



# Taking CONTROL of your diabetes

## Obesity!



Is your weight a health concern? It's been reported by Mayo clinic that about two thirds of Americans are overweight and 1 out of 3 are obese. Children are at risk too. Childhood obesity is on the rise!

Obesity puts you at risk for developing high blood pressure, type II diabetes, heart disease and many other serious health problems.

There are many causes of obesity. The most common cause is eating too many calories and a decrease in physical activity. Less common causes are genetic or medical disorders.

3 simple things that can help you determine if you need to lose weight for medical reasons. They are body mass index, waist measurement and your medical history.

Body mass index (BMI) is a ratio of your body weight to your height. If your **BMI** is

- 18-24-- healthy weight
- 25 -29 –overweight
- 30 or greater -- obese.

(See back of page for BMI Chart)

Waist Measurement is the measurement of your waist starting at your belly button all the way around until you get back to your belly button.

Abdominal fat increases your risk

for many serious conditions associated with obesity.

**Waist circumference** for

- Ladies less than 35 in.
- Men less than 40 in.

Does your Medical history include high blood pressure, diabetes cardiovascular disease, high cholesterol, or sleep apnea? You may be at increased risk for weight-related complications. You may benefit from weight loss if you have any of these health conditions.

Your doctor can assess your current health and provide recommendations to help you determine what approach would be best for you.

The goal is to achieve and maintain a healthier weight. A weight loss of 5 to 10 percent can improve your health. Slow and steady weight loss of 1 or 2 pounds a week is the safest way to lose weight and the best way to keep it off.

**Achieving a healthy weight** is usually done through

- Dietary changes
- Increased activity
- Behavior modification.

**Dietary changes** will include new eating style. If you are overweight or obese you can not continue eating the same as you have been or weight loss will not occur!

One way you can lower your calorie intake is by adding more fruits, vegetables and whole grains. Use less sugar and other refined carbohydrates and fat. Eat a variety of colorful fruits and vegetables to help you achieve your goals without giving up taste or nutrition.

Your doctor may refer you to a dietician to help determine a safe weight loss program.

The goal of **increased activity** for weight loss is to burn more calories. How many calories you burn depends on the frequency, duration and intensity of your activities. One of the best ways to lose body fat is through steady aerobic exercise such as walking for more than 30 minutes 3-5 days a week. Many of us may not be physically fit to accomplish this in the beginning. So start slow and work your way up to achieve this goal! It may take months before you can do it. Check with your doctor before starting an exercise program.

You may be asking yourself, how will I change my lifestyle to eat differently so I can lose weight and exercise more?

**Behavior modification** involves changing how you think, feel and act. Begin by looking at your current habits. What have you been doing that has contributed to your excess weight gain? Think about your current eating and exercising habits. Determine which behaviors need to change and change them! No one said it would be easy!

Once you have an understanding which habits are interfering with your weight loss, you can take steps to create a new healthier habit.

**The key** is having a plan. Work out a **plan** that will help you slowly change your habits and attitudes. **Set realistic goals. Avoid food triggers.** Distract yourself from your desire to eat with something positive, such as go for a walk. **Keep a record.** Keep a food and activity diary, so you can reinforce good habits and discover any behaviors that you may need to change.

## Body Mass Index Chart

BMI	Normal					Overweight					Obese					Extreme obesity																				
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: *The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. National Heart, Lung, and Blood Institute and North American Association for the Study of Obesity. Bethesda, Md: National Institutes of Health; 2000. NIH Publication number 00-4084, October 2000.

This project was funded by the American Medical Association and The Robert Wood Johnson Foundation. • November 2003

## Diabetes Education

**Diabetes Health Maintenance Class at St. Mary Corwin Hospital  
Call 560-5955 for more information**

**Community Diabetes Classes at Parkview Medical Center  
Call 584-7320 to register**

If you have not seen your health care provider in the last 3 months for a diabetic exam, please call to schedule an appointment at 719-543-8711.

[www.PuebloCHC.org](http://www.PuebloCHC.org)