

EAT MORE THAN EVER; AND STILL LOSE WEIGHT: MAINTAINING A HEALTHY LIFE STYLE

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1

Introduction

America stands at a crossroad.

- Today's epidemic of overweight and obesity threatens the progress made in increasing the quality and years of healthy life.
- National and state statistics related to healthy life demonstrate the prevalence of obesity, obesity-related diseases and premature death continues to grow

2

- Top actual causes of death in US are chronic diseases that are behaviorally related
 - Heart disease
 - Stroke
 - Diabetes
 - Chronic obstructive pulmonary disease
 - High Blood Pressure

3

- Chronic diseases largely the result of
 - Behavioral factors
 - Environmental factors
 - Genetic factors
- Diet and physical activity patterns are driving country's current epidemic of
 - Obesity
 - Early onset of type I diabetes (esp, children)
 - Arthritis-related disabilities
 - Onset of type 2 diabetes

4

- “Old normal”- emphasis the importance of attaining recommended numbers for
 - Weight
 - BMI (16.7-22.3)
- “New normal”- involves emphasis on achieving an optimal level of health and well-being , along with the numbers of weight and BMI

5

Populations of great concern

- Children (all ages)
 - Research literature evidence shows that childhood obesity is a significant risk factor for future health problems and is considered a major public health problem
- Nurses (Students and Graduates)
 - Research literature evidence shows the increase of life-threatening disability and/or retirement secondary to workplace injuries

6

What's the Answer?

- “You need to lose weight” not totally the answer
- Risky behavior not necessarily a matter of personal choice
- Behavior also influenced by human biology, environment and social norms, culture ; and access to social support, information, and health care services

7

- Approaches to gaining and maintaining a healthy lifestyle must address the root causes of the behaviors
- In today's environment of healthcare reform, nurses can play a major role
- Nurses and parents are the role model and educators that promote healthy behaviors
- Are we up to the task?

8

- IOM study examined interventions to modify unhealthy behaviors that are linked to chronic diseases found;
 - Effective strategies share three common elements
 - They help people develop the skills needed to change behavior
 - They provide comprehensive and sustained interventions
 - They ensure access to social and other supports that help individuals maintain changes in behavior
 - Behavioral programs check list

9

- In a 2008 study “ Overweight and Obesity in Nurses, Advanced Practice Nurses and Nurse Educators” the following result gives us some insight.
- Purpose
 - Investigate and quantify the incidence of overweight and obesity in nursing professions and whether they really are more obese than the general public.

10

- Secondly, to assess nurses' knowledge of obesity and associated health risks
- Methodology
 - One state was selected randomly from each of the 6 geographic regions in the US, and 860 names of RN's were selected randomly from each state
 - Alaska Georgia
 - Maine Nebraska
 - New Mexico West Virginia

11

- Descriptive statistics were calculated for continuous variables, where as categorical variables were summarized with frequency counts
- Results:
 - Mean body index mass was calculated with a mean BMI of 27.6
 - All states reported mean BMI in the overweight range with West VA having the highest

12

- 30% of respondents had an overweight BMI
- 18.7% had an obese BMI
- 5.2% had a morbidly obese BMI
- Almost 54% of the respondents were overweight or obese compared with the national statistics of 65% of the US population

13

- Majority of nurses who were overweight acknowledged the problem
 - 53% while acknowledging the problem lacked motivation to make life style changes
 - 40% claimed that they are unable to lose weight despite healthy diet and exercise habits
 - The rest recognized that they are technically overweight or obese, but they are comfortable and not interested in weight reduction

14

– Type of nursing position

- 71% said that their nursing role included health promotion education. Of this group, 32% were overweight and 22% were obese
- 307 nurses who counseled clients as to healthy diet practices, 35% are overweight and 18% are obese
- 339 nurses who counsel patients in weight reduction, 34% are overweight and 18% are obese
- 93% acknowledge that overweight and obesity are diagnosis that require nursing intervention: 76% do not chose to do so.

15

- Why?

- Is it do to the nature of their jobs?
- Chose not to take advantage of the opportunity
- Do not feel prepared to discuss the problem
- When asked to list at least three -to five, unhealthy implications of obesity
 - 4% failed to name one
 - 41% could name five
- We don't know the answer

16

The role of nursing is changing daily. A major theme in Healthcare Reform is changing our culture from one of illness to the prevention of illness. Nursing should and will be at the forefront of this change. We must ask ourselves am I ready for this challenge. The results of this study suggests that we may have a way to go. While this study looked at nurses without regard to the different roles it does suggest that we recognize the complexity of changing behaviors.

17

- It gives us insight as to some of the root causes
 - Emphasizes that motivation for change in behavior is individual, must occur.

