



# Weight Management

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- What is Obesity?
- Identify obesity trends in the US
- Identify contributing factors to obesity
- Describe the effectiveness/limitations of most popular diets
- Learn 2 simple no-fuss weight loss methods
- Safe proven weight loss and maintenance strategies
- Develop goal to improve diet/lifestyle

# Obesity

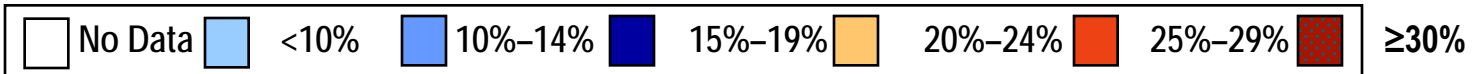
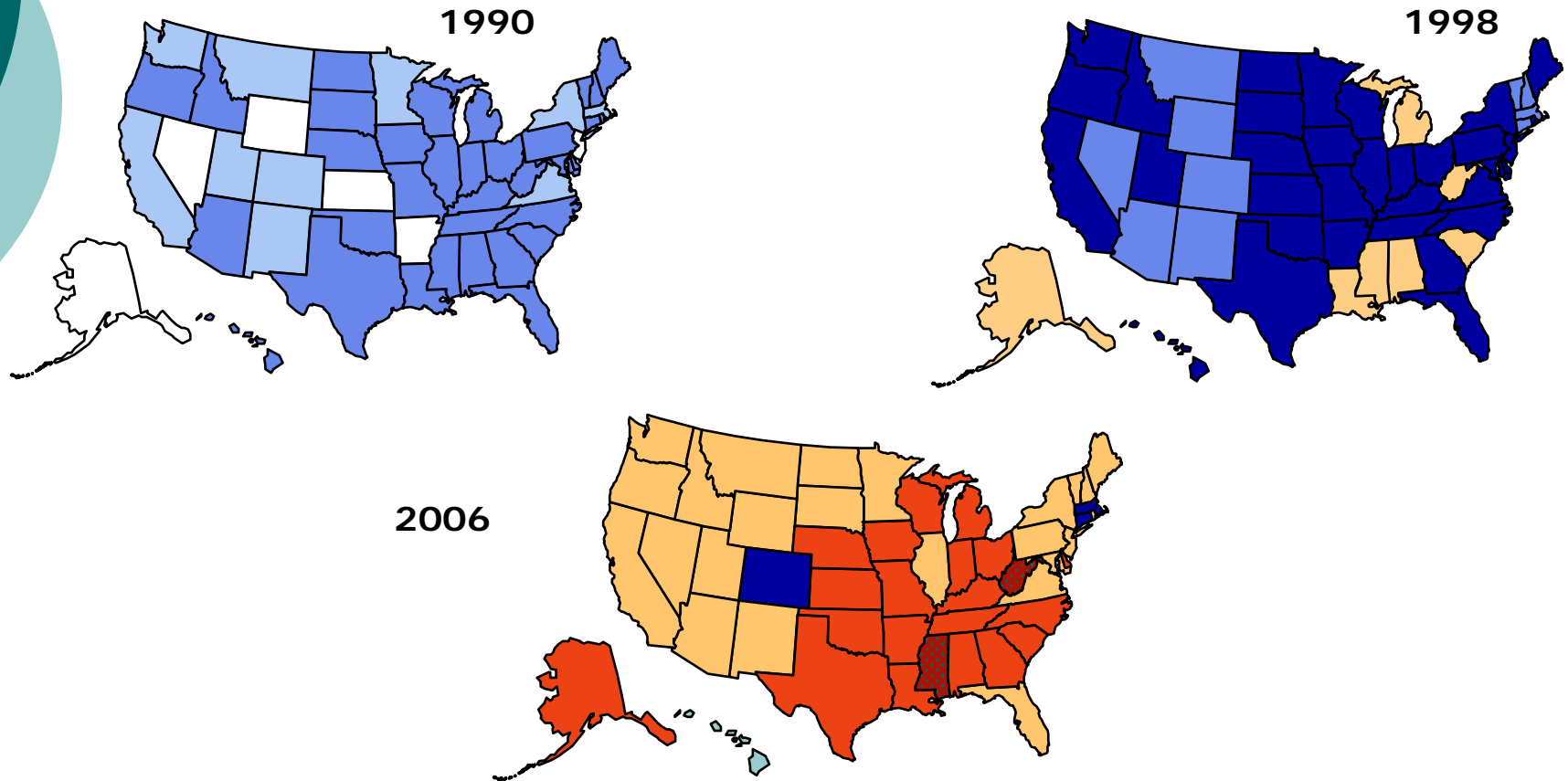
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- Excess body fat caused by energy imbalance
- Fat Cell Development
- Fat Cell Metabolism
- Set Point
- <http://www.pbs.org/wgbh/nova/sciencenow/3313/03.html>

