



Weight Management

Guide to Good Health

Healthy Living Guide

- ▶ Asthma
- ▶ Chronic Fatigue Syndrome (CFS)
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Coronary Artery Disease (CAD)
- ▶ Depression
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Osteoarthritis (OA)
- ▶ Osteoporosis
- ▶ Type 2 Diabetes
- ▶ Back Pain
- ▶ Chronic Pain
- ▶ Healthy Eating
- ▶ Healthy Pregnancy
- ▶ Rheumatoid Arthritis (RA)
- ▶ Sleep
- ▶ Smoking Cessation
- ▶ Stress Management
- ▶ Weight Management
- ▶ Bariatric Surgery

What is Obesity?

The terms "overweight" and "obesity" refer to a person's overall body weight and whether it's too high. Overweight is having extra body weight from muscle, bone, fat, and/or water. Obesity is having a high amount of extra body fat. The most common way to find out whether you're overweight or obese is to figure out your body mass index (BMI). BMI is an estimate of body fat, and it's a good gauge of your risk for diseases that occur with more fat.

1. Body mass index for adults

Use the table below to learn your BMI. First find your height on the far left column. Next, move across the row to find your weight (measured with underwear but no shoes). Once you've found your weight, move to the top of the column. This number is your BMI.

Body Mass Index (BMI) Table								
	Healthy	Healthy	Overweight	Overweight	Obese	Obese	Obese	Obese
BMI	19	24	25	29	30	35	40	45
Height	Body Weight (pounds)							
4'9"	91	115	119	138	143	167	191	215
4'10"	94	119	124	143	148	173	198	222
4'11"	97	123	128	148	153	179	204	230
5'0"	100	127	132	153	158	185	211	238
5'1"	104	131	136	158	164	191	218	246
5'2"	107	135	141	163	169	197	225	254
5'3"	110	140	145	169	174	204	232	262
5'4"	114	144	150	174	180	210	240	270
5'5"	118	148	155	179	186	216	247	278
5'6"	121	153	159	185	191	223	255	287
5'7"	125	158	164	190	197	230	262	295
5'8"	128	162	169	196	203	236	270	304
5'9"	132	167	174	202	209	243	278	313
5'10"	136	172	179	208	215	250	286	322
5'11"	140	177	184	213	221	258	294	331
6'0"	144	182	189	219	227	265	302	340
6'1"	148	186	194	225	233	272	311	350
6'2"	152	192	200	232	240	279	319	359
6'3"	156	197	205	238	246	287	328	369

- Although BMI can be used for most men and women, it does have some limits. It may overestimate body fat in athletes and others who have a muscular build. BMI also may underestimate body fat in older people and others who have lost muscle.



2. Waist measurement

- Health care professionals also may take your waist measurement. This helps screen for the possible health risks related to overweight and obesity in adults.
- If you have abdominal obesity and most of your fat is around your waist rather than at your hips, you're at increased risk for [coronary heart disease](#) and type 2 Diabetes. This risk goes up with a waist size that's greater than 35 inches for women or greater than 40 inches for men.

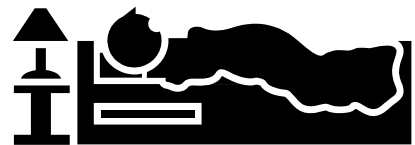
Overview & Facts

- Millions of Americans and people worldwide are overweight or obese. Being overweight or obese puts you at risk for many diseases and conditions, including [coronary heart disease](#), [high blood pressure](#), type 2 diabetes, gallstones, breathing problems and certain cancers.
- Your weight is the result of many factors. These factors include environment, family history and genetics, metabolism (the way your body changes food and oxygen into energy), behavior or habits, and more.



