

Healthy Weight Healthy Women

First Time Motherhood/New Parent Initiative

**EDGECOMBE - HALIFAX – HERTFORD –
GATES - NASH - NORTHAMPTON**



What is a Healthy Weight?

A weight range that correlates with a less than average risk for health conditions like heart disease, high blood pressure, and diabetes.

Body Mass Index

A measure used to compare your weight to your height and to assess your risk for weight-related health conditions

$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

BMI Weight Status

Below 18.5

18.5 - 24.9

25.0 - 29.9

30.0 and above

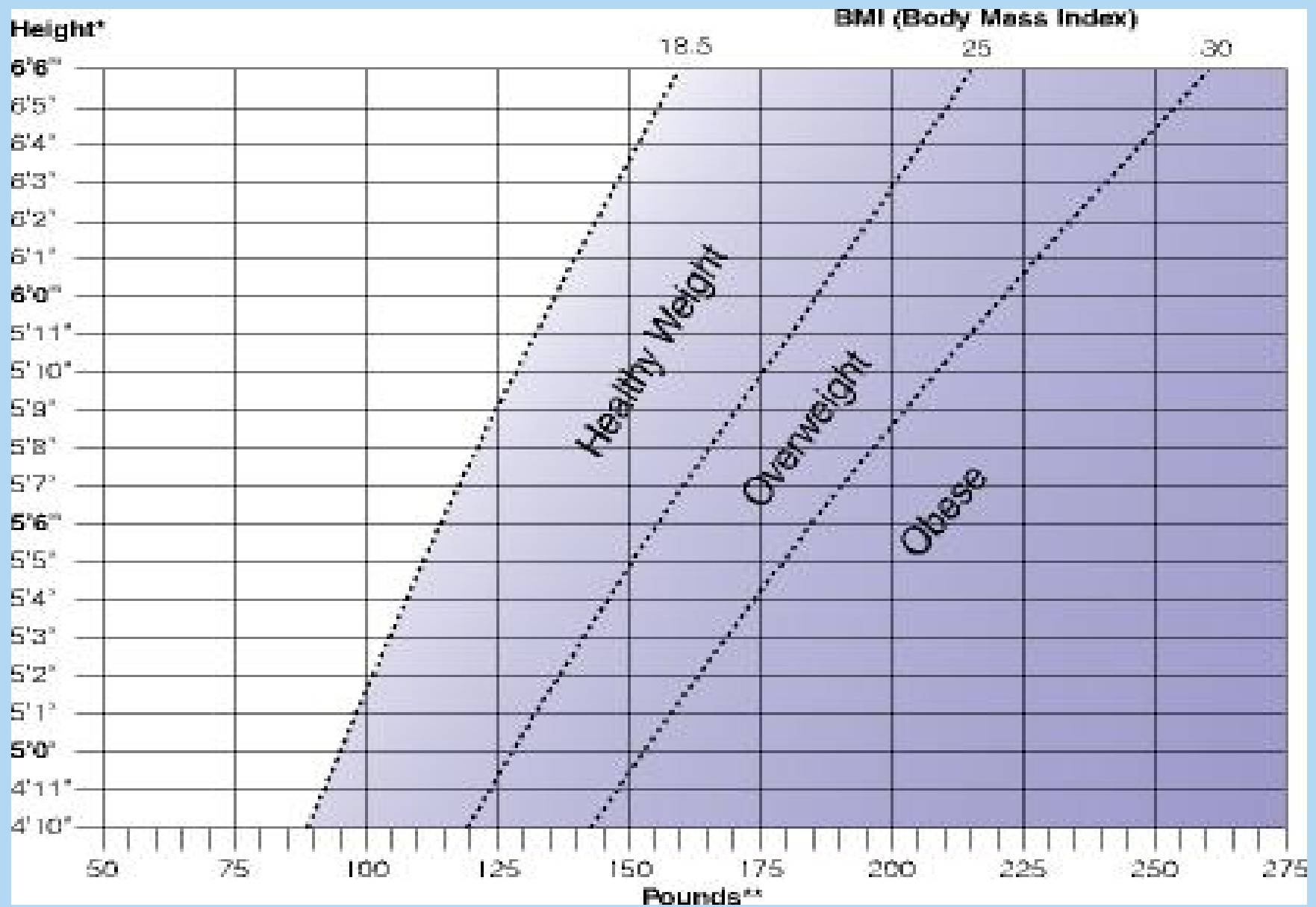
Underweight

Normal

Overweight

Obese

Body Mass Index



Women & Overweight

The Problem

The Causes

The Solutions...

