in today's coffee?**



# Portion Distortion II Interactive Quiz

## COFFEE

**20 Years Ago**

**Coffee**  
**(with whole milk and sugar)**



**45 calories**  
**8 ounces**

**Today**

**Mocha Coffee**  
**(with steamed whole milk**  
**and mocha syrup)**



**350 calories**  
**16 ounces**

**Calorie Difference: 305 calories**

# Portion Distortion II Interactive Quiz

Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



**How long will you have to walk in order to  
burn those extra 305 calories?\***



**\*Based on 130-pound person**

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Portion Distortion II Interactive Quiz

## Calories In = Calories Out



**If you walk 1 hour and 20 minutes, you will  
burn approximately 305 calories.\***



**\*Based on 130-pound person**

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Portion Distortion II Interactive Quiz

## PEPPERONI PIZZA

**20 Years Ago**



**500 calories**

**Today**



**How many calories are  
in 2 large slices of  
today's pizza?**



# Portion Distortion II Interactive Quiz

## PEPPERONI PIZZA

**20 Years Ago**



**500 calories**

**Today**



**850 calories**

**Calorie Difference: 350 calories**

# Portion Distortion II Interactive Quiz

Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to walk the dog in order to burn those extra 350 calories?\*

How long will you have to walk the dog in order to burn those extra 350 calories?\*



\*Based on 130-pound person

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Portion Distortion II Interactive Quiz

## Calories In = Calories Out



**If you walk the dog for 1 hour and 10 minutes,  
you will burn approximately 350 calories.\***



**\*Based on 160-pound person**

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Portion Distortion II Interactive Quiz

## CHOCOLATE CHIP COOKIE

**20 Years Ago**



**55 calories**  
**1.5 inch diameter**

**Today**



**How many calories**  
**are in today's large**  
**cookie?**



# Portion Distortion II Interactive Quiz

## CHOCOLATE CHIP COOKIE

**20 Years Ago**



**55 calories**  
**1.5 inch diameter**

**Today**



**275 calories**  
**3.5 inch diameter**

**Calorie Difference: 220 calories**

# Portion Distortion II Interactive Quiz

Maintaining a Healthy Weight is a Balancing Act  
Calories In = Calories Out



How long will you have to wash the car  
to burn those extra 220 calories?\*



\*Based on 130-pound person

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Portion Distortion II Interactive Quiz

## Calories In = Calories Out



**If you wash the car for 1 hour and 15 minutes you will burn approximately 220 calories.\***



**\*Based on 130-pound person**

Source: National Heart, Lung, and Blood Institute.  
Online Slide Show Obesity Education Initiative (OEI) Slide Sets page.  
Available at [http://hp2010.nhlbihin.net/oei\\_ss/menu.htm#PD2](http://hp2010.nhlbihin.net/oei_ss/menu.htm#PD2).

# Smart Rules to Live by

- Go for color & variety.
- Learn your labels.
- Beverages count.
- Make  $\frac{1}{2}$  your grains whole.
- Include low fat dairy.
- Get the most out of snacks.
- Get active & get in balance.



# Low Fat Dairy Products are Smart Choices

- Choose low fat dairy products for bone and heart health.
- Consuming low fat dairy aids weight loss.