# Obesity Trends\* Among U.S. Adults

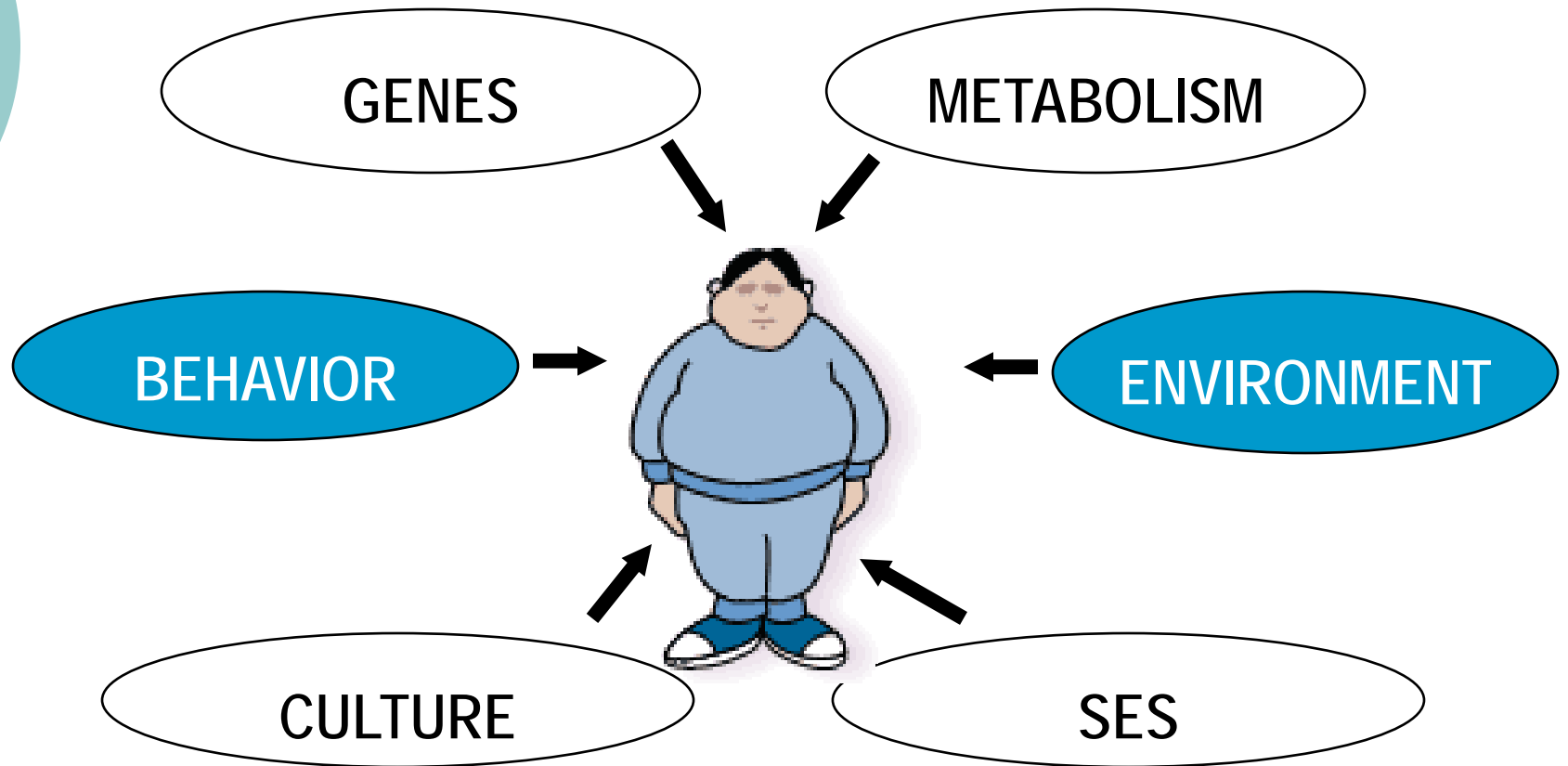
## BRFSS, 1990, 1998, 2006

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# Etiologies of Overweight & Obesity