- The role of the health care system
- The role of the individual
- The role of the community

Overweight Women in the U.S.

- More than 1/2 are overweight
- More than 1/3 are obese

Overweight Women in North Carolina

2007 NC Behavioral Risk Factor Surveillance Survey (BRFSS):

29% Overweight

29% Obese

Obese Women by Racial/Ethnic Group in North Carolina

Race /Ethnicity	Obese
White (non Hispanic)	25.7 %
African American (non-Hispanic)	45.4 %
American Indian (non-Hispanic)	34.2 %
Hispanic	26.7 %

Women and Overweight

Age

Overweight increases with age

Socioeconomic Status

Obesity increases as income level decreases

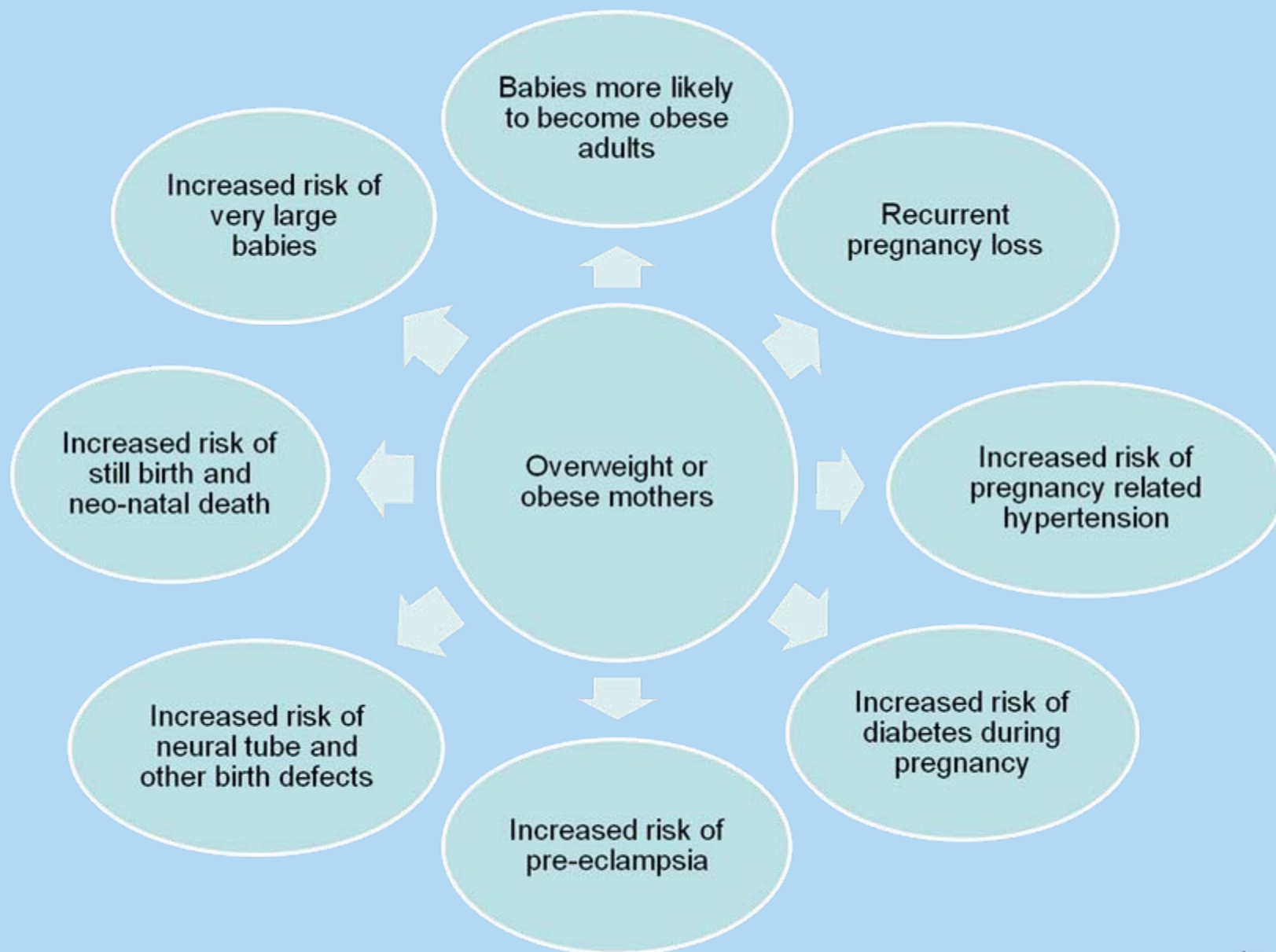
Health Risks

- Diabetes
- Heart Disease
- Stroke
- Hypertension
- Gallbladder Disease
- Osteoarthritis
- Cancer (uterine, breast, colorectal, kidney, and gallbladder)
- Sleep Apnea (and other breathing problems)