***Did you know...***

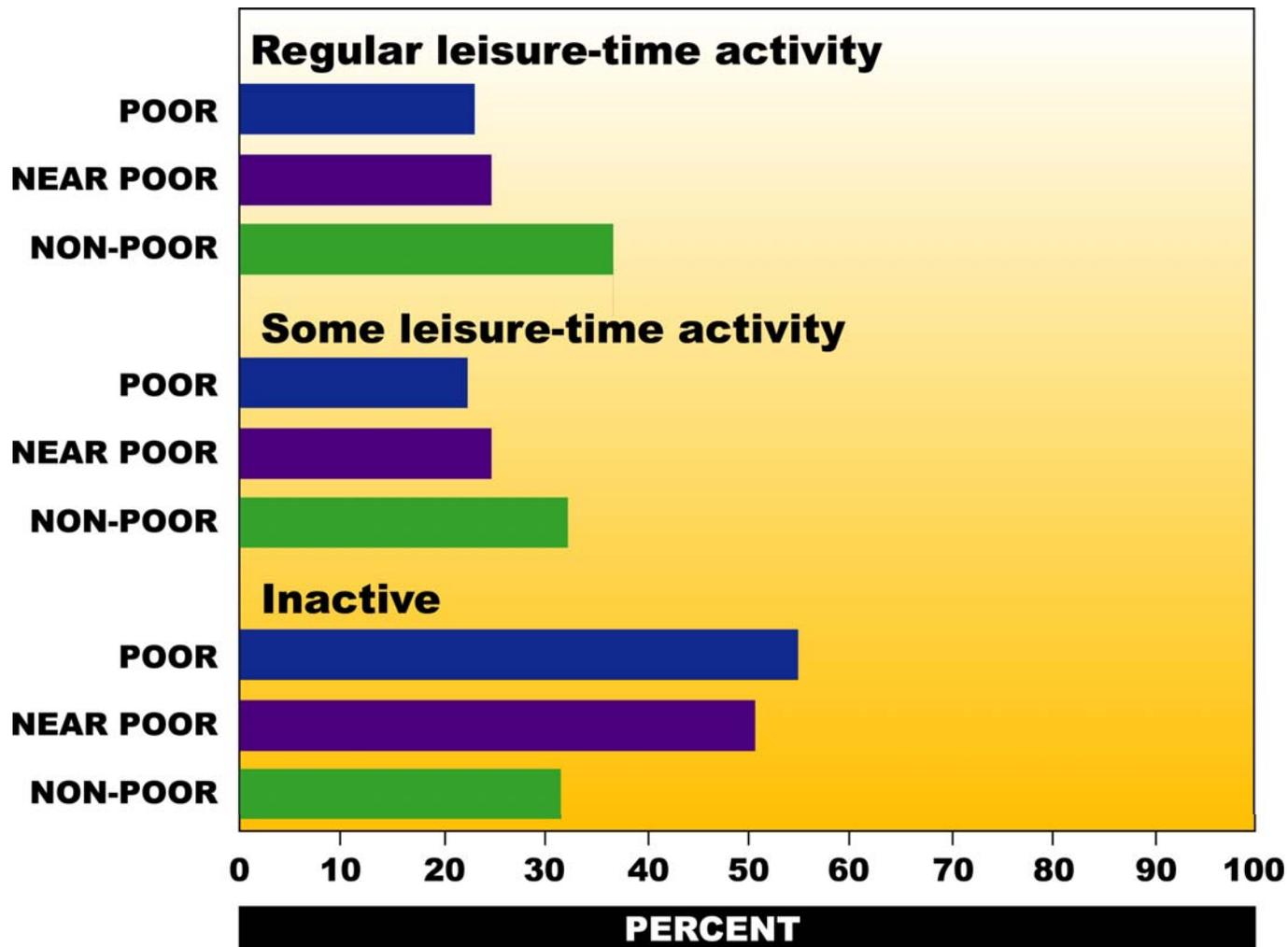


# Tips for Keeping Things In Balance

- Be aware of calories in foods and read labels. BUT, you don't have to count calories all the time.
- Balance the energy you consume with activity as many days as you can.

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
<hr/>			
Amount Per Serving			
Calories 250		Calories from Fat 110	
<hr/>			
			% Daily Value*
Total Fat	12g		18%
Saturated Fat	3g		15%
<i>Trans</i> Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
<hr/>			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
<hr/>			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Leisure-Time Physical Activity 18+ years, 2003



# How Much Activity to Prevent Weight Gain?

- 45-60 minutes on most days of the week to prevent weight gain.
- A 500 calorie deficit, by eating less and moving more, can produce weight loss.
- 60-90 minutes on most days of the week to sustain weight loss.



# Finding Your Balance with Activity

- Small changes do count. Start with 10 or 15 minute bouts of activity.
- Feel more balanced and less stressed.



