

SHAPE ME UP!

By Neha Datta

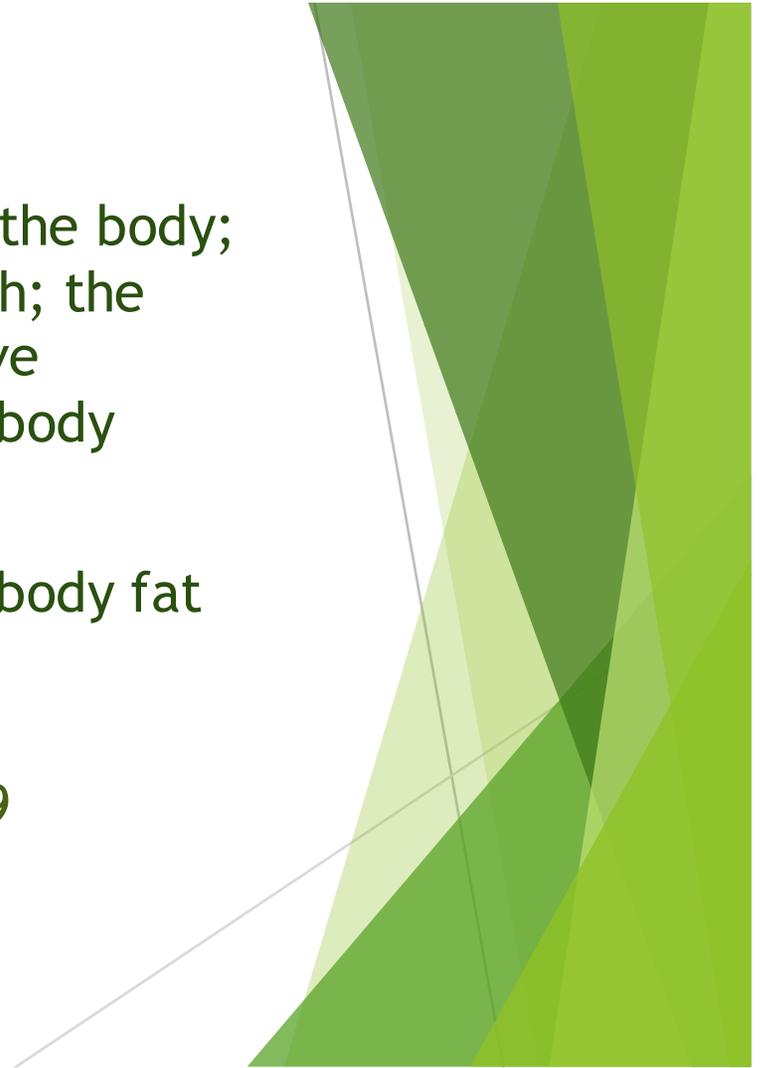
Objectives

- ▶ Define Obesity
- ▶ Health consequences of obesity
- ▶ Strategies to reduce obesity
- ▶ Strategies to promote healthy choices
- ▶ Introduce the Shape Me Up program



Obesity

- ❖ Defined As: Excessive adipose tissue in the body; excessive weight that may impair health; the condition of being overweight; excessive accumulation and storage of fat in the body
- ❖ Body Mass Index (BMI): Is a measure of body fat based on height and weight
 - ▶ Normal Weight= 18.5-24.9
 - ▶ Overweight: 25-29.9
 - ▶ Obesity: 30 or greater



WEIGHT	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
5'0"	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5'1"	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
5'2"	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45
5'3"	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43
5'4"	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42
5'5"	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41
5'6"	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40
5'7"	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38
5'8"	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
5'9"	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
5'10"	14	14	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35
5'11"	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34
6'0"	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33
6'1"	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
6'2"	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31
6'3"	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31
6'4"	12	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30

 Under healthy weight: BMI <18.5
 Healthy weight: BMI 18.5-24.9
 Overweight: BMI 25-29.9
 Obese I: BMI 30-34.9
 Obese II: BMI 35-39.9
 Obese III: BMI ≥ 40

BMI Chart

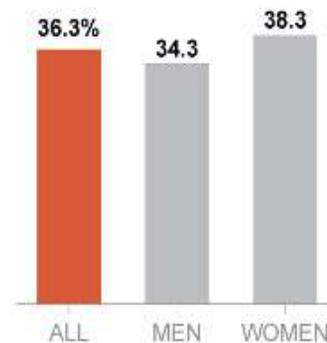
New York & Obesity

- ▶ New York's adult obesity rate is currently 25.0 percent, up from 17.1 percent in 2000 and from 9.3 percent in 1990.
- ▶ More than half of adult New Yorkers are overweight (34%) or obese (22%).
- ▶ In New York City, 1 in 5 kindergarten students, and 1 in 4 Head Start children, is obese.