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# Overweight & Obesity Risk Factors: The Toxic Environment

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- Altered Dietary Intake
- Decreased Physical Activity
- Increased Sedentary Behaviors





# Altered Dietary Intake

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- Increased food consumption outside the home
- Increased access to snack type foods
- Advertising
- Increased food portions

# Altered Dietary Intake

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- [http://www.npr.org/blogs/health/2010/03/last\\_supper\\_gets\\_supersized\\_wi.html](http://www.npr.org/blogs/health/2010/03/last_supper_gets_supersized_wi.html)



# Altered Dietary Intake

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- Do You Know How Food Portions Have Changed in 20 Years?

National Heart, Lung, and Blood Institute  
Obesity Education Initiative

# BAGEL

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20 Years Ago



140 calories  
3-inch diameter

Today



How many calories  
are in this bagel?



210 – 6"

# CHEESEBURGER

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20 Years Ago



333 calories

Today



How many calories are in today's cheeseburger?

590

# FRENCH FRIES

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20 Years Ago



210 Calories  
2.4 ounces

Today



How many calories are in today's portion of fries?

610 – 6.9 ounces

# SODA

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20 Years Ago



85 Calories  
6.5 ounces

Today



165



How many calories are in today's portion?

# TURKEY SANDWICH

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20 Years Ago



320 calories

Today



How many calories are in today's turkey sandwich?

500

# COFFEE

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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 portions?

350

# MUFFIN

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20 Years Ago



210 calories  
1.5 ounces

Today



4 ounces



500

# PEPPERONI PIZZA

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20 Years Ago



500 calories

Today



calories

850

# Portion Sizes

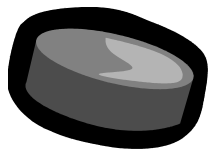
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○ Three ounces of cooked meat, fish or poultry is the size of a deck of cards



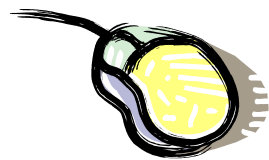
Two tablespoons of peanut butter is the size of a golf ball

A medium piece of fruit looks like a baseball




A medium bagel is the size of a hockey puck

One ounce of cheese is the size of four dice



A small baked potato is the size of a computer mouse

A photograph of Niels ChristianSEN, a man with grey hair and a beard, wearing a dark suit jacket over a light blue shirt. He is speaking at a podium with a microphone, gesturing with his right hand. The background is blurred, showing other people and a red wall.

**“ Unless Americans learn to prefer quality over quantity, we’re going to continue to have a problem. ”**

**— NIELS CHRISTIANSEN  
Nestle SA**

Source: Time/ABC News Summit on Obesity. June 2-4, 2004



# Decreased Physical Activity and Increased Sedentary Behaviors

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## Exercise

75% of Americans fail to meet minimum government recommendations for exercise

## Sedentary Behaviors

Increased TV watching

Video games

Computers for work and home

Sitting

Driving



PHOTO-ILLUSTRATION FOR TIME BY MICHAEL ELINS

## COVER STORY

Source: Time/ABC News Summit on Obesity. June 2-4, 2004



# Weight Loss 101

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Combination of diet and exercise

Less calories in and more calories out

Multiple programs available – all will work – in the short run

# The Math of Weight Loss

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- 1 pound of body fat contains 3500 calories
- A reduction in 500 calories per day = 1 body fat loss per week
  - Reduce food intake
  - Increase exercise
  - Do both
- An increase in 500 calories per day = in 1 pound body fat gain in 1 week
  - Increased food intake
  - Decreased exercise
  - Both



# Treatment of Obesity

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- Diet Programs
- Medications
- Surgery
- Physical Activity



