

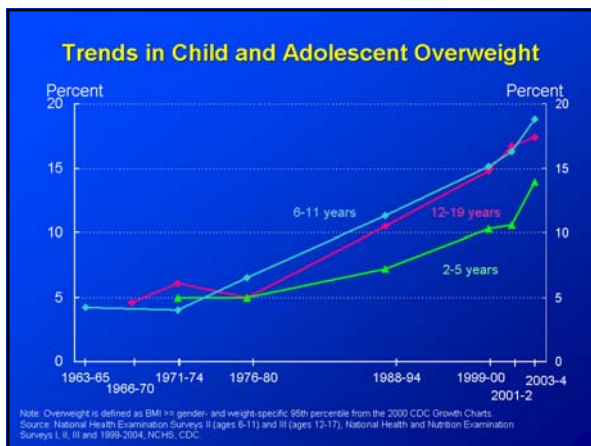
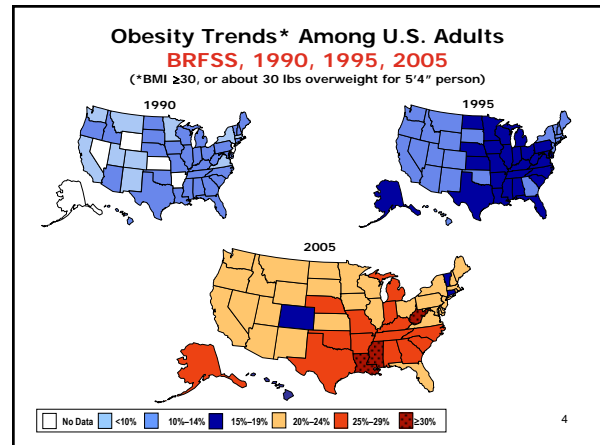
# Chapter 11 Weight Management

Hlth 2 Health and Wellness  
Dr. Tomita

1

- ## Learning Objectives
1. Define the following terms: fat (essential), percent body fat, overweight, obesity, body mass index, body image, diabetes (Type 1 and 2), resting metabolic rate, eating disorder, binge-eating disorder, purging.
  2. Discuss different methods for assessing body weight and body composition.
  3. Explain the health risks associated with overweight and obesity.
  4. Explain factors that may contribute to a weight problem, including genetic, physiological, lifestyle, and psychosocial factors.
  5. Describe lifestyle factors that contribute to weight gain and loss, including the role of diet, exercise, and emotional factors.
  6. Identify and describe the symptoms of eating disorders and the health risks associated with them.
  7. Calculate body mass index, and determine body mass index using a height-weight chart.

- ## Introduction
- According to the National Institutes of Health:
    - About 60% of American adults are overweight, including more than 20% who are obese
  - Overweight – Body weight that falls above the range associated with minimum mortality
  - Obesity – The condition of having an excess of nonessential body fat. More serious than overweight
  - Nonessential fat – Extra fat or fat reserves stored in the body; having a body mass index of 30 or greater or a % body fat greater than 24% for men and 31% for women
- 3



### Table 1. Prevalence of overweight among children and adolescents ages 2-19 years 1963-2004

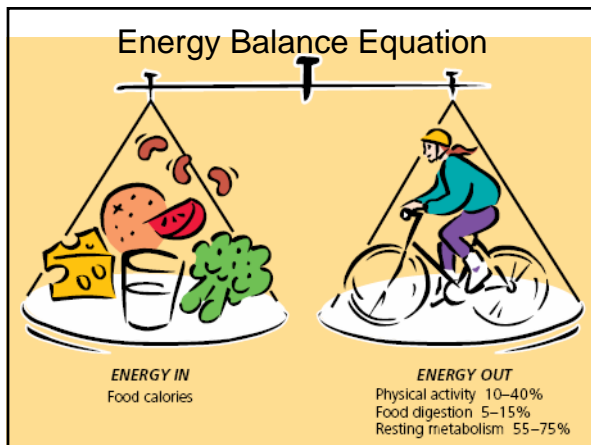
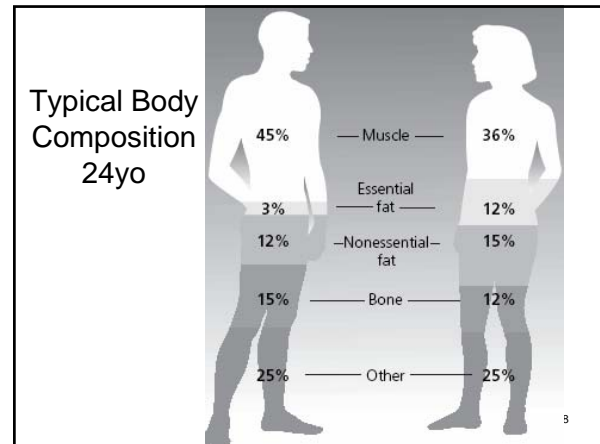
Age	Year						
	63-70	71-74	76-80	88-94	99-00	01-02	03-04
2-5	-	5	5	7.2	10.3	10.6	13.9
6-11	4.2	4	6.5	11.3	15.1	16.3	18.8
12-19	4.6	6.1	5	10.5	14.8	16.7	17.4