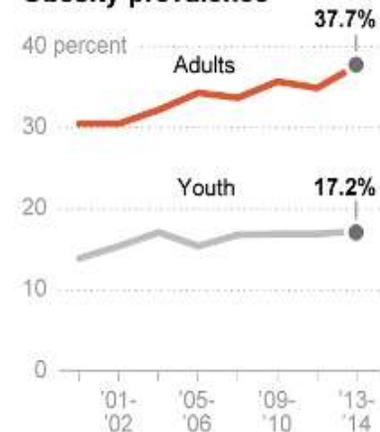
Trends in obesity

There was a significant increase in the adult obesity rate between the periods 2003-2004 and 2013-2014. And now a higher percentage of women than men are obese.

Obesity 2011-2014, by gender



Obesity prevalence



NOTE: Increase from '11-'12 to '13-'14 is not considered significant

SOURCE: Centers for Disease Control and Prevention

AP

Health Consequences of Obesity

Increased risk of:

- ❖ Mortality
- ❖ High blood pressure
- ❖ High LDL cholesterol
- ❖ Low HDL cholesterol
- ❖ High triglycerides
- ❖ Diabetes
- ❖ Stroke
- ❖ Coronary heart disease
- ❖ Osteoarthritis
- ❖ Sleep apnea
- ❖ Breathing problems
- ❖ Cancers
- ❖ Low quality of life
- ❖ Mental illness
- ❖ Depression
- ❖ Body pain
- ❖ Difficult physical functioning

World Health Organization

WHO Strategy for preventing overweight and obesity

Four Objectives:

- Reduce risk factors of chronic disease
- Increase awareness and understanding
- Monitor science and promote research
- Implement global, regional, national policies and action plans



Promote Healthy Choices

Snack healthy:

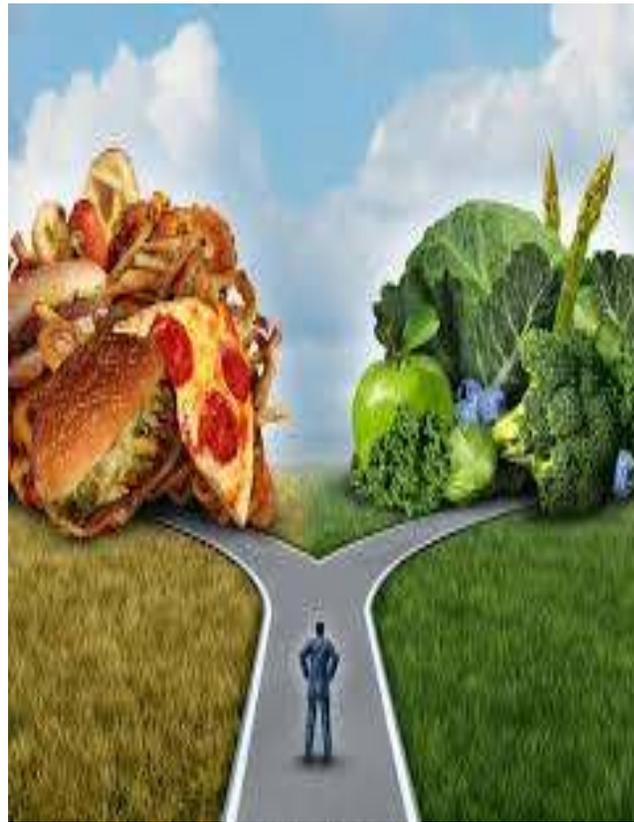
- Fruits (sliced or cubed, applesauce or dried fruit without added sugar)
- Vegetables and dips (try carrots and ranch dressing, celery sticks and peanut butter, snap peas with hummus)
- Whole grains (pitas, tortillas, rice cakes, popcorn, granola)
- Low-fat dairy foods (yogurt)
- Nuts and trail mix

Watch your own habits:

- Never skip meals, especially breakfast
- Avoid fast-food restaurants by planning meals and snacks in advance, before leaving home
- Eat only when you are hungry
- Teach (and show) healthy
- Alternatives to eating when bored, frustrated, anxious or sad.
- Enjoy family meals together whenever possible.

