

FAMILY PLANNING WEIGHT MANAGEMENT TRAINING MAY 2009

By Shana Patterson, RD

Risk of Pre-Pregnancy Overweight and Obesity

- Increasing evidence points to the importance of a healthy weight prior to becoming pregnant
- Maternal obesity prior to conception is the strongest predictor for large for gestational age (LGA) and increased fat mass in the infant, even more so than weight gain during pregnancy or treated Gestational Diabetes¹

A 5-10% decrease in pre-pregnancy weight can improve insulin sensitivity and the risk of diabetes and hypertension

¹ Catalano OM, Ehrenberg HM, BJOG. 2006 Oct; 113 (10): 1126-33.

Are Your Clients READY For Change?

- Prochaska's Stages of Change
 - A revolutionary six-stage program for overcoming bad habits and moving your life positively forward

STAGES OF CHANGE

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Termination

DETERMINING THE STAGE

- 1 I solved my problem more than 6 months ago
- 2 I have taken action on my problem within the last 6 months
- 3 I am intending to take action in the next month
- 4 I am intending to take action in the next 6 months

Handout



RESPONSES AND STAGE PLACEMENT

Questions

- 1 I solved my problem more than 6 months ago
- 2 I have taken action on my problem within the last 6 months
- 3 I am intending to take action in the next month
- 4 I am intending to take action in the next 6 months

Responses

- NO to all -
Precontemplation

PRECONTEMPLATION

- “It isn’t that they can’t see the solution, it’s that they can’t see the problem.”
- They resist change
- Place blame on others for their problem
- They feel demoralized
- They feel hopeless about their issue and don’t feel in control – or able to change the situation

RESPONSES AND STAGE PLACEMENT

Questions

- 4 I am intending to take action in the next 6 months

Responses

- Yes to question 4 and no others -
Contemplators

RESPONSES AND STAGE PLACEMENT

Questions

- 3 I am intending to take action in the next month
- 4 I am intending to take action in the next 6 months

Responses

- Yes to questions 3 and 4 =

Preparation Stage



RESPONSES AND STAGE PLACEMENT

Questions

- 1 I solved my problem more than 6 months ago
- 2 I have taken action on my problem within the last 6 months

Responses

- Yes to statement 2 and NO to statement 1 =

Action Stage



RESPONSES AND STAGE PLACEMENT

Questions

- 1 I solved my problem more than 6 months ago

Responses

- Yes to statement 1 =

Maintenance Stage



- If you are interested in learning more...



Starting with the BMI Information

- Exam Sheet
 - There should already be a place to chart this information. If not, it would be good to add
 - Consider ALSO adding a section for 'Goals' or goal setting, etc.. (as per the stages of change)

BMI Body Mass Index

- Underweight BMI <18.5
- Normal weight BMI 18.5-24.9
- Overweight BMI 25-29.9
- Obese BMI 30 or greater
- Limitations of the BMI:

The BMI measurement is a reliable indicator of your total body fat. The score you get is valid for most people over age 18 with the following exceptions: It may overestimate body fat in athletes and those people with a muscular build
- It may underestimate body fat in older people and others who have lost muscle

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OVERWEIGHT BMI 25 – 29.9

- Give these individuals basic tips for reducing their BMI
 - Tri County has worked with women by using 6 simple messages. Three are nutrition-related, three are activity related

CHOOSE ONE SMALL CHANGE A DAY

1. Eat breakfast every day
2. Drink water instead of soda
3. Eat fruit instead of dessert
4. Dance to lose weight
5. Take the stairs to lose weight
6. Walk to lose weight

Handout



Other Handouts:

N & FP – Food Sources of Important Nutrients

Healthy Weight, Healthy You (Women's Health website found on the Resource slide)

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○ Limitations of the BMI:

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OBESE – BMI OF 30 OR GREATER

These individuals will need additional help

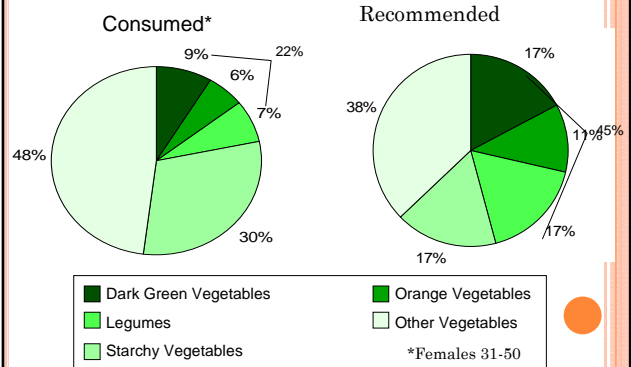
- BEST Choice: Refer to a Registered Dietitian, RD
- Next Best Thing? ...
 - Do you have 5-10 minutes of time to give them some additional help? 'Plate Method' and additional exercise tips
- Also give 'Small Changes' handout