Causes

1. Lack of energy balance: Overweight and obesity happen over time when you take in more calories than you use.
 2. Other causes and contributing factors:
 - An inactive lifestyle: People who are inactive are more likely to gain weight because they don't burn up the calories that they take in from food and drinks. An inactive lifestyle also raises your risk of [coronary heart disease](#), [high blood pressure](#), diabetes, colon cancer, and other health problems.
 - Our environment doesn't support healthy lifestyle habits; in fact, it encourages obesity. Some reasons include:
 - ▶ Lack of neighborhood sidewalks and safe places for recreation. Not having area parks, trails, sidewalks, and affordable gyms makes it hard for people to be physically active.
 - ▶ Work schedules. People often say that they don't have time to be physically active because of long work hours and time spent commuting.
 - ▶ Oversized food portions. Americans are surrounded by huge food portions in restaurants, fast food places, gas stations, movie theaters, supermarkets, and even home. Some of these meals and snacks can feed two or more people. Eating large portions means too much energy IN. Over time, this will cause weight gain if it isn't balanced with physical activity.
 - ▶ Lack of access to healthy foods. Some people don't live in neighborhoods that have supermarkets that sell healthy foods, such as fresh fruits and vegetables. Or, for some people, these healthy foods are too costly.
 - ▶ Food advertising. Americans are surrounded by ads from food companies. Often children are the targets of advertising for high-calorie, high-fat snacks and sugary drinks. The goal of these ads is to sway people to buy these high-calorie foods, and often they do.
 - Genes and family history: Overweight and obesity tend to run in families. Your chances of being overweight are greater if one or both of your parents are overweight or obese.
 - Health conditions including: Cushing's syndrome, underactive thyroid, and polycystic ovarian disease (PCOS)
 - Medicines: Certain medicines may cause you to gain weight. These medicines include some corticosteroids, antidepressants, and seizure medicines.
 - Emotional factors: Some people eat more than usual when they're bored, angry, or stressed. Over time, overeating will lead to weight gain and may cause overweight or obesity.
- Quitting smoking: Some people gain weight when they stop smoking. One reason is that food often tastes and smells better after quitting smoking. Another reason is because nicotine raises the rate at which your body burns calories, so you burn fewer calories when you stop smoking. However, smoking is a serious health risk, and quitting is more important than possible weight gain.
 - Age: As you get older, you tend to lose muscle, especially if you're less active. Muscle loss can slow down the rate at which your body burns calories. If you don't reduce your calorie intake as you get older, you may gain weight. Midlife weight gain in women is mainly due to aging and lifestyle, but menopause also plays a role. Many women gain around 5 pounds during menopause and have more fat around the waist than they did before.
 - Pregnancy: During pregnancy, women gain weight so that their babies get proper nourishment and develop normally. After giving birth, some women find it hard to lose the weight. This may lead to overweight or obesity, especially after a few pregnancies.
 - Lack of Sleep:
 - ▶ Studies find that the less people sleep, the more likely they are to be overweight or obese. People who report sleeping 5 hours a night, for example, are much more likely to become obese compared with people who sleep 7–8 hours a night.



- ▶ People who sleep fewer hours also seem to prefer eating foods that are higher in calories and carbohydrates, which can lead to overeating, weight gain, and obesity over time.
- ▶ Hormones that are released during sleep control appetite and the body's use of energy. For example, insulin controls the rise and fall of blood sugar levels during sleep. People who don't get enough sleep have insulin and blood sugar levels that are similar to those in people who are likely to have diabetes.
- ▶ Also, people who don't get enough sleep regularly seem to have high levels of a hormone called ghrelin (which causes hunger) and low levels of a hormone called leptin (which normally helps curb hunger).

Risk Factors

- Overweight and obesity affect Americans of all ages, sexes, racial/ethnic groups, and educational levels. This serious health problem has been growing over the years. In fact, overweight and obesity in adults has doubled since 1980, and overweight in children and teens has tripled.
- About one-third of adults in the United States are overweight, and slightly more than a third are obese.



Questions to Ask Your Provider

- Your primary care doctor (or pediatrician for children and teens) will assess your BMI, waist measurement, and overall health risk. If you're overweight or obese, or have a large waist size, your doctor should explain the health risks and find out whether you're interested and willing to lose weight. If you are, you and your doctor can work together to create a treatment plan. The plan may include weight-loss goals and treatment options that are realistic for you.
- If you have a heart problem or chronic disease, such as heart disease, diabetes, or [high blood pressure](#), talk with your doctor about what types of physical activity are safe for you. You also should talk with your doctor about safe physical activities if you have symptoms such as chest pain or dizziness.

Diagnostic Workup

Your doctor may send you to other healthcare specialists if he thinks you need more expert care. These specialists include:

- Registered Dietitian to work with you on ways to change your eating habits.
- Exercise Physiologist or trainer to help you figure out your level of fitness and show you how to do activities suitable for you.
- Endocrinologist, if you have type 2 diabetes or a hormone problem such as an underactive thyroid.
- Bariatric Surgeon, if weight loss surgery is an option for you.
- Psychologist, psychiatrist, licensed professional counselor or clinical social worker to help treat depression or stress.

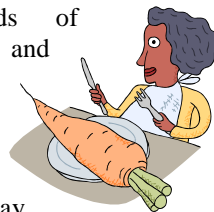


Treatment and Care

Combination of:

Nutritional

- Cutting back on calories will help you lose weight.
- To lose 1-2 pounds a week, you should cut back your calories by 500 to 1,000 every day.
- Very low calorie diets shouldn't be used unless your doctor is monitoring you.
- A healthy eating plan gives your body the nutrients it needs every day. It also will lower your risk of heart disease and other conditions.
- A healthy eating plan is low in calories, saturated fat, *trans* fat, cholesterol, sodium (salt), and added sugar.
- A healthy eating plan contains food from all food groups.
- Have seconds of vegetables and salads, rather than desserts.
- Always eat three meals a day.
- Choose whole grains more often. Try whole-wheat breads and pastas, oatmeal, brown rice or bulgur.
- Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.
- Have low-fat, low-sugar snacks on hand at home, at work or on the go to combat hunger and prevent overeating.
- Eat the amount of food that is equal to the serving size on the Nutrition Facts portion of the food label.
- Keep track of your portions by using a food diary.
- Measure and count everything you eat long enough to recognize typical serving sizes.
- Try using smaller dishes, bowls, and glasses.
- At restaurants:
 - share your meal or take at least half home,
 - avoid large beverages, such as super-size regular soft drinks.