Healthy Choices

- ❖ **Nutrition**- Making smart food choices and healthy eating habits
- ❖ **Emotional**- Managing stress and understanding your feelings to better care for yourself
- ❖ **Friends & Family**- Giving and receiving support through relationships



- ❖ **Movement**- Discovering ways to enjoy physical activities
- ❖ **Medical**- Partnering up with your healthcare provider to manage medical care
- ❖ **Work**- Appreciating your skills, talents and gifts, what you bring to the table

Weight loss group: Shape me up!

- ❖ **Shape Me Up** Long Island is a healthy and realistic weight loss program developed and supervised by both Jennifer Miles, a registered dietitian (RD), and Dr. Sonia Talwar, an endocrinologist.
- ❖ This program emphasizes healthy weight loss with a focus on making permanent, healthy lifestyle changes vs. a brief “quick fix” for weight loss.
- ❖ You will receive personal, one-on-one nutrition counseling sessions a registered dietitian, to meet your nutritional needs.



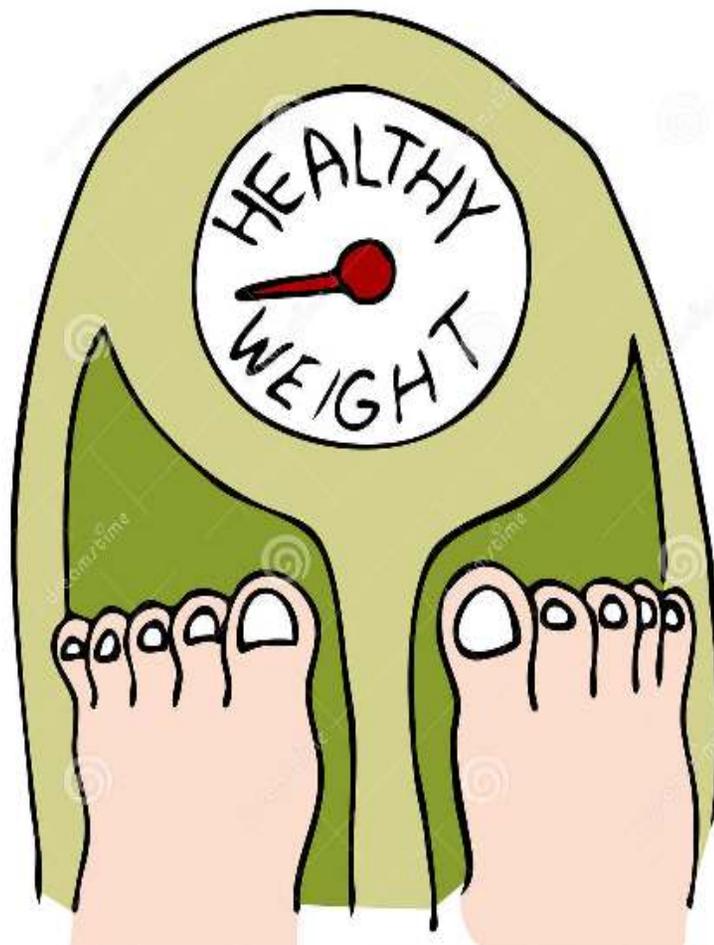
Goals Include:

- ✓ Achieving weight loss and/or weight maintenance goals
- ✓ Management of high or low blood sugar (blood glucose) levels
- ✓ Decreasing blood cholesterol levels
- ✓ Learning how to eat a low salt diet that is tasty and satisfying
- ✓ Increasing dietary fiber intake
- ✓ And much more!



Shape Me Up Program:

- \$400 to join
- 10 Week program (Seasonal)
- Pre-testing: EKGs, Exercise test, Metabolic test, Spirometry
- Week 1: Orientation and Introductions
- Introduction to Medifast supplements
- Weekly exercises
- Weekly activities
- Weekly lectures on health
- Weekly tracking to see improvements
- Midpoint assessment
- Introduction to medications, if needed





That's all Folks!

References

- ▶ <http://stateofobesity.org/states/ny/>
- ▶ <http://www1.nyc.gov/site/doh/health/health-topics/obesity.page>
- ▶ <https://www.cdc.gov/obesity/data/adult.html>
- ▶ <http://www.obesity.org/obesity/resources/facts-about-obesity/what-is-obesity>
- ▶ https://www.health.ny.gov/prevention/obesity/statistics_and_impact/
- ▶ <https://www.cdc.gov/healthyweight/effects/>
- ▶ <http://chreader.org/model-healthy-living/>
- ▶ <http://www.pta.org/parents/content.cfm?ItemNumber=3396&navItemNumber=4653>
- ▶ <http://endophysician.net/ShapeUpLongIsland.aspx>