- **THE AH-AH MOMENT**

18



The "Yo-Yo" Nightmare

An American Tragedy

Why Didn't "It" Work?

- Age?
- Genetics?
- Kids?
- Job?
- Time?
- Commitment?

21

WHY PEOPLE FAIL

- **They Are Misled!**
 - Ineffective technology.
 - Abandonment of Believe
- Lack of follow through.

22

Do Diets Work?

NEVER!

But they will make you THINK they
are!

23

BUT I AM LOSING WEIGHT

- When you reduce calories below BMR you lose weight from 3 sources.
 - Water
 - Fat
 - Muscle
- That's great for diet centers because they can put you back on the scale and say "You lost 5 lbs."
- 50 Billion dollar a year industry

24

The Body Has The Ability To
Adapt to Stresses

BUT

25

The Body Adapts with **Survival** in
Mind, not Your Looks.

26

SYNERGY

1. Right nutrition.
2. Moderate aerobic exercise.
3. Resistance Training.
4. Change the Focus of Your Training Regularly (“Cycling” or “Periodization”)

27

YOU MUST THINK THERMIC

- 1 Gram of Protein= 4 calories.
For every 100 Kcals, the body will burn 20-25 Kcals.
- 1 Gram of Carb= 4 calories.
For every 100 Kcals, the body will burn 10 Kcals.
- 1 Gram Fat= 9 calories.
For every 100 Kcals, the body will burn 5 Kcals.

28

What should I eat?

- Lean Protein
- Starchy Carb
- Fibrous Carb
- Got to be careful though

29

NOT ALL CARBS ARE CREATED EQUAL

- Bleached, processed, and refined.
- Enriched white bread.
- White rice.
- Candy.
- Cupcakes, Muffins, Pastries, Donuts, Cookies and Pies
- Ice Cream

30

Simple Carbs

- Thermal effect gone
- Converted into triglycerides and stored as fat

31

COMPLETE PROTIENS FOR VEGETARIANS

- Black Beans + Brown Rice
- Lentils + Brown Rice
- Tofu + Sesame Seeds
- Red Beans + Corn
- Pita + Split Pea Soup
- Legumes + Grains

32

HOW TO BECOME A LABEL DETECTIVE

- Always READ the ingredient list!
- Don't be fooled by FAT FREE, REDUCED FAT, AND LOW FAT.
- Fat free may be high in simple sugars.
- Looked at a can of Pam lately ?
 - Fat Free is 0.5 grams or less
 - Serving Size

33

Food Label Deception

- I can't believe it's not butter
- Kellogs cereal bars
- Nutra-grain bars
- Slim Fast

34

WHAT IS SUPPORTIVE EATING?

- Eating every 3-3.5 hours.
- Six balanced meals per day.
- Meals consist of lean proteins, starchy carbs, and fibrous carbs.
- The balancing of pancreatic hormones and stabilizing blood sugar levels WILL CAUSE YOUR BODY TO RELEASE FAT ALL DAY LONG.

35

SUPPORTIVE FOODS

- Lean proteins: Chicken, Turkey, Fresh Fish, Shellfish, Egg Whites, Tuna
- Starchy Carbs: Potatoes, Sweet Potatoes, Whole Grains, Oatmeal, Brown Rice, Corn, Peas, Tomatoes
- Fibrous Carbs: Cauliflower, Broccoli, Mushrooms, Spinach, Dark Green Leafy Vegetables, Peppers, String Beans

36

False Belief

- Exercise has to be an all out effort.
- Reality: Less than 20 minutes three times per week of moderate exercise at home or in the gym is sufficient to stimulate improvement.

37

False Belief

- The solution lies in a single exercise, type of exercise, or a device
- “What’s the best exercise for _____”

38

Exercise

- Need something aerobic
- Need something anaerobic

39

False Belief

- Aerobic exercise burns fat
- Anaerobic exercise builds muscle
 - Should add maybe

40

Aerobic

- Aerobic = meet oxygen demand
- Fuel source = fat and/or muscle
- Fat-Skinny People
- Are you in aerobic or anaerobic state right now?

41

AEROBIC EXERCISE

- If you exercise aerobically beyond your body's ability to supply fat and stored sugar (glycogen) as fuel, your body will eat away muscle tissue.
- If you lose weight and the predominance of that weight is muscle, you have not only increased your body's percentage of fat you have decreased your body's ability to burn fat.

42

8 Basic Movements

- Squat
- Shoulder Raise
- Leg Curl
- Chest Press
- Row
- Arm Curl
- Tricep Extension
- Abdominals

43

“Cycling” or Periodization

Changing the Focus of Your Workouts

44

YOU HAVE THE POWER TO CHANGE

- Belief.
- Synergy.
- Follow through.

45

The End



46

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47