
Obesity



Health Care Quality Units

Disclaimer

- The information presented to you today is intended to increase your awareness.
- The information is not intended to replace medical advice.
- If you are in need of medical advice, please contact your primary care physician.

Objectives

- The participant will learn:
 - The definition of obesity.
 - The four major consequences of obesity.
 - Three ways to measure obesity.
 - The health benefits of losing weight.

Obesity

- The primary cause of obesity is one of health and not appearance.
- Obesity is one of the most complex and confusing problems in medicine today.
- The causes of obesity include multiple factors that need to be addressed in order to achieve any significant and sustained weight-loss.

Obesity (continued)

- Obesity is due to an imbalance in energy input and energy output.
- Obesity is a condition describing excess body weight in the form of fat.
- Obesity is a chronic disorder that affects many Americans.

Health Consequences of Obesity

- Premature Death

- The risk of death rises with increasing weight.
- After cigarette smoking, obesity is the second leading cause of preventable deaths in the United States.

Health Consequences of Obesity (continued)

■ Heart Disease

- The incidence of heart attack, congestive heart failure, sudden cardiac death, chest pain and abnormal heart rhythm is increased in persons who are overweight or obese (Body Mass Index greater than 25).
- Obesity is associated with elevated triglycerides (blood fat) and decreased high-density lipoprotein (HDL) cholesterol (good cholesterol).



Health Consequences of Obesity (continued)

■ Diabetes

- Many people with diabetes are overweight or obese.
- Obesity interferes with the ability to tolerate glucose and amount of insulin the human body can process.
- Diabetes affects the body by impairing or even destroying beta cells, which are important cells found in the pancreas.

Health Consequences of Obesity (continued)

■ Cancer

- Obesity is associated with an increased risk for some types of cancer, including: endometrial, colon, gall bladder, prostate, kidney and postmenopausal breast cancer.
- Women gaining more than 20 pounds from age 18 to middle age increase their risk of postmenopausal breast cancer, compared to women whose weight remains stable.

Waist Circumference

- Waist circumference is the measurement of the distance around the abdomen.
- Waist circumference measurement is one of the most practical tools to assess abdominal fat for chronic disease risk and during weight loss treatment.
- A high waist circumference or a greater level of abdominal fat is associated with an increased risk for Type 2 diabetes, hypertension and heart disease.

Three Ways to Measure Weight

- Waist Circumference
- Waist to Hip Ratio
- Body Mass Index (BMI)

Measuring Waist Circumference

- Locate the top of the hip bone.
- Place the tape measure evenly around the bare abdomen at the level of this bone.
- Read the tape measure and record the waist circumference in inches.

Measuring Waist-to-Hip Ratio

- The reason why body shape affects heart disease risk isn't well understood.
- Individuals who carry most of their excess weight around their waist ("apple shapes") are at even greater risk of heart disease than are those who carry most of their excess weight below their waist ("pear shapes").

Measuring Waist-to-Hip Ratio (continued)

- Use a tape measure to measure the circumference of the waist at its smallest point.
- Measure the circumference of the hips at their widest point.
- Calculate the ratio by dividing the waist measurement by the hip measurement.
 - Increased health risks for men greater than 0.9 and women greater than 0.85.

Body Mass Index (BMI)

- Body Mass Index (BMI) is a number calculated from a person's weight and height.
- BMI is a reliable indicator of body fat for people. It is used as a screening tool to identify possible weight problems for adults.

The Benefits of Weight Loss

- For most people, obesity is a treatable and manageable chronic condition.
- Weight loss is an essential part of managing and reducing obesity. It provides many short and long term health benefits.
- Successful weight loss goes beyond dieting and exercise. A positive mental outlook can make or break your goal.

Positive Thinking: The Key to Weight Loss

- Manage your health, just like you manage your finances, your relationships and your job.
- Weight loss is no different. The social consequences of being overweight and obese are serious and pervasive.
- Overweight and obese individuals are often targets of bias and stigma.
- Obese individuals who experience weight stigmatization have higher rates of depression, anxiety and social isolation.