# Types of Diets

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Carbohydrate Restricted

Atkins

Zone

South Beach

Calorie Controlled

Emotional Eating



# Carbohydrate Restriction

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Theory: Carbohydrates cause weight gain

Fact: Carbohydrates consumed in excess of need can cause weight gain

Calories: Approximately 1200 -1500 calories

Exercise: Generally not promoted

# Carbohydrate Restricted

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- Atkins:**                    20 gm carb or less for first few weeks  
Low carb promotes ketosis to burn fat  
Lacks many healthy food; many nutrients missing  
Somewhat effective in short term; Long Term Unknown
- South Beach:**            Consists of three phases – initial phase bans carbs  
Avoid bad carbs “white” type foods  
Reintroduce good carbs in a few weeks  
Calories are approx 1400-1500 in last phase
- Zone:**                        40-30-30 plan  
Difficult to comprehend and implement



# Calorie Restricted

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Weight Watchers:

Calorie restricted according to weight,  
activity

No food restricted

Portion controlled

Point System – need to be careful

Encourages exercise

Support group included



# Emotional Approach

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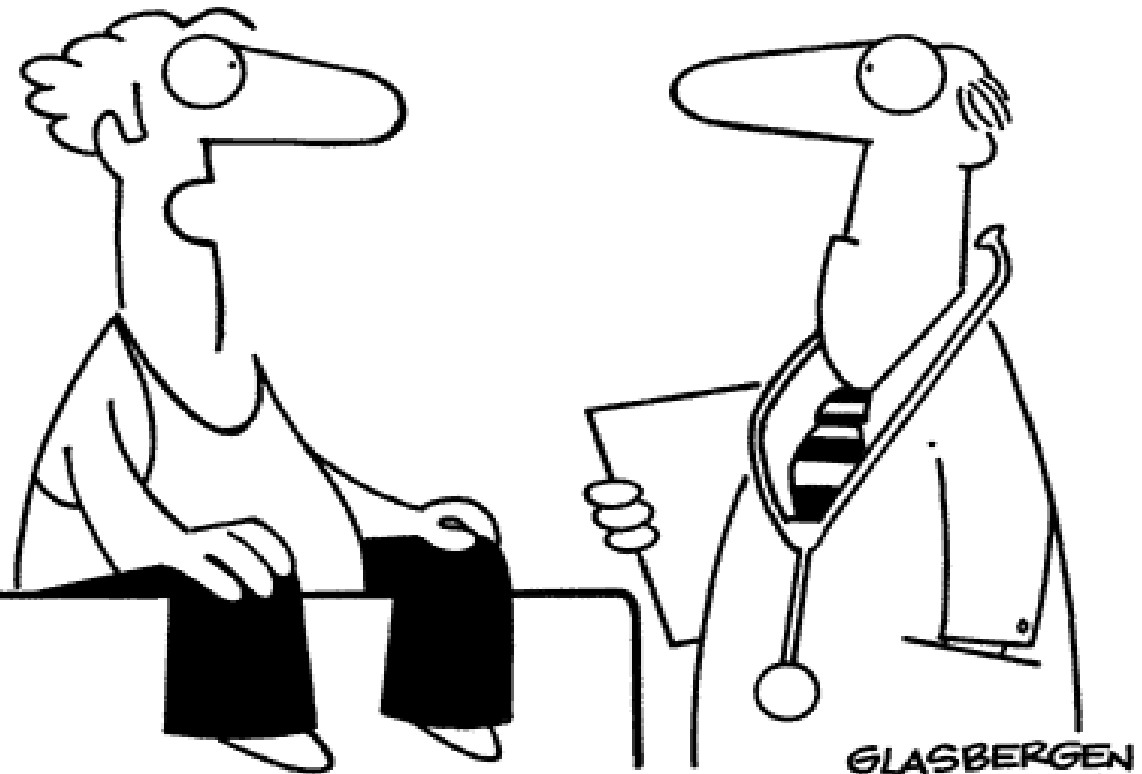
- Dr Phil:
- Curb emotional eating via support system
  - Diet is low calorie, high protein
  - Effectiveness of recommended supplements unproved
  - Avoid sugar and saturated fats
  - Don't eat after 8PM
- Intuitive Eating:
- Get in tune with what is causing disordered eating
  - No restriction in types of food consumed