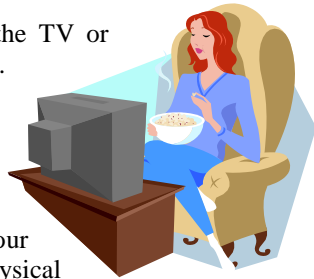
Physical

- People vary in the amount of physical activity they need to control their weight. Many people can maintain their weight by doing 150 to 300 minutes of moderate physical activity per week. Moderate activities include: walking, bicycling, swimming, playing basketball, soccer, aerobic exercise classes or dancing.
 - People who want to lose a large amount of weight (more than 5% of their body weight) may need to do more than 300 minutes of moderate-intensity exercise each week. This may also be true for people who want to keep off weight they have lost.
 - You don't have to do all the activity at once. You can break it up into short periods of at least 10 minutes each.
- Increase lifestyle activities and increase the number of calories you burn each day. These include:
 - ▶ Taking the stairs instead of the elevator.
 - ▶ Walking to your coworker's office instead of using the phone or e-mail.
 - ▶ Gardening and doing household chores.
 - ▶ Walking inside the bank rather than using the drive-through window.
 - ▶ Parking farther from store entrances and walking the extra distance.
 - ▶ Taking short breaks at work to get up, stretch, and walk.
 - ▶ Playing with your children, nieces and nephews, and pets.



Emotional/Psychological

- Understand which habits lead you to overeat or have an inactive lifestyle.
 - Avoid eating in front of the TV or while doing other activities.
 - Take time to eat slowly.
 - Stop eating when you begin to feel full.
 - Get plenty of sleep.
 - Keeping a record of your food intake and the physical activity you do each day will help inspire you.
 - Ask for help and encouragement from your friends, family, or health care provider.
 - Reward your success for meeting your weight-loss goals with something you would like to do, not with food.
- Stress can make you overeat, feel tired, and not want to do anything. Try some of these ideas to help relieve stress and meet your fitness and nutrition goals.
 - ▶ Get plenty of sleep.
 - ▶ Practice deep breathing while relaxing your muscles one at a time.
 - ▶ Take a break and go for a walk.
 - ▶ Take short stretch breaks throughout the day.
 - ▶ Try taking a yoga or tai chi class to energize yourself and reduce stress.
 - ▶ Try a new hobby, like a pottery class or any activity that sparks your interest.
 - ▶ Surround yourself with people whose company you enjoy.



Pharmacological

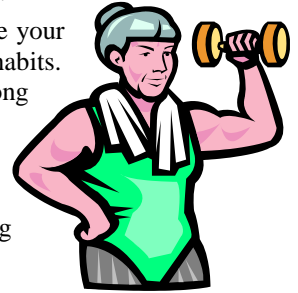
- Sibutramine
- Orlistat

Medical

1. Bariatric Surgery is an option for weight reduction:
 - in patients with clinically severe obesity, i.e. a BMI \geq 40.
 - in those with BMI \geq 35 with comorbid conditions.
2. Two types of operations have proven to be clinically effective:
 - Banded gastroplasty which restricts volume
 - Roux-en-Y gastric bypass which also alters digestion
3. Should be reserved for patients in whom other methods of treatment have failed and who have clinically severe obesity.
4. Provides medically significant weight loss for more than 5 years in most patients.

Healthy Lifestyle Management

- ▶ Regular physical activity may help you lose weight and keep it off. It may also improve your energy level and mood, and may decrease your risk for developing heart disease, diabetes, and some cancers.
 - ▶ If you choose to join a weight loss program, a safe and effective one will offer:
 - Books, pamphlets, or websites that are authored by a licensed health professional such as a medical doctor (MD) or a registered dietitian (RD).
 - Balanced information about following a healthy eating plan and getting regular physical activity.
 - Leaders or counselors who show you their training credentials.
 - ▶ Some over-the-counter products claim to promote weight loss. The FDA does not regulate these products and they are generally not recommended.
- ▶ A weight loss of just 5-7% of your body weight may improve your health and quality of life, and it may prevent weight-related health problems, like type 2 diabetes. For a 200 pound person this would mean a weight loss of 10 to 14 pounds.
 - ▶ It is not always easy to change your eating and physical activity habits. You may have setbacks along the way. But keep trying—you can do it!
 - ▶ A healthy lifestyle includes:
 - following a healthy eating plan;
 - watching food portions;
 - being active;
 - reducing screen time (TV, computers, video games, DVD's); and
 - keeping track of your weight.



Resources

- ❖ Weight Control Information Network: www.win.niddk.nih.gov
- ❖ National Heart, Lung and Blood Institute, Aim for a Healthy Weight: www.nhlbi.nih.gov/health
- ❖ Centers for Disease Control: www.cdc.gov/healthyweight
- ❖ US Department of Agriculture, Dietary Guidelines for Healthy Americans: www.health.gov/dietaryguidelines