USING THE FAMILY PLANNING INITIAL HISTORY – PART 1

INTRODUCTION

A brief overview of some basic nutrition principles and review of macronutrients

VEGETABLE RECOMMENDATIONS COMPARED TO CONSUMPTION



Fruit & Vegetable Recommendations

The best source would be the US Dietary Guidelines and the Food Guide Pyramid (discussed further later)

The best simple messages would be:

- o “Eat more fruits & vegetables” is the easiest message to give for changing food patterns with the biggest results
- o Focus on brightly colored vegetables, avoid over-consumption of ‘starchy’ vegetables (potatoes, corn, green beans)
- o Must have a **MINIMUM** of 5 servings/portions each day



TYPES OF CARBOHYDRATES

Simple

- Sugar molecules with little starch and/or fiber

- Examples: Processed bread, crackers, candies, soda

Complex

- Starch molecule PLUS fiber

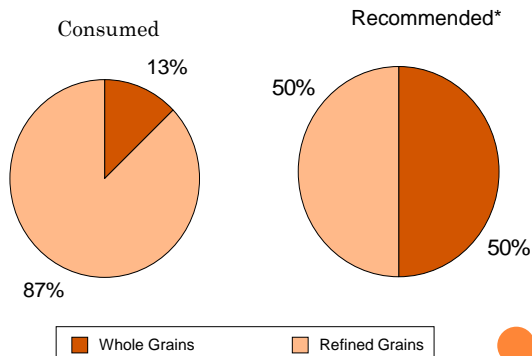
- Examples: Grain products that have fiber (breads, cereals, pasta), etc.



What about fiber?

The USDA defines fiber as: the indigestible part of whole grains, vegetables and fruits. It comes in two forms – insoluble and soluble. Both types of fiber are good for you, and provide different health benefits.

GRAIN RECOMMENDATIONS COMPARED TO CONSUMPTION



*Females 31-50

HOW MUCH FIBER DO YOU NEED A DAY?
MOST RESEARCH ORGANIZATIONS
RECOMMEND 20-35 GRAMS OF TOTAL
FIBER PER DAY. MOST AMERICANS
AVERAGE ONLY 10 GRAMS/DAY!

*RULE OF THUMB: AT LEAST 3 GRAMS OF
FIBER PER 80 CALORIES/SERVING*

Soluble Lowers cholesterol; helps manage blood glucose

- Fruits (apples, pear, citrus, strawberries), vegetables, dried beans and peas, nuts, seeds, brown rice, oat bran, barley bran, rice bran

Insoluble Alleviates some digestive disorders; may help prevent colon cancer

- Wheat bran, corn bran, whole-grain breads and cereals, vegetables, fruit skins, nuts



FAT

- It is a necessary part of every cell
- It protects internal organs
- It carries fat soluble vitamins
- It contributes energy when needed



TWO FORMS OF FAT

○Saturated

- The molecule has no double bonds, therefore it is much more difficult for the body to break down and easy for it to store
- Examples: Think 'SOLID'
- Animal fat, butter, etc.

○Unsaturated

- The molecule has one (mono) or more (poly) double bonds so the body can break it down more efficiently
- Examples: Think 'LIQUID'
- Cooking oils – olive, canola, etc.



PROTEIN

- The main function is to build and repair body tissue

- Examples: Red meat, poultry, chicken, fish, eggs, tofu, beans, nuts, etc.



BACK TO THE HISTORY FORM

“Do you exercise?”



ACTIVITY RECOMMENDATIONS

- Adults should be physically active for at least 30 minutes most days of the week.
 - 60 minutes to prevent weight gain
 - 60-90 minutes to achieve and sustain weight loss
- Children and teenagers should be physically active for 60 minutes everyday, or most days.
- New Guidelines:
www.health.gov/paguidelines
 - Broken down by age-group, condition, etc.



Walking is a good place to start!

- If you can't walk outside, go and walk inside a mall for free!
- Suggest purchasing a pedometer (about \$7 - \$10)
- Taking about 2,000 steps = approximately 1 mile and takes about 20 minutes
- Walking 10,000 steps a day is a rough equivalent to 30 minutes of MODERATE intensity physical activity



<http://www.americanheart.org/presenter.jhtml?identifier=756>

EXAMPLE OF STEPS HANDOUT

Step Facts

- One mile: 2,000 steps
- Average number of steps to circle one city block: 500
- Steps accumulated walking up and down every aisle of a grocery store: 1,000

Steps taken during a 15-minute break at work or school: 1,500.....