Let's Get Started

- Start with a plan.
 - Make a list of your goals. Why do you want to lose weight? How will your life really improve?
- Be specific.
 - The more clarity you have, the more likely you'll be to stick to a plan.
- Avoid an “all or nothing” attitude.
 - You don't have to be perfect. Plan to eat well 90% of the time and allow for small indulgences.

Forget the Word “Diet”

- Form a positive relationship with food.
 - Food does not have to be the enemy. View it as something that nourishes your body.
- Take pride in yourself when you see the conveyer belt at the supermarket filled with fruits, vegetables and whole grains.
- Take small steps.
 - Work on one thing at a time. Trying to do too much at once can leave you feeling overwhelmed and you will be more likely to abandon the effort altogether.
- Treat yourself well.
 - Ignoring your own needs can cause stress and resentment and eventually lead to overeating. If you work to feed your soul, you will be less likely to overfeed your body.

Successful Weight Loss Strategies

■ Calorie reduction

- Reducing dietary fat alone, without reducing calories, won't cause weight loss. Try to keep fat intake to less than 30% of total calories.

■ Increase physical activity

- Speak with your doctor before beginning your exercise program. If you have led a sedentary life, don't go overboard with exercise.

■ Behavior Modification Therapy

- Evaluate previous attempts, successes and failures. Most importantly, rule out any significant depression or depressive symptoms as a factor.

Caloric Reduction

- Sensible weight loss for healthy adults should start with a 500 calorie intake reduction from what the body requires.
- If progress halts for a week or so, calorie intake can be reduced by a further 200 calories. This way, the body can slowly establish a new energy balance.
- The calorie intake should never go below 1200 calorie diet mark and in most cases should stay above 1500 calories.

Exercise

- Most individuals will not succeed in losing weight without incorporating exercise into their daily routine.
- Begin by walking outdoors or on a treadmill for 10 minutes a day. After a few days, increase walking to 15 minutes, then 20 minutes, and eventually to 30 minutes or more.
- Continue to step up the pace of your exercise program and add some other forms of low-impact exercise.

Behavior Therapy

- Emotions and environment affect an individual's overeating pattern significantly.
- Night eating syndrome occurs when most of the daily calories are consumed after 7:00 PM.
- Some individuals overeat, or binge, when they feel stressed or depressed. Unfortunately, bingeing is usually followed by feelings of guilt, shame, disgust and depression.

Behavior Modification Tips

- Self-monitoring

- Track eating and exercising habits by recording in a diary.

- Stimulus control

- Eat only at specific times and places. Go food shopping when you are not hungry and lay out your exercise clothes to remind you about physical activity.

- Contingency management

- Reward yourself for changes such as reducing grams of fat or increasing minutes of exercise.

Congratulations!

You are now ready to take the post-test.

Once you have submitted the post-test, you will receive a certificate for completing the course via e-mail or mail. Just make sure all information is entered correctly so you can receive your certificate.



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Please answer the following 10 true and false questions to the best of your ability. Simply click in the true or false circle. Once you have completed the post-test, click the "Submit Test" button at the bottom of the page. You will then receive your grade and certificate of completion. A score of 70% or higher must be achieved on training post-tests in order to receive a Certificate of Completion.

Questions

- 1. Obesity is due to an imbalance in energy input and energy output. True False
- 2. Obesity is the third leading cause of preventable deaths, after cigarette smoking. True False
- 3. Body Mass Index is a measure of the distance around the abdomen. True False
- 4. Three weight loss strategies are: calorie reduction, increase physical activity, and behavior modification therapy. True False
- 5. Sensible weight loss for healthy adults should start with a 1,000 calorie intake reduction. True False
- 6. Binging is usually followed by feelings of guilt and depression. True False
- 7. Stimulus control is a behavior modification tip where you track your eating and exercising habits and record them in a diary. True False
- 8. Individuals who are apple shaped are at a greater risk of heart disease than are those who are pear shaped. True False
- 9. Night eating syndrome is when 50% or more of the daily calories are consumed after 9 PM. True False
- 10. Women gaining more than 20 pounds from age 18 to middle age double their risk of postmenopausal breast cancer, compared to women whose weight remains stable. True False

SUBMIT & GENERATE CERTIFICATE