Additional Links

- Birth Defects
- Infertility
- Ineffective Contraception
- Obstetric & Gynecological Complications
 - Menstrual Irregularities
 - Complications of Pregnancy (longer labor)
- Breastfeeding Problems
- False-Positive Mammography Results
- Depression
- Urinary Stress Incontinence

Reproductive Complications



Emotional Suffering

Stigma, Prejudice, Discrimination:

- Job Market
- School
- Social Situations

Poor Body Image:

- Society emphasizes thinness as physical attractiveness

Calorie Balance



Weight Maintenance

Calories in (food) = Calories out (exercise)

Weight Gain

Calories in (food) > Calories out (exercise)

Weight Loss

Calories in (food) < Calories out (exercise)

Why is it Hard to Eat Well?

Individual/Household Changes

- Eating on the run / Lack of family meals
- Lack of food preparation skills



Environmental Changes

- Distorted portion sizes
- High calorie foods widely available and generally low cost
- Poor quality foods heavily promoted

Why is it Hard to Exercise Daily?

Individual/Household Changes

- Women working outside of the home, less time/energy for meal preparation
- TV, computers, video games
- Child care issues

Environmental Changes

- Push button society
escalators, elevators
- Safe exercise/play spaces
- Increased car travel
- Suburban sprawl



Barriers to Healthy Habits

- Non Supportive Environment
- Inadequate Health Care System
 - Health Care Not Focused on Whole Person
 - Health Care Not Prevention Focused
 - Intermittent Services Provided
 - Health Care Not Patient Centered
- Clients Feeling Stressed, Depressed, & Disempowered
 - Income level and social support affect the ability to overcome barriers to healthy habits

Health Care Professionals Can Help

- Non-judgmental attitude
- Role modeling
- Counseling
- Supportive clinic environment

Attitude

Use a non-judgmental approach:

- This is about health, not appearance
- Don't "blame" the patient/client
Individual vs. environmental responsibility
- Be aware of cultural differences and interpretations of overweight

Role Modeling

- Walk the Talk
- Overweight/Underweight Counselor
- Your lifestyle behavior is showing...

Counseling

■ Determine Readiness

- “On a scale of 1-10 how important is it for you to lose weight at this time?”
- “On a scale of 1-10 how confident are you that you can lose weight at this time?”

■ Patient Driven Education

- Ask them what they can do differently
- Address identified barriers

■ Provide Supportive Resources

Supportive Clinic Environment

- Vending machines
- Posters
- Community news
- Food wrappers
- Health magazines/brochures
- Recipes

Educational Resources

My Eat Smart Move More



<http://www.myeatsmartmovemore.com>

Fruits & Veggies More Matters



<http://www.fruitsandveggiesmorematters.org/>

Food Diary

Share the Care

Know your local resources:

- Farmers' Markets
- Gyms
- Walking Trails
- Community & School Gardens
- Women's Groups
- Dance Classes
- Cooking Classes
- Faith Groups



Educate & Empower

- Educate

- Healthy weight
- Food environment
- Food advertising



- Empower eat thoughtfully

- Embrace new food & exercise opportunities

Resources

- **Eat Smart Move More**
<http://www.eatsmartmovemorenc.com>
- **Obesity Prevention Project**
<http://www.calmedfoundation.org/projects/obesityProject.aspx>
- **Weight Control Information Network (NIH)**
<http://www.niddk.nih.gov/health/nutrit/nutrit.htm>
- **Surgeon General's Call to Action – Obesity**
<http://www.surgeongeneral.gov/topics/obesity/>
- **National Heart, Lung, and Blood Institute (NIH)**
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
- **Centers for Disease Control and Prevention**
<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
- **U.S. Preventive Services Task Force**
<http://www.ahrq.gov/clinic/uspstf/uspsobes.htm>

Conquer Overweight & Obesity?

Don't underestimate your power of influence!

Encourage, educate and empower clients
with your attitude, your knowledge and
your resourcefulness

For More Information

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