6

### Basic Concepts of Weight Management

- Body composition
- Energy balance
- Evaluating body weight and body composition
- Excess body fat and wellness
- What weight is right for you?

7



### Evaluating Body Weight and Body Composition

- **Overweight**- Body weight that falls above the range associated with minimum mortality (BMI 25-29.9)
- **Obesity**- condition of having an excess of nonessential body fat (BMI  $\geq 30$  or percent body fat greater than 24% for men and 31% for women)

10

### How Body Weight is Measured

- **Height Weight Charts**- don't use this anymore
- **Body Mass Index (BMI)**- measure of relative body weight. Divide total body weight (in kg) by the square in height (in meters)
- **Body Composition Analysis**- hydrostatic (underwater weighing, skinfold measurement, electrical impedance analysis)

11

BMI	<18.5 Underweight		18.5-24.9 Normal							25-29.9 Overweight				
	17	18	19	20	21	22	23	24	25	26	27	28	29	
Height	Body Weight (pou)													
4' 10"	81	86	91	96	101	105	110	115	120	124	129	134	139	
4' 11"	84	89	94	99	104	109	114	119	124	129	134	139	144	
5'	87	92	97	102	108	113	118	123	128	133	138	143	149	
5' 1"	90	95	101	106	111	117	122	127	132	138	143	148	154	
5' 2"	93	98	104	109	115	120	126	131	137	142	148	153	159	
5' 3"	96	102	107	113	119	124	130	136	141	147	153	158	164	
5' 4"	99	105	111	117	122	128	134	140	146	152	157	163	169	
5' 5"	102	108	114	120	126	132	138	144	150	156	162	168	174	
5' 6"	105	112	118	124	130	136	143	149	155	161	167	174	180	
5' 7"	109	115	121	128	134	141	147	153	160	166	173	179	185	
5' 8"	112	118	125	132	138	145	151	158	165	171	178	184	191	
5' 9"	115	122	129	136	142	149	156	163	169	176	183	190	197	
5' 10"	119	126	133	139	146	153	160	167	174	181	188	195	202	
5' 11"	122	129	136	143	151	158	165	172	179	187	194	201	208	
6'	125	133	140	148	155	162	170	177	184	192	199	207	214	

### Health Risks from Obesity

**Physical problems:** diabetes, high blood pressure, heart disease, certain cancers

**Psychological/Social problems:** depression, anxiety, poor body image, eating disorders (anorexia, bulimia)

13

### Factors Contributing to Weight Gain (and Loss)

- Genetic factors
- Metabolism
- Lifestyle factors (eating habits, physical activity)
- Psychosocial factors (eating behaviors, socioeconomic factors)

14

### Eating Disorders

- **Anorexia nervosa**- refusal to maintain body weight at minimum healthy level; intense fear of gaining wt or becoming fat; self-starvation
- **Bulimia nervosa**- recurrent episodes of binge eating and purging (vomiting, laxatives) or excessive exercise)
- **Binge Eating Disorder**- binge eating without regular use of compensatory behaviors

15

### Adopting Healthy Lifestyle

#### DIET AND EATING HABITS

- Consume a moderate number of calories.
- Be aware of portion sizes and energy density.
- Limit fat intake and increase complex carbohydrate intake.
- Limit intake of added sugars, refined carbohydrates, and protein.
- Structure eating habits.

#### EXERCISE AND PHYSICAL ACTIVITY

- Participate in a well-rounded exercise program.
- Take advantage of daily opportunities for physical activity.

#### THINKING AND EMOTIONS

- Develop realistic beliefs and goals.
- Practice positive self-talk to maintain a positive self-image.

#### COPING STRATEGIES

- Develop healthy ways of dealing with stress, boredom, fatigue, and loneliness that don't involve food.

16