Handout



CALORIE BALANCE



150 Calories = 150 Calories
125 Pound Person Bicycling at 10 mph for 40 Minutes

INITIAL HISTORY - PART 1

Nutritional Information

- Question: If more than half of the population doesn't know what a 'serving' is, how can they fill this out?

How To Address Portion Control?

Estimating Portion Sizes

- The 9-inch Plate
 - Visual
 - Can be an activity done together using paper plates
 - Keep in mind that milk and fruit are represented outside the plate, but are counted within the 'plate' concept
- Resources
 - www.learningaboutdiabetes.org
 - www.platemethod.com

Food Guide Pyramid Based on 1800 Calories



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
6 ounces Make half your grains whole. Aim for at least 3 ounces of whole grains a day.	2 1/2 cups Vary your veggies. Aim for three ounces each week. Dark green vegetables = 2 cups Orange vegetables = 1 cup Dry beans & peas = 1 cup Starchy vegetables = 2 cups Other veggies = 1/2 cup	1 1/2 cups Focus on fruits. Eat a variety of fruit. Go easy on fruit juice.	3 cups Get your calcium-rich foods. Go low-fat or fat-free when you choose milk, yogurt, or cheese.	5 ounces Go lean with proteins. Choose low-fat or lean meats and poultry. Vary your protein choices—choose more fish, beans, peas, nuts, and seeds.

Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.

Never your limits on fat, sugar, and sodium. Your allowance for fat is 65 grams a day. Limit extra-salt fat and sugar to 300 calories a day.

Your records are based on a 1800 calorie pattern. Name: _____

The calorie need is only an estimate of your needs. Consider your body weight to see if you need to adjust your calorie intake.

Handout

MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 1800 calorie pattern.	List each food choice in the food group*	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		ounce equivalents
	VEGETABLES	Try to have vegetables from several subgroups each day	2 1/2 cups (Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies)		cups
	FRUITS	Make most choices fruit, not juice	1 1/2 cups		cups
	MILK	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)		cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.		minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

Handout

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	FRUITS	Make most choices fruit, not juice	2 cups		cups
	MILK	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)		cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 1/2 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T peanut butter, 1/2 ounce nuts, 1/4 cup dry beans or peas)		ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

IF AFTER ALL OF THIS, YOU ONLY HAVE TIME TO FOCUS ON ONE THING...

FOCUS ON VEGETABLES!!!!

OTHER NUTRITIONAL INFORMATION...

- The questions about:
 - Skipping meals
 - How is your weight?
 - Use of laxatives or vomiting
 - Special diets
 - Use of herbal supplementation
- Any questionable responses need to be referred to a Dietitian, Social Worker/Psychologist, or MD!

Re-Cap - What to do/say?

1. What Stage? (handout)
2. What BMI?
3. Small Changes Handout
4. Plate Method Handout(s)
5. Food Guide Pyramid (front & back)
6. Steps/Activity Handout
7. Other handouts: Balancing Act, Serving Sizes; Family Planning/Women's Health handouts (2)

Reminder....Please take the survey....



RESOURCES

- www.MyPyramid.gov
- <http://www.cdphe.state.co.us/pp/womens/FPNursingConsntsForms.html> CDPHE's Women's Health Unit (resources and consent forms)
- Many FREE materials, including the new *Live Well Toolkit* from the Nutrient Rich Coalition. Can be ordered by contacting the Colorado Beef Council, julie@cobeeff.com
- American Dietetic Association: <http://www.eatright.org/Public/>

RESOURCES

- US Dietary Guidelines
<http://www.healthierus.gov/dietaryguidelines/>
- Western Dairy Council
303-451-7711
<http://www.wdairyCouncil.com/>
- Dairy Council of California
<http://www.dairyCouncilofca.org/activities/pnp/index.html>

Web Resources

- Calorie King
 - <http://www.calorieking.com/>
- Cardboard Food Models
 - <http://www.westernDairyAssociation.org/>
- Determining BMI and Appropriate Weight Gain
 - www.healthy-baby.org
- Diabetes Education Society
 - www.diabetesedu.org
- International Diabetes Center Materials
 - www.parknicollet.com/healthinnovations/
- MyPyramid for Pregnant & Breastfeeding Women
 - <http://www.mypyramid.gov/mypyramidmoms/index.html>
- Portion Size Card
 - <http://hp2010.nhlbi.nih.net/portion/servingcard7.pdf>
- Safety of Artificial Sweeteners
 - <http://www.americanpregnancy.org/pregnancyhealth/artificialsweetner.htm>
- Table Top Nutrition
 - <http://tabletopnutrition.com/01-tabletop-home.shtml>
- Understanding Food Labels
 - <http://www.cfsan.fda.gov/%7Edms/foodlab.html>

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