OBESITY PREVENTION
ADULT

GOALS, TARGET GROUPS AND MINIMUM REQUIREMENTS

ABOUT THE OBESITY AND PREVENTION PROTOCOL

FOUR KEY PRINCIPLES FOR GETTING FIT AND STAYING HEALTHY

HELPFUL WEBSITES

STUDENT NATIONAL MEDICAL ASSOCIATION 2020-2021
INTRODUCTION

According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity in American children and adolescents is about 18.5% (about 13.7 million) children and adolescents. Minorities, particularly African Americans and Latinos, are significantly more overweight than European Americans. The prevalence of obesity is highest amongst African Americans and Hispanics compared to Caucasian and Asian children and adolescents.

GOALS
Disseminate information regarding healthy eating and physical activity to educate the community
Encourage healthy lifestyle modification and weight loss where appropriate in adults

TARGET GROUP(S)
Adults

MINIMUM REQUIREMENTS
No minimum number of sessions. Topics can be covered sequentially or combined, depending on resources available and target group.
ABOUT THE OBESITY PREVENTION PROTOCOL

According to the Centers of Disease Control and Prevention, the prevalence of obesity among 2-to 5-year-olds is 13.9%, 6-to 11-year-olds is 18.4%, and 12- to 19-year-olds is 20.6%. The American Obesity Society defines overweight and obesity as follows:

**Overweight** = being at or above the 85th percentile for BMI

**Obesity** = being at or above the 95th percentile for BMI

**See CDC growth charts, found at http://www.cdc.gov/growthcharts/**

The obesity-prevention protocol hinges on the idea that for kids and teens, getting fit and staying healthy require four key principles:

- Making healthy food choices
- Making healthy beverage choices (staying away from high-calorie drinks)
- Getting at least 30 to 60 minutes of physical activity everyday
- Avoiding overeating by learning appropriate portion sizes and listening to their bodies
TOPIC 1: THE IMPORTANCE OF A HEALTHY LIFESTYLE*

Goals
Discuss the obesity epidemic in America and its impact on minority populations
- Give statistics that highlight the specific group you are targeting
- Discuss the sequelae of obesity (diabetes, osteoarthritis, heart disease, cancer)

Define Overweight and Obesity
- Explain the calculation of the Body Mass Index
- Activity: What is My Body Mass Index?

Body Shape and Health (for women)

Emphasize the importance of everyday lifestyle choices in preventing obesity
TOPIC 2: MAKING HEALTHY FOOD CHOICES

*Use diagrams, figures and handouts in Be Smart, Be Healthy! Booklet.

Goals

Calorie Balance

• Explain that calories are units of energy that we gain from food and burn through physical activity (give examples)
• Regardless of diet program, weight gain and weight loss are determined by calorie balance
• Understanding the MyPlate Dietary Guidelines
• Reading food labels
• Serving sizes
  Emphasize the importance of listening to your body and stopping when you’re full
• Healthy recipes and snacks
• Activity: Food Journal
TOPIC 3: FOOD AND OUR EMOTIONS

Goals

- Breaking the cycle between our thoughts, our feelings and our weight
  Activity: Problem Solving Worksheet
- Shutting down negative thoughts
  Activity: Turning Negatives to Positives Worksheet
- Managing stress
  Activity: Stress Busters Worksheet
TOPIC 4: FINDING FUN PHYSICAL ACTIVITIES

Goals

- Aim for 30 minutes of moderate PA on most days of the week
- Define “moderate PA” and give examples as well as caloric expenditure for different activities
- Hand out physical activity guide
- Activity: Have someone lead participants in a 30-minute session of a fun moderate-intensity physical activity such as dance aerobics or taking a walk as a group outside. Be sure to include proper warm up and stretching.
TOPIC 5: RECIPE FOR HEALTHY WEIGHT LOSS AND MAINTENANCE

Goals

Review BMI and Healthy Weight information
  • Have each participant calculate their BMI
Discuss Popular Diets
  • Emphasize that all diets work by creating a calorie deficit
Tipping the calorie balance for healthy weight loss
  • Healthy weight loss means going at a slow and steady pace, losing at a rate of 1-2 pounds per week
  • Activity: Have participants review their food journals and identify areas where they can cut out 500-1000 calories per day
  • Activity: Review Physical Activity guides
Goal Setting
  • Activity: Weight Loss or Weight Maintenance Goal Sheets
TOPIC 6: STAYING ON TRACK

Goals

• Taking it one day at a time
  Emphasize the importance of positive thinking and not giving up.
• Overcoming barriers
  Discuss building a support circle.
• Managing stress
  Activity: Have participants discuss their current stressors. Review stress management techniques from Topic 3 and have participants help each other strategize ways to apply those techniques to their everyday lives.
• Planning Ahead
  Discuss the importance of knowing what situations make it hard to eat healthy and finding healthy alternatives.
• Closing Activity: Healthy recipes Pot-Luck supper (or lunch).
HELPFUL WEBSITES

The following websites have helpful guidelines as well as handouts:

National Heart, Lung, and Blood Institute: Aim for a Healthy Weight
www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/USDA

USDA Dietary Guidelines for Americans 2015-2020
https://www.dietaryguidelines.gov/

Weight Watchers Website, Body Mass Index Explained

American Heart Association Website
https://www.heart.org/

CDC Health & Physical Activity Website, Adult BMI Calculator
http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-means.htm

Northwestern Memorial ® Hospital Patient Information. Modify your lifestyle to reduce the risk of heart and vascular disease.
https://www.nm.org/conditions-and-care-areas/treatments/lifestyle-changes-for-heart-and-vascular-disease

Waist Hip ratio calculator.
https://www.thecalculatorsite.com/health/whr-calculator.php
HELPFUL WEBSITES

National Institute of Health, Serving and Portion Sizes

The Diabetes Prevention Project
https://dppos.bsc.gwu.edu/

Calorie King Website.
http://www.calorieking.com

USDA ChooseMyPlate
https://www.choosemyplate.gov/

FDA Interactive Nutrition Facts Label
https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro