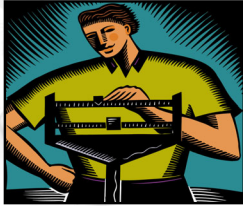


Managing Weight

Changing Health Behaviors for the Better

Managing Weight

Changing Health Behaviors for the Better



1

©2003 Wellness Councils of America

What You'll Learn

- Why managing your weight is important.
- The consequences of being overweight.
- The benefits of losing weight.
- The barriers to losing weight.
- Strategies for losing weight.

2

©2003 Wellness Councils of America

Overweight/Obesity Defined

- Overweight refers to **increased body weight** in relation to height, when compared to a medically-defined standard of acceptable or desirable weight.
- Obesity is defined as an **excessively high amount of body fat** in relation to lean body mass.

3

©2003 Wellness Councils of America

Managing Weight

Changing Health Behaviors for the Better

Overweight/Obesity in America Today

- During the past 20 years, there has been a dramatic increase in overweight and obesity in the United States.
- Currently, more than half of all US adults are considered overweight or obese—that means on average, every other person you meet can afford to lose a little weight.



4 Source: CDC, Obesity Trends: 1991-2001.

©2003 Wellness Councils of America

Overweight/Obesity in America Today

So why are we putting on so much weight?

- The Changing Nature of Work
 - Over the course of the last several decades, work has become more mental than physical.
- Fast Food
 - In 1970, Americans spent about \$6 billion on fast food; in 2000, they spent more than \$110 billion.
- Food as Commerce
 - In 1999 alone, out of the 30 fastest growing U.S. franchises, 12 were fast food—and only three were fitness and nutrition.

5 Source: Fast Food Nation, The Dark Side of the All-American Meal and The World Almanac, 2001

©2003 Wellness Councils of America

Overweight/Obesity in America Today

So why are we putting on so much weight?

- Sedentary Society
 - People are less active today despite a faster paced lifestyle.
- Thin Is In
 - As Americans continue to gain weight, the obsession with being thin continues to grow.

6

©2003 Wellness Councils of America

Managing Weight

Changing Health Behaviors for the Better

So Why Should You Be Concerned?

- Being overweight or obese increases the chances that your life will be cut short.
- Being even 10 or 20 pounds overweight increases your risk for premature death.

7

Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



So Why Should You Be Concerned?

- Being overweight forces your heart to work harder than it should.
 - High blood pressure is twice as common in adults who are obese compared to those at a healthy weight.
 - The incidence of heart disease (heart attack, heart failure, chest pain, or abnormal heart rhythm) is increased in persons who are overweight or obese.

8

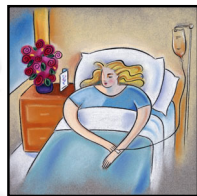
Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



So Why Should You Be Concerned?

- Overweight and obesity has been closely linked to type 2 diabetes and different cancers.



9

Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

So Why Should You Be Concerned?

- In addition to the these health considerations, obesity...
 - Can interrupt your breathing when you're sleeping.
 - Is associated with a higher prevalence of asthma.
 - Increases your chances of developing arthritis.
 - Elevates risk of reproductive complications in women and their babies.
 - Affects overall quality of life through limited mobility, and decreased physical endurance, as well as through social, academic, and job discrimination.

10

Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



The Good News...

- Here's the good news—life doesn't have to be this way for you. Just as being overweight leads to negative health and life consequences, even moderate weight loss brings with it some pretty powerful benefits.

11

©2003 Wellness Councils of America



The Benefits of Weight Loss

- Moderate weight loss can improve your overall health dramatically. Losing weight can...
 - Reduce your risk of developing a number of diseases including heart disease, diabetes, arthritis, and cancer.
 - Lower your blood pressure, blood sugar, and improve your cholesterol levels.
 - Improve your breathing.
 - Help you sleep better.
 - Make it easier to move by reducing aches.

12

Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

The Benefits of Weight Loss

- In addition to improving your health, weight loss can improve the overall quality of your life and well-being. Moderate weight loss can help you...
 - Feel more confident about yourself.
 - Feel more energetic, allowing you to play with your children, or get more active with your family and friends.
 - Climb stairs without losing your breath.
 - Socialize without feeling self-conscious.
 - Fit into the clothing you want to fit into.

13

Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

©2003 Wellness Councils of America



So Why Aren't We Losing Weight?

- The fact of the matter is losing weight is tough business. Understanding the most common barriers that prevent people from losing weight, however, is an important first step in shedding those pounds.



