

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

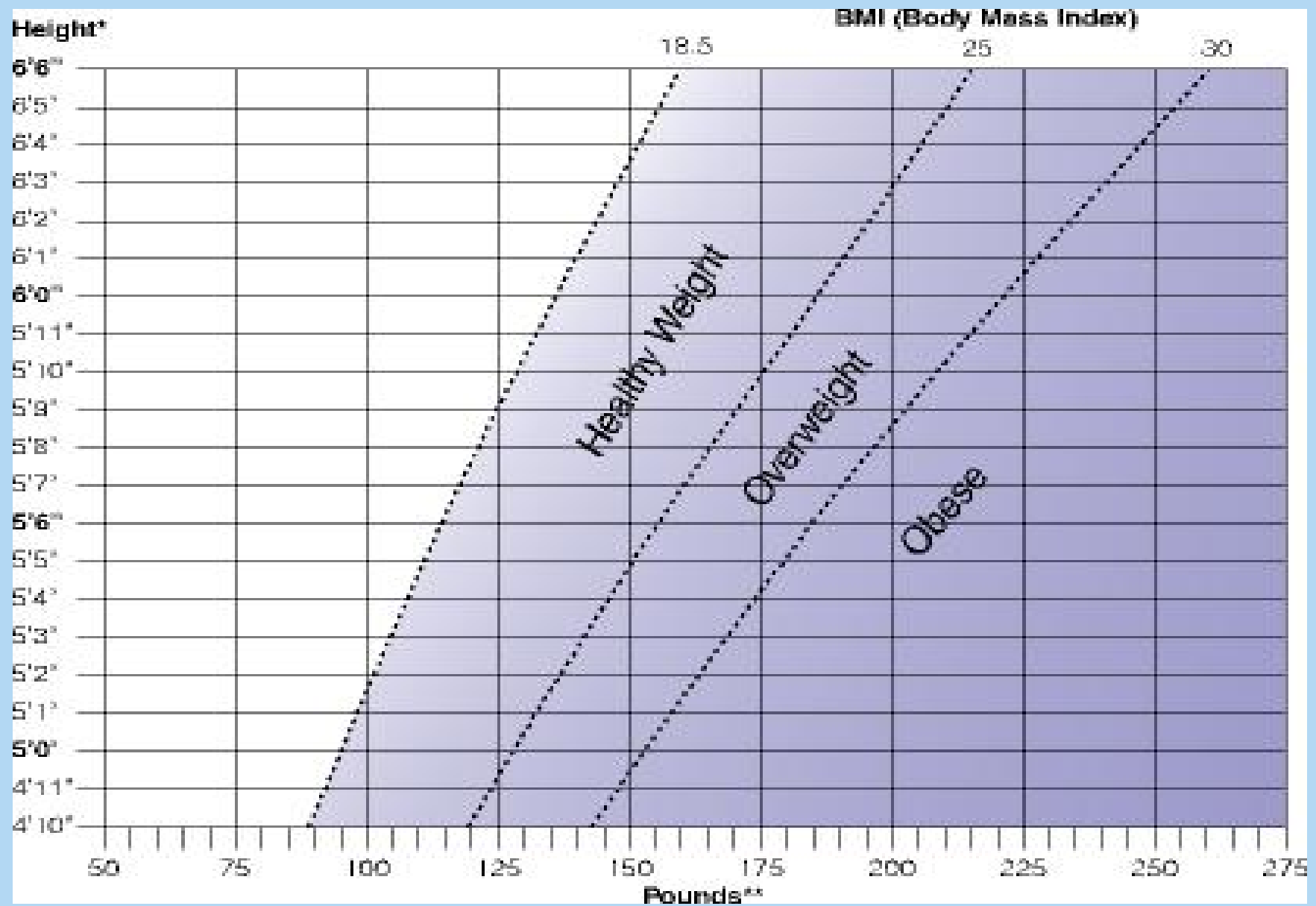
Underweight

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

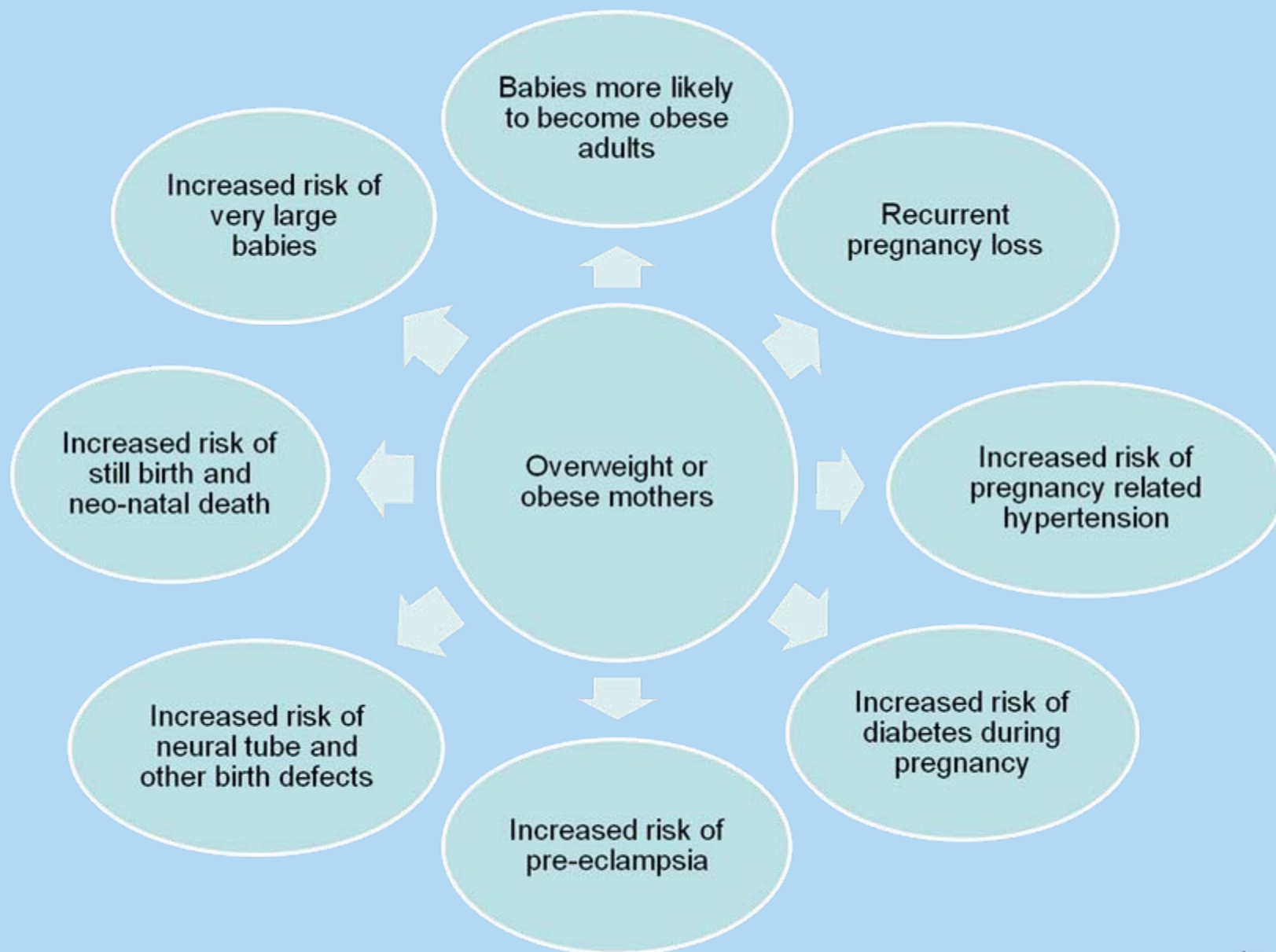
Health Risks

- 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

Corrine Giannini, R.D. LDN
Women's Health Branch
NC DHHS, Division of Public Health
corrine.giannini@dhhs.nc.gov
919-707-5694