# Determining Sound Weight Programs

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- Sound
  - Regular Eating
  - Meet Nutrient Needs
  - Slow Wt Loss
  - Minimize Hunger
  - No Less than 1000 Kcal
  - Normal Foods
  - Normal Activities
  - Healthy Habits
  - Maintenance
- Fad Diets
  - Works for all
  - Restrictive
  - No exercise promotion
  - Must use products
  - No maintenance
  - No evaluation of behaviors or behavior change

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**“Eat less and exercise more? That’s the most ridiculous fad diet I’ve heard of yet!”**

# Adult Weight Loss Strategies

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- Successful weight loss among dieters is almost 25% (loss  $\geq 10\%$  maintained  $\geq 1$  year)\*.
  - Exercised at least 3 times a week
  - Increased physical activity in daily routines
  - Reduced the amount of food eaten
  - Eat fewer fatty foods
  - Eat fewer sweets and junk foods
- Only 3% of dieters used weight management programs (26% success rate).

\* A leading consumer union survey of 32,213 dieters published June 2002

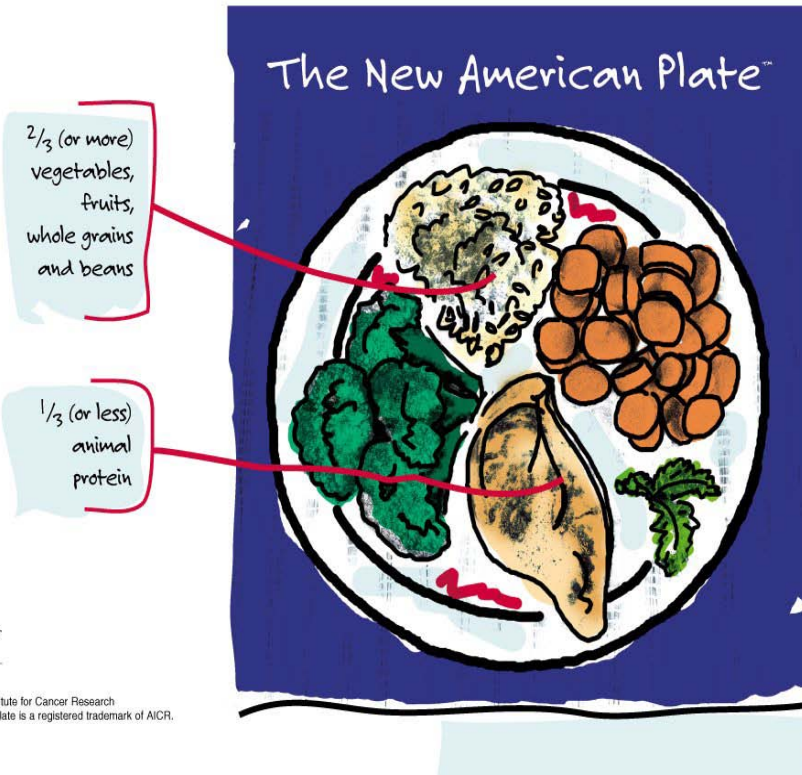


# Simple Approaches to Weight Loss

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- Plate Method
- “Hands on” Approach

# Plate Method



- Easy to control portions
- Lowers calorie and fat intake
- Increases dietary fiber
- Cancer protection
  - Antioxidants
  - Phytochemicals

