Obesity: What’s the “BIG” Deal?

Overview
- Obesity Statistics
- Define Obesity
- BMI
- Overweight vs. Obese
- Energy Balance
- Preventing Obesity
- Healthy Choices
- Community Perspective

Obesity Statistics
- Obesity in the United States has been increasingly cited as a major health issue in recent decades.
- There has been an increase in obesity-related medical problems, including type II diabetes, hypertension, cardiovascular disease, and disability.
- Obesity has been cited as a contributing factor to approximately 100,000–400,000 deaths in the United States per year and health care cost is still on the rise.

Behavioral Risk Factor Surveillance System

Obesity Trends Among U.S. Adults
(*BMI ≥ 30, or about 30 lbs. overweight for 5’4” person)

CDC
Obesity: What’s the “BIG” Deal?

Obesity: What does this really mean?
- Obesity is a medical condition (DISEASE) in which excess body fat has accumulated to the extent that it may have an adverse effect on health leading to reduced life expectancy and/or increased health problems.

Obesity increases the likelihood of various diseases.
- Heart Disease
- Certain Types of Cancer
- Type 2 Diabetes
- Breathing difficulties during sleep
- Osteoarthritis

**Obesity**
- Characterized by having a BMI of ≥ 30

Why do we use BMI?
- BMI is used as a screening tool to identify possible weight problems for adults.
- BMI is not a diagnostic tool.

BMI Categories:
- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

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Obesity: What’s the “BIG” Deal?

- What is BMI?
  - Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women.

- BMI does have some limits.
  - It may **overestimate** body fat in athletes and others who have a muscular build.
  - It may **underestimate** body fat in older persons and others who have lost muscle mass.
Obesity: What’s the “BIG” Deal?

What is the difference?
- Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

What causes obesity?
- Consuming excessive dietary calories
- Sedentary lifestyle or lack of physical activity
- Genetic susceptibility

Obesity: What does this really mean?

What is a calorie?
- Calorie is another word for “energy”

Energy Balance
- The balance of calories consumed through eating and drinking compared to calories burned through physical activity.
- What you eat and drink is ENERGY IN.
- What you burn through physical activity is ENERGY OUT.

Energy IN and ENERGY OUT balance = Weight stays the same

ENERGY IN (calories consumed)  
ENERGY OUT (calories burned)
Weight stays the same

Obesity: What does this really mean?

More Energy IN than OUT over time = Weight gain

More Energy OUT than IN over time = Weight loss

Weight Gain

Weight Loss
Obesity: What’s the “BIG” Deal?

How much energy does it take to gain one pound of fat?

A pound of body fat equates to approximately 3500 calories.

So if you have a calorie deficit of 500 calories (meaning that you burn 500 calories more than you eat each day), you would lose approximately one pound per week:

\[ 500 \times 7 = 3500 \]

Obesity: What’s the “BIG” Deal?

How can obesity be prevented?

- Healthy Lifestyle Changes
  - Consuming a healthy diet
  - Engaging in physical activity

Make Your Food Choices Count!

People should eat a variety of nutrient-dense foods and beverages:

- Whole Grains
- Dark Green, Leafy Vegetables
- Fresh Fruit
- Low-fat Dairy
- Fresh Vegetables
- Lean Meats

Limit Foods and Beverages

- Fried Foods
- Butter, eggs, animal fats
- Fast Foods
- Salty foods and beverages
- Alcoholic drinks

Balance what you eat with exercise to control weight!

- Make sure the number of calories you are consuming are adequate and not excessive for your age and lifestyle
- Avoid eating fast food and junk foods daily and save for special occasions
- Make sure you are physically active at least 30 minutes a day for maintenance and more than 30 minutes for weight loss
Community Perspective

ACES offers research-based programs that can help people achieve overall health and adopt healthier eating habits:
- Urban Nutrition Education Program (UNEP)
- UNEP Health and Wellness Program

Urban Nutrition Education Program (UNEP)

UNEP targets:
- residents of public housing facilities
- youth in after school programs
- seniors citizens

UNEP Curriculum

- **WEALTH** - The Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum
- **Power of Choice Curriculum** - the UNEP program for youth audiences

Urban Nutrition Education Program (UNEP)

Mission:
- Improve knowledge
- Educate families and individuals
- Reduce risk factors
- Improve shopping behavior and management of household food dollars

Save TIME and MONEY!

Meal Planning and Food Preparation

COOL MOVES!
Sit Less-Move More

Make Wise Fast Food Choices
Dietary Guidelines for Americans

MyPyramid

Wise Food Purchasing
- Food Budget
- Menu Plans
- Comparison shopping

Food Preparation and Diseases
Healthy food preparation decreases risks associated with certain diseases
- Heart disease
- Stroke
- Diabetes
- Obesity
- Certain cancers

MyPyramid.gov - Recommendations Compared to Consumption
Bars show percent change needed in consumption to meet recommendations

United States Department of Agriculture Center for Nutrition Policy & Promotion,
http://www.nrdc.state.ny.us/BNR shaky_shoes.htm

Reading Food Labels
Limit Total Fats, Cholesterol and Sodium
Get enough Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron

Quick Guide to % DV
5% or less is low
20% or more is high

Fast Food Restaurants Tips
- Order grilled, roasted, broiled or baked meats
- Leave off the mayonnaise or other creamy dressings.
- Skip the extra cheese.
- Eat English muffins instead of biscuits.

NEVER say “Supersize It.”
Healthiest Choices (10 g fat or less)

<table>
<thead>
<tr>
<th>Fast Food Restaurant</th>
<th>Menu Item</th>
<th>Calories</th>
<th>Grams of Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDONALD’S *</td>
<td>Premium Southwest Salad w/grilled chicken</td>
<td>320</td>
<td>9 grams</td>
</tr>
<tr>
<td>BURGER KING *</td>
<td>TENDERGRILL Sandwich</td>
<td>320</td>
<td>7 grams</td>
</tr>
<tr>
<td>WENDY’S *</td>
<td>Ultimate Chicken Grill Sandwich</td>
<td>320</td>
<td>7 grams</td>
</tr>
</tbody>
</table>

Community Impact - 2009

- Over 650 structured classes
- Over 750 youth, young adult, & senior participants in Autauga, Elmore and Montgomery counties
- Over 5,000 participants and listeners through Community Outreach activities
  - Community health fairs
  - Programs at County Health Departments and the Department of Human Resources, Head Start Schools, Elmore County Board of Education Parent Workshop, LifeTech Community Awareness Program
- Two one hour radio programs with WAPZ, Wetumpka’s local radio station and three 20 minute radio spots on the Farm and Home and Garden show in Montgomery on AM radio station WACV 1190.

Success Story – Family Support Center in Prattville

- I enjoyed learning about a healthier way of life. I am happier to know better/healthier ways to prepare food for my daughter and myself. Thanks. – Whitney
- This class has really helped me with nutrition. There were lots of things I was not aware of. I hope that this class will continue, because there are lots of women who are in the dark when it comes to how important nutrition is. – Kedra
- This class really helped open me up to how easy a quick healthy meal can be. I kind of want to cook!!! It has made me much more aware of complete nutrition. It reminded me to take nutrition into consideration when feeding my kids so that they will get a good healthy start. I thank you for all your time and knowledge. – Shelby

References

- BRFSS, Behavioral Risk Factor Surveillance System http://www.cdc.gov/brfss/
- CDC. State-Specific Prevalence of Obesity Among Adults — United States, 2007; MMWR 2008; 57(36):765-8
- National Heart Lung and Blood Institute http://nhlisupport.com/bmi/bmicalc.htm