Practical Wellness Tips

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The Gap

It's getting wider!
Figure 3. Changes in the distribution of body mass index (BMI) between 1976–1980 and 2005–2006, adults aged 20–74 years: United States

Source: CDC/NCHS, National Health and Nutrition Examination Survey (NHANES).
### Age-adjusted* prevalence of overweight, obesity and extreme obesity among U.S. adults, age 20-74 years**

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<td>Overweight (BMI greater than or equal to 25.0 and less than 30.0)</td>
<td>31.5</td>
<td>32.3</td>
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<td>Obese (BMI greater than or equal to 30.0)</td>
<td>13.4</td>
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<td>Extremely obese (BMI greater than or equal to 40.0)</td>
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*Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.

**NHES: National Health Examination Survey; NHES included adults 18-79 years, NHANES I & II did not include individuals over 74 years of age, thus trend estimates are based on age 20-74 years. Pregnant females were excluded from analyses.
Childhood Obesity

• Obesity among US kids is rapidly increasing
  • Since 1980 child obesity has more than tripled
  • 25 million kids (32%) are now obese or overweight, meaning >85th percentile on growth charts
  • May be first generation ever to die younger than their parents
People are Eating Out More

- 32% of total calories by 2006, compared to 18% in 1978
- Children consume nearly twice as many calories in restaurant meals compared to meals eaten at home
- 770 vs 420 calories

Walking Trips Since 1977

Source: National Personal Transportation Survey, 1995
Auto Trips Since 1977

Source: National Personal Transportation Survey, 1995
“Genetics loads the gun; the environment pulls the trigger.”

George Bray
WHAT HASN’T WORKED
Traditional Approaches Haven’t Gotten the Job Done

• There has been no major breakthrough regarding the drug treatment of obesity.
• Unfortunately, exercise doesn’t come in a pill.
• The health care system, for the most part, still primarily rewards volume based care.
• There is little reward for achieving positive, long-term health outcomes.
Reasons for a New Focus on Nutrition and Exercise!

• A major part of the cost of health care is paid for by the government and industry.
• Both of these entities are now focusing on reducing the overall cost of health care.
• “Accountable care” has become a term that is unlikely to go away.
• The new paradigm is: $\text{Value} = \frac{\text{Quality}}{\text{Cost}}$
SIMPLE TIPS AND TOOLS TO HELP EMPOWER PATIENTS
College employees live healthier lives

by Jan LeFevre

“Think Thirty” was a common phrase heard around the Husson College campus this spring. One could have associated the phrase with the fountain of youth. In a unique way it was.

Each year, I try to come up with a fitness incentive to inspire college employees to become more active as a means of living healthier lives. “Think Thirty” was the latest fitness incentive available to faculty and staff members. This incentive went into action during the last six weeks of the spring 2008 semester. The timing of it was intentional as spring generally motivates people to get outside and be active. However, this time of year is usually round two academically, so a little extra motivation can be helpful.

The purpose of the Think Thirty incentive was to encourage participants to be active for an accumulated 30 minutes a day for at least five days of the week. Research clearly indicates numerous health benefits from just 30 minutes of moderate physical activity. The exercise minutes can be accumulated throughout the day rather than at one time—allowing people to “fit” exercise into their day. If people can be active nearly daily, for at least 30 minutes, we can see decreases in blood pressure, cholesterol, stress, and weight, prevention or retarding of osteoporosis, along with decreases in heart disease, diabetes, cancer, and depression (information from the American College of Sports Medicine).

Over the years, I have found that the key for successful fitness incentives is to have some sort of tangible carrot—an external reward for participating. To support Think Thirty, a modest fee of 30 cents a week was charged to each participant (for a total of $1.80 for six weeks). A small prize pool was also added. Participants paid an extra 30 cents for each successful week of exercise (less than five days a week). The incentive money was used to help purchase healthy prizes. Each successful week of exercise was rewarded by the participant’s name being dropped in the prize drawing (the successful weeks = six chances to win).

Another key to the success of the incentive was accountability. Several in the program needed together in an effort to hold one another accountable. I also played the part of an accountability partner. Each week, I would make the rounds to check-in with participants, celebrating their successes as well as helping them through difficult weeks. I also created a couple of fun motivational YouTube videos that I sent to participants. The videos gave fun tidbits of fitness hints and information and generally encouraged people to stay active.
Throughout the incentive, participants recorded their successful days by checking a circle on a business card size Think Thru calendar (see example). This simple act of recording workouts aided in the motivation—participants saw the number of completed days building up, which gave them extra inspiration to ensure a complete week of activity. It was amazing how successful the calendars were in the process.

Offering these incentives provided me with an opportunity to show real life situations with my classes—specifically the Fitness Concepts course. Occasionally, the incentives will parallel the lectures and activities that we are doing in class. This allows for great connections to be made between the theory and the practices of activity, and helps students see the concepts working in the real world. It also shows them that motivation and time to become active (the biggest advantage to fitness routines) do not improve with age.

Motivating people to be fit and healthy is a passion and something I feel called to do. Being fit, eating healthy, and promoting preventive health shows God that we value the physical body he has bestowed us on earth. It’s stewardship at its best, helping us to live healthier more qualitative lives, while helping to reduce the strain on an overburdened health care system.

Sites to check out:

www.exercise.com/exercise.org
www.fitness.gov/home/pre_cal.htm
www.exrright.org
www.youtube.com/user/jen1964

Want to learn more about this incentive?
Email Jen at jen1@houston.edu.