# “Hands On” Approach

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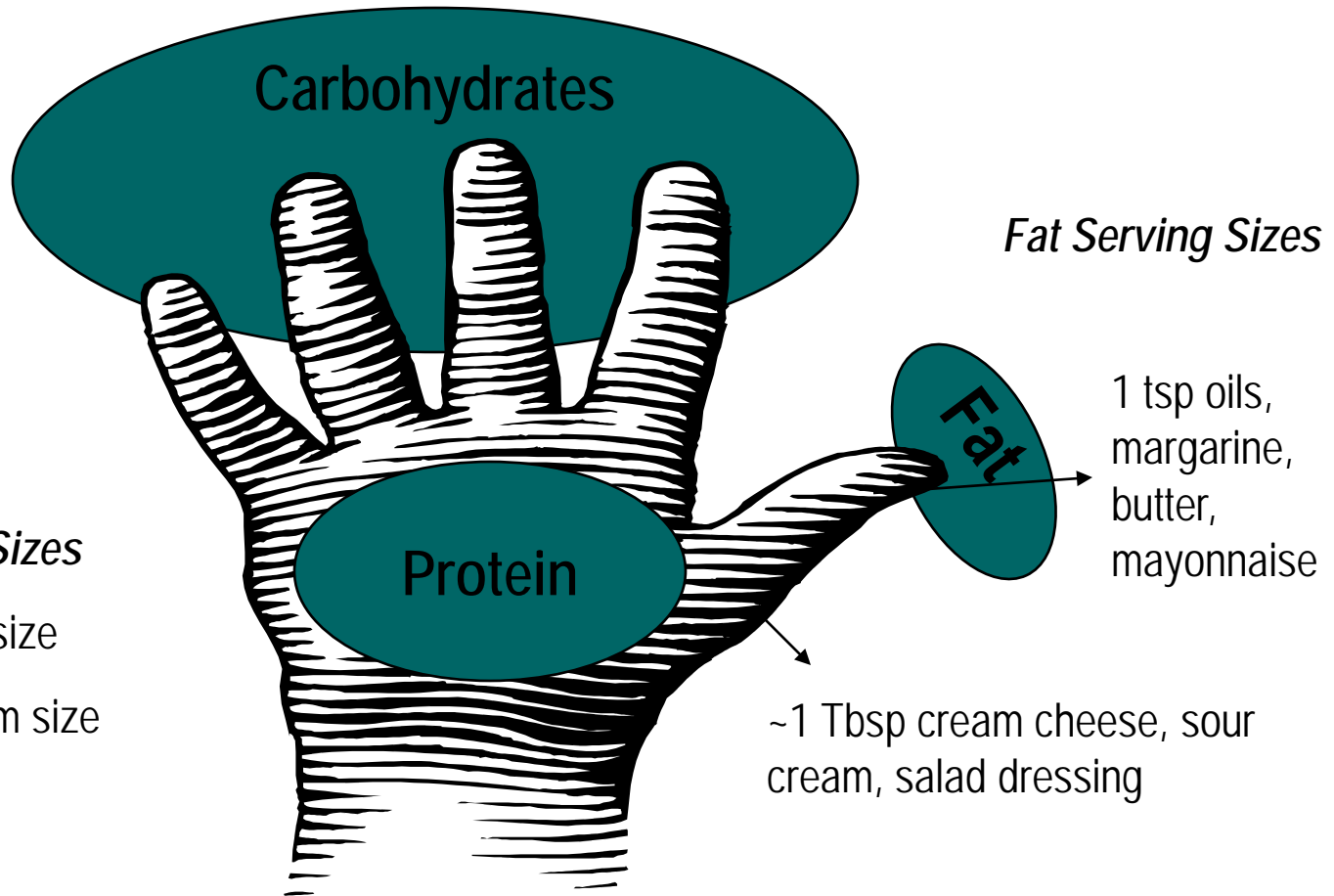
What Does a Serving Look Like?

## *Carbohydrate Serving Size*

Roughly ½ cup  
or about half a  
small fist

## *Protein Serving Sizes*

Breakfast: thumb size  
Lunch/Dinner: palm size



## *Fat Serving Sizes*

1 tsp oils,  
margarine,  
butter,  
mayonnaise

~1 Tbsp cream cheese, sour  
cream, salad dressing

# Successful weight maintenance practices

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- Set realistic weight goal
- Self-monitor weight
- Eat breakfast daily
- Consume a low fat diet
- Exercise 60 minutes a day.



# Medications

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- Sibutramine (Wellbutrin)
- Orlistat (Xenical)
- Alli



# Surgery

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- Roux en Y – Gastric Bypass
- Lap Band
- Vertical Gastroplasty
- Benefits
- Side Effects



# Physical Activity

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- Benefits
  - Increase metabolic rate
  - Increase muscle mass
  - Decrease fat composition
  - Reduces appetite
- Starting an Exercise Program
  - Start Slow
  - Enjoyable
  - Realistic and Sustainable
  - Varied

# Preventing Societal Weight Problems

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CDC's State-Based Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases. Social-Ecological Model, 2007



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# What Can You Do To Reduce or Prevent Obesity?