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

A measure used to compare your weight to your height and to assess your risk for weight-related health conditions.
<table>
<thead>
<tr>
<th>BMI Weight Status</th>
<th>Below 18.5</th>
<th>18.5 - 24.9</th>
<th>25.0 - 29.9</th>
<th>30.0 and above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Status</td>
<td>Underweight</td>
<td>Normal</td>
<td>Overweight</td>
<td>Obese</td>
</tr>
</tbody>
</table>
Body Mass Index

[Graph showing BMI (Body Mass Index) chart with height and weight ranges for Healthy Weight, Overweight, and Obese categories.]
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
More than 1/2 are overweight

More than 1/3 are obese
2007 NC Behavioral Risk Factor Factor Surveillance Survey (BRFSS):

29% Overweight

29% Obese
<table>
<thead>
<tr>
<th>Race /Ethnicity</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>White (non Hispanic)</td>
<td>25.7 %</td>
</tr>
<tr>
<td>African American (non-Hispanic)</td>
<td>45.4 %</td>
</tr>
<tr>
<td>American Indian (non-Hispanic)</td>
<td>34.2 %</td>
</tr>
<tr>
<td>Hispanic</td>
<td>26.7 %</td>
</tr>
</tbody>
</table>
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

Babies more likely to become obese adults

Increased risk of very large babies

Recurrent pregnancy loss

Increased risk of still birth and neo-natal death

Increased risk of pregnancy related hypertension

Increased risk of neural tube and other birth defects

Increased risk of diabetes during pregnancy

Increased risk of pre-eclampsia
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
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
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)

- 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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