Obesity: What's the "BIG" Deal?

- Overview
  - Obesity statistics
  - Define obesity
  - BMI
  - Overweight vs. obese
  - Energy balance
  - Preventing obesity
  - Healthy choices
  - Community perspective

Obesity: What's the "BIG" Deal?

- 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: What's the "BIG" Deal?

- 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

Obesity: What's the "BIG" Deal?

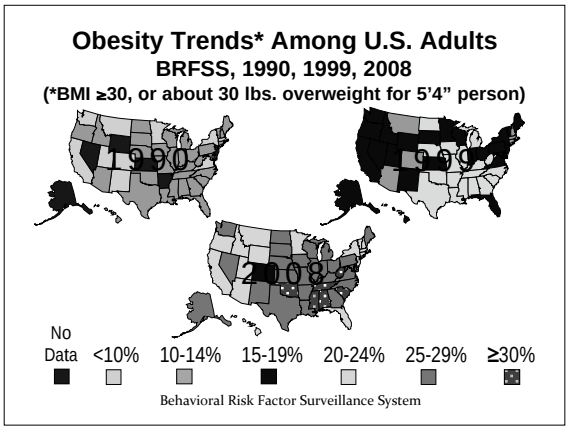
- In 1990
  - 10 states had a prevalence of obesity less than 10%
  - NO states had prevalence equal to or greater than 15%

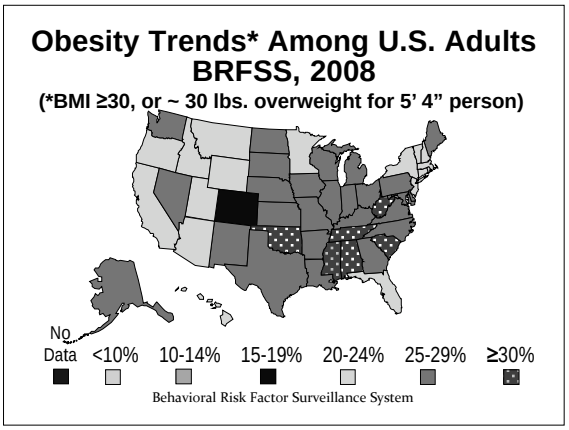
Obesity: What's the "BIG" Deal?

- By 1999
  - No state had prevalence less than 10%
  - 18 states had a prevalence of obesity between 20 - 24%
  - No state had prevalence equal to or greater than 25%

Obesity: What's the "BIG" Deal?

- In 2008
  - One state (Colorado) had a prevalence of obesity less than 20%
    - 32 states had prevalence equal to or greater than 25%
      - Six of these states (AL, MS, OK, SC, TN, and WV) had prevalence of obesity equal or greater than 30%





Obesity: What's the "BIG" Deal?

- **What does all this mean?**
  - **As a nation we NEED to make obesity prevention a priority!**

Obesity: What's 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: What's the "BIG" Deal?

- **Obesity increases the likelihood of various diseases**
  - **Heart disease**
  - **Certain types of cancer**
  - **Type 2 diabetes**
  - **Breathing difficulties during sleep**
  - **Osteoarthritis**

Obesity: What's the "BIG" Deal?

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

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

Obesity: What's the "BIG" Deal?

- 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?

- 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

Obesity: What's the "BIG" Deal?

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

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

Obesity: What's the "BIG" Deal?

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

Obesity: What's the "BIG" Deal?

- What is a calorie?
  - Calorie is another word for "energy"

Obesity: What's the "BIG" Deal?

- 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

Obesity: What Does This Really Mean?

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 In

Less Energy Out

Weight Gain

Obesity: What Does This Really Mean?

More Energy OUT than IN over time = Weight loss

More Energy Out

Less Energy In

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 x 7 = 3,500

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

Make Your Food Choices Count!

- People should eat a variety of nutrient-dense foods and beverages
  - Dark green, leafy vegetables

Make Your Food Choices Count!

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

Make Your Food Choices Count!

- People should eat a variety of nutrient-dense foods and beverages
  - Low-fat dairy

Make Your Food Choices Count!

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

Make Your Food Choices Count!

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

Limit Foods and Beverages

- Fried foods

Limit Foods and Beverages

- Butter, eggs, animal fats

Limit Foods and Beverages

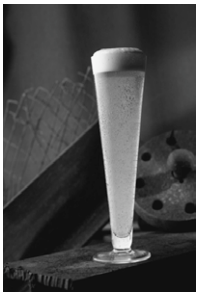
- Fast foods

Limit Foods and Beverages

- Salty foods and beverages

Limit Foods and Beverages

- Alcoholic drinks



Balance What You Eat With Exercise to Control Weight!

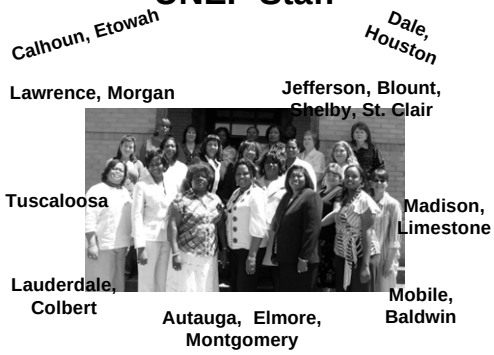
Obesity: What's the "BIG" Deal?

- 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

UNEP Staff



Urban Nutrition Education Program (UNEP)

- UNEP targets
  - Residents of public housing facilities
  - Youth in after school programs
  - Senior citizens

Urban Nutrition Education Program (UNEP)

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

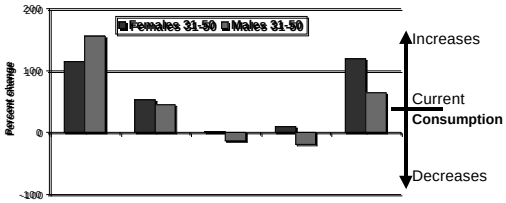
UNEP Curriculum

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

Dietary Guidelines for Americans

MyPyramid.gov Recommendations vs. Consumption

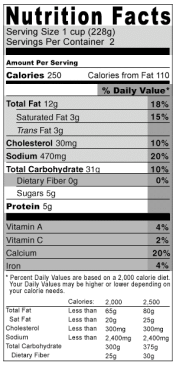
- **Bars show percent change needed in consumption to meet recommendations**



Wise Food Purchasing

- **Food budget**
- **Menu plans**
- **Comparison shopping**

Reading Food Labels



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

* 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

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

Food Preparation and Diseases

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

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)

Fast Food Restaurant	Menu Item	Calories	Grams of Fat
MCDONALD'S	Premium Southwest Salad w/grilled chicken	320	9 grams
BURGER KING	TENDERGRILL Sandwich	320	7 grams
WENDY'S	Ultimate Chicken Grill Sandwich	320	7 grams

Community Impact - 2009

- Over 650 structured classes
- Over 750 youth, young adult, and senior participants in Autauga, Elmore and Montgomery counties
- Over 5,000 participants and listeners through Community Outreach activities

Community Impact - 2009

- 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

Community Impact - 2009

– **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

Success Story

- **Family Support Center in Prattville**

"This class has really helped me with nutrition. There were lots of things I was not aware of. I hope this class will continue, because there are lots of women who are in the dark when it comes to how important nutrition is."

Kedra

Success Story

- **Family Support Center in Prattville**

"This class really helped open me up to how easy a quick healthy meal can be. I 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 they will get a good healthy start. I thank you for all your time and knowledge."

Shelby

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