14

©2003 Wellness Councils of America



Top 10 Barriers to Losing Weight

Here are some common barriers that prevent people from losing weight...

1. "No matter what I do, I just can't lose weight."
2. "I just don't have the time it takes to lose weight."
3. "I'll start losing weight tomorrow."
4. "I've got no idea how to lose weight."
5. "Losing weight is just too hard."

15

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Top 10 Barriers to Losing Weight

More barriers...

6. "I'm going to fail."
7. "Losing weight costs too much."
8. "Why bother, I'll just gain it back."
9. "I hate diets."
10. "It's just the wrong time for me."

16

©2003 Wellness Councils of America



Making Weight Loss a Priority

- In order to make losing weight a priority, it's important to understand the process of how people change. When changing behaviors, like those associated with managing weight, most people go through a cycle known as the "*Stages of Change*."

17

©2003 Wellness Councils of America



The Five Stages of Change

- Stage 1:** Nope...Not interested in losing weight right now.
- Stage 2:** Hmm...I'm seriously considering losing a little weight.
- Stage 3:** Yep...I'm getting ready to start losing weight soon.
- Stage 4:** Let's go...I'm dropping those pounds.
- Stage 5:** Old news...I've met my goal for weight loss and I'm sticking with it.

18

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Not Interested in Changing Now

People in this group have no intention of losing weight, and frankly may not even see a need to drop a few pounds.



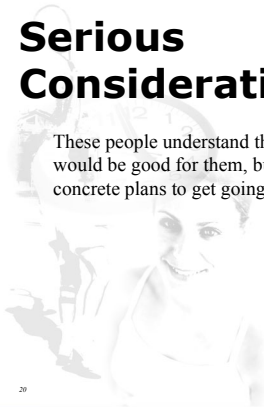
19

©2003 Wellness Councils of America



Serious Consideration

These people understand that losing some weight would be good for them, but they aren't making concrete plans to get going.



20

©2003 Wellness Councils of America



Getting Ready To Change...Soon

These individuals understand the benefits of managing their weight, and are looking at dropping a few pounds in the very near future.



21

©2003 Wellness Councils of America

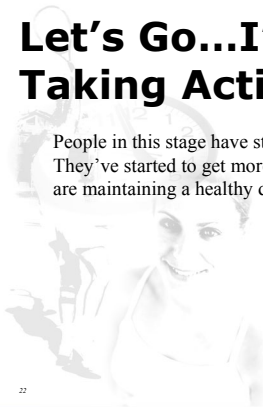


Managing Weight

Changing Health Behaviors for the Better

Let's Go...I'm Taking Action

People in this stage have started to lose weight. They've started to get more physically active, and are maintaining a healthy diet.

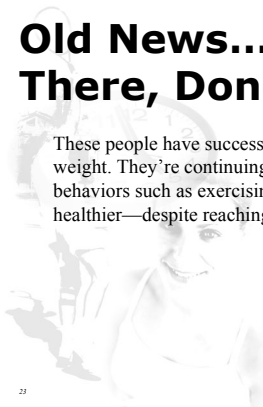


22

©2003 Wellness Councils of America 

Old News...Been There, Done That

These people have successfully managed to lose weight. They're continuing to maintain new, healthy behaviors such as exercising regularly and eating healthier—despite reaching their weight goals.

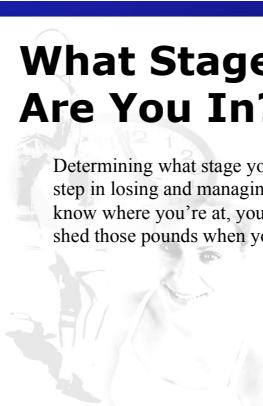


23

©2003 Wellness Councils of America 

What Stage Are You In?

Determining what stage you're in is an important first step in losing and managing your weight. Once you know where you're at, you'll be better equipped to shed those pounds when you're ready.



24

©2003 Wellness Councils of America 

Managing Weight

Changing Health Behaviors for the Better

Determining Your Stage: Self Quiz

To find out what stage you're in, pick the statement that most accurately describes you:

- I'm currently overweight, and I don't intend to lose weight within the next six months.
- I'm currently overweight, but I'm thinking about losing weight in the next six months.
- I'm currently overweight, but have, on and off, been trying to shed some pounds.
- I've managed to lose some weight within the last six months.
- I've managed to lose some weight and have kept it off for longer than six months.