Debra Cooper, athletic director at Student Life, and Martine Breaux, administrative assistant in Student Life, have worked together in Houston for four years. Their work was about three weeks in four days a week during the early morning hours. "It was difficult," said Thelma. This spring pushed her to hire more students to assist her with the logistics of the activities. "I found the Think Thru incentive helpful so that it is not really scary to try out a new event."
# Think 30

## November 2008

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Walk Kansas

Join Walk Kansas!
March 18 - May 12, 2012

Walk Kansas is a team-based program that will help you and others lead a healthier life. Join this program and
- be more active with friends and family,
- make better nutrition choices,
- and walk away your stress.

Walking to a Healthy Lifestyle
Sharolyn Jackson, the state coordinator of Walk Kansas, highlights the 2012 program which offers participants more than a way to exercise. It can be the beginning of a healthy lifestyle.

It's the Best Program Extension Has!
Marge Neely has spent the last 10 years recruiting others in Neosho County to
Welcome to Walk Nebraska - an unique web site designed to help you achieve a healthier lifestyle by making walking an important part of your personal fitness program.

Click here to take our survey on Walk Nebraska!

Through Walk Nebraska, you will:

- Walk on your own but select a trail for a "virtual walk" across the state.
- Record the number of actual miles walked,
- View messages along your virtual trail, giving useful health tips as well as showing beautiful scenery, notable landmarks and interesting sites in Nebraska.

Thank you for checking out this web site. We hope you are ready to begin this exciting walking program and you will enjoy your time in Nebraska!
100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day. To stop weight gain, most Americans need to do just two simple things:

- Add 2000 more steps each day
- Eat 100 fewer calories daily

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more! By pledging to walk an extra mile (equivalent to 2000 steps) and reduce 100 calories (equivalent to 1 tablespoon of butter) you'll see how easy it can be to achieve energy balance.

Find ways to cut calories during your day with this list of ideas.

continued
100 Ways to Add 2000 Steps

It’s not just what we eat that’s important, but how we use the calories we consume. As long as you’re active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By pledging to walk an extra mile (equivalent to 2000 steps) and reduce 100 calories for one day you’ll see how easy it is to achieve the energy balance that can stop weight gain.

Small changes in your daily activity will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

continued
## Preventive Vital Signs

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<th>BP</th>
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P, pulse; R, respiration.
Increasing Healthy Foods More Effective than Reducing Energy-dense Foods

BMI Change vs. Months

catchphrase: Obesity 2009; 16:318-326
What Foods Are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dehydrated, and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.

### Commonly eaten vegetables in each subgroup

#### Dark Green Vegetables
- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

#### Beans and peas
- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

#### Starchy vegetables

#### Other vegetables
www.helpguide.org
Exercise & Fitness Help Guide

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental health.

Exercise can ease depression, relieve stress and anxiety, enhance self-esteem, and improve your whole outlook on life but you don't have to spend long, boring hours in a gym to reap the benefits. No matter your age, health limitations, or fitness levels, there are plenty of enjoyable ways to use physical activity to improve your life and gain strength, both inside and out.

Learn about...

- **Easy Exercise Tips: Making Exercise part of your Everyday Life**
- **Senior Exercise and Fitness Tips: How to Gain Energy and Feel Stronger**
- **Chair Exercises & Limited Mobility Fitness: Tips for People With Injuries and Disabilities**
- **How to Practice Yoga and Tai Chi: Tips on Using Relaxation Exercises to Relieve Stress**
- **The Therapeutic Benefits of Pets: How Caring for a Pet Can Make You Happier and Healthier**
- **Play, Creativity, and Lifelong Learning: Why Play Matters For Both Kids and Adults**
- **What's the Best Exercise Plan For Me? Creating Your Personal Program**

Free Toolkit Program

When moods and emotions get the better of you—when they begin to interfere with
Balance exercises

Our sense of balance typically worsens as we age. It can be further compromised by medical conditions like neuropathy (a complication of diabetes) and certain chemotherapy drugs and other medications; uncorrected vision problems; or lack of flexibility. Poor balance often leads to falls, which can cause head injuries and temporarily or permanently disabling injuries to the bones and nervous system. Hip fractures, particularly, can lead to serious health complications and can impair independence.

Get started

Try working these exercises into your strength training routine—three times a week or even daily—to enhance balance:

- **Heel-to-toe walk.** Position your heel right in front of the toes of the opposite foot each time you take a step. Heel and toes should touch as you walk forward for eight to 12 steps. If necessary, steady yourself by putting one hand on a counter as you walk. Then work toward doing the exercise without support. Repeat two to four times.

- **Single-leg stance.** Stand on one foot for up to 30 seconds. Put your foot down and steady yourself, then repeat on the opposite leg. Perform two to four times on each leg. If necessary, hold on to the back of a chair or counter. Then work toward doing the exercise without support.
Beyond the issue of calories, here are some specific foods that I added to my diet

• Plant stanol/sterol margarine
• Soy-edamame
• Lentil soup
• Hummus
• Frozen applesauce
• Air-popped popcorn
• Five bean salad

• These simple additions can lower your bad cholesterol 10-15% - regardless of your weight!

“The 10-year Plan”

- Set your goals to be consistent with your long-term plan
- Always maintain long-term focus when setting short term, individual goals
- Annually review your progress
- Don’t let overachieving or underachieving in the short-term derail long-term plan
www.choosemyplate.gov

www.helpguide.org