# Don't you Deserve 30 Minutes for You?

## EXERCISE TYPE

- Walk, 15 minutes/mile
- Jogging 10 minutes/mile
- Skiing, alpine
- Skiing, x-country
- Tennis, singles
- Basketball
- Rowing
- Weight lifting
- Stair climber
- Raking leaves
- Snow shoveling

## CALORIES

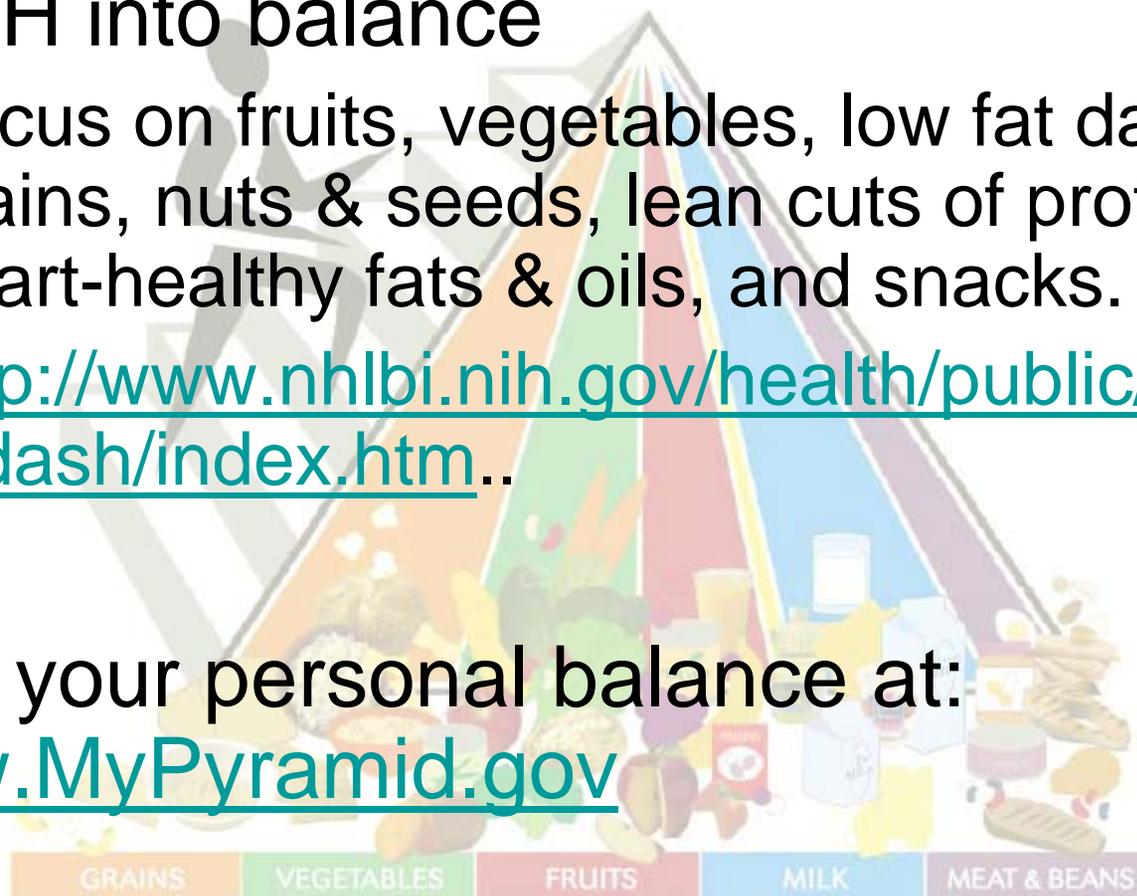
200  
330  
150  
210  
210  
270  
350  
175  
300  
100  
350

*Most people can be active for 30 minutes  
without risk to their health.*



# Balancing Tools

- DASH into balance
  - Focus on fruits, vegetables, low fat dairy, grains, nuts & seeds, lean cuts of protein, heart-healthy fats & oils, and snacks.
  - <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>..
- Find your personal balance at: [www.MyPyramid.gov](http://www.MyPyramid.gov)



# Choosing Health

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- You are in charge.
- Remember—take small steps; avoid radical changes.
- Choosing health decreases stress.
- You deserve time to be healthy.