25

©2003 Wellness Councils of America



Determining Your Stage

Each of the following statements corresponds to a stage in the change process.

If you checked:

- I'm currently overweight, and I don't intend to lose weight within the next six months—**you're in stage one.**
- I'm currently overweight, but I'm thinking about losing weight in the next six months—**you're in stage two.**
- I'm currently overweight, but have, on and off, been trying to shed some pounds—**you're in stage three.**
- I've managed to lose some weight within the last six months—**you're in stage four.**
- I've managed to lose some weight and have kept it off for longer than six months—**you're in stage five.**

26

©2003 Wellness Councils of America



Strategies for Change: Stage 1

Not Interested in Changing Now

- Read, *Calories Count: Controlling Your Weight.*
- Describe two situations where your weight has limited activities you wanted to do.
- List five of the health consequences of carrying excess weight.

27

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Strategies for Change: Stage 1

Not Interested in Changing Now

- Identify five ways in which you can benefit from controlling your weight.
- Write about two situations where you defended/justified being overweight.
- Watch the Discovery Channel documentary, *Obesity: The Deadly Epidemic*.

28

©2003 Wellness Councils of America



Strategies for Change: Stage 2

I'm Giving Change Serious Consideration

- Read, *Nutrition: Diets Don't Work*.
- Describe how your current weight affects you emotionally.
- Identify the barriers preventing you from controlling weight.

29

©2003 Wellness Councils of America



Strategies for Change: Stage 2

I'm Giving Change Serious Consideration

- Keep a fitness journal documenting your eating and physical activity habits.
- Talk with someone who has successfully lost weight. Find out the benefits they're experiencing both physically and emotionally.
- Take a self-assessment to determine your current weight status.

30

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Strategies for Change: Stage 3

Getting Ready to Change Soon

- Read, *Grocery Store Grab Bag: Navigating the Aisles*.
- Develop a plan to incorporate more physical activity into your daily routine.
- Inform family and friends about your decision to lose weight.

31

©2003 Wellness Councils of America



Strategies for Change: Stage 3

Getting Ready to Change Soon

- Identify a friend or family member who'll be willing to lose weight with you.
- Find healthy activities you can substitute for times when you want to eat, other than meal times.
- Reduce the amount of times you eat out during the course of the week.

32

©2003 Wellness Councils of America



Strategies for Change: Stage 4

Let's Go...I'm Taking Action

- Continuously assess your weight status, (i.e., BMI, body fat analysis, etc.).
- Enroll in a weight management class that addresses both diet and physical activity.
- Keep friends and family members updated on your weight loss progress.

33

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Strategies for Change: Stage 4

Let's Go...I'm Taking Action

- Pay attention to the food labels of items you purchase and consume, use these labels to help you keep track of your calories.
- Reduce the amount of sugar you consume during an average day by half.
- Increase the amount of water you drink on a daily basis—especially if you're hungry between meal time.
- Take on a new activity like golfing, joining a walking club, or bicycling.

34

©2003 Wellness Councils of America



Strategies for Change: Stage 5

Old News...Been There, Done That

- Celebrate accomplishing your weight loss goals.
- Meet with a/your dietician and personal trainer to talk about new plans for maintaining your diet and physical activity.
- Offer yourself as a testimonial to others interested in losing weight.

35

©2003 Wellness Councils of America



Strategies for Change: Stage 5

Old News...Been There, Done That

- Look for and participate in other healthy activities/hobbies that you wouldn't/couldn't have taken part in because of your previous weight status.
- Regularly read the health section of your daily newspaper or other health publications of interest to you.
- List all the positive benefits you've experienced since losing weight.

36

©2003 Wellness Councils of America



Managing Weight

Changing Health Behaviors for the Better

Key Point: Change Is A Process

Pay attention to all of these change strategies no matter which stage you're in. Because losing weight is a process, chances are you'll find yourself in each stage at some point while you're shedding those pounds.



37

©2003 Wellness Councils of America



General Tips for Losing Weight

- Assess your weight. Are you overweight? By how much?
- Set realistic expectations and goals for yourself.
- Increase your daily physical activity.

38

©2003 Wellness Councils of America



General Tips for Losing Weight

- Avoid crash diets that severely restrict calories or the variety of foods.
- Read the nutrition labels on food items you're eating.
- Substitute water for soda pop or other drinks you consume throughout the course of your day.
- Be aware of your eating habits—snacks make up a large percentage of daily calories for most Americans.

39

©2003 Wellness Councils of America