Let’s Talk Weight & Your Well-being

An educational toolbox to help manage weight and achieve better health

American Association of Nurse Practitioners

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Adult Obesity Facts

**OBESITY**

**Highest in Middle Age Adults**
Ages 40-59

**Highest in Older Adults**
Ages 60 and older

**Chronic Disease**
(long-lasting)

1 OUT OF 3 HAS OBESITY

Obesity affects 35% of adults 20 years and older

**OBESITY HEALTH RISKS**

- sleep apnea
- respiratory problems
- bad cholesterol
- heart disease
- high blood pressure
- stroke
- diabetes
- cancer
- arthritis
The DISEASE of Obesity:
The disease of obesity is a chronic (long lasting) disease caused by many environmental and genetic factors. Obesity is no longer believed to be a problem caused by overeating or a lack of will power. It seriously impacts a person’s health and quality of life. There is no single treatment. Obesity needs life-long treatment using multiple “tools.”

What is ABCD?
A new term for obesity is, “adiposity-based chronic disease,” or ABCD.

A) ADIPOSITY ➔ extra weight
B) BASED ➔ because of extra weight
C) CHRONIC ➔ long-lasting
D) DISEASE ➔ illness

Your health care provider can tell you if you are at risk for ABCD and help you achieve a healthier weight. They can help you identify any causes for weight gain or identify causes making weight loss harder.

Overweight and Obesity is Complicated with Many Causes

- Environment
- Society
- Genetics
- Disease
- Gender
- Family
- Culture
- Nutrition
- Lifestyle
- Medications

Obesity
Defining Adult Overweight and Obesity

Ways to measure: BMI and Waist Size

- A weight more than what is considered as a healthy weight for a particular height is known as overweight or obesity.
  
  **Body mass index (BMI)** is a way to measure the relationship between weight and height.

- **Waist size** is another way to measure for unhealthy weight.

### Classification of Overweight and Obesity by BMI and Waist Circumference

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI kg/m²</th>
<th>Comorbidity Risk</th>
<th>Waist Circumference and Health Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men ≤40 in (102cm) Women ≤35 in (88cm)</td>
</tr>
<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
<td>Low but other problems</td>
<td></td>
</tr>
<tr>
<td>Normal weight</td>
<td>18.5-24.9</td>
<td>Average</td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>25-29.9</td>
<td>Increased</td>
<td>Increased</td>
</tr>
<tr>
<td>Obese Class I</td>
<td>30-34.9</td>
<td>Moderate</td>
<td>High</td>
</tr>
<tr>
<td>Obese Class II</td>
<td>35-39.9</td>
<td>Severe</td>
<td>Very high</td>
</tr>
<tr>
<td>Obese Class III</td>
<td>≥40</td>
<td>Very severe</td>
<td>Extremely high</td>
</tr>
</tbody>
</table>
How Does the Body Control Weight?
Achieving a Balance

It’s more complicated than “food in, activity out!”
The brain, gut, organs, fat cells and glands must all work together to achieve balance.

If part of the system is not working well, the whole system can get "out of balance."

✔ The body tries to balance the energy coming in with the energy put out.

✔ The brain handles signals about food and the need to eat or drink.

✔ Feeling hungry or full releases chemicals (hormones and proteins) to the brain.

✔ Eating and drinking makes the brain feel satisfied. This can affect how hungry or full one feels.

✔ Having long term stress can lead to weight gain

✔ The amount of sleep one gets affects the appetite and hormones.
When the Body is “Out of Balance”...

Did You KNOW? Things to Know about Fat Cells

- Fat cells send messages out to the body that affect how the body works.
- Fat cells tend to go to the belly area and make the body respond less to insulin (a hormone that controls blood sugar levels) and can cause diabetes.
- As we get older, our bodies have less muscle and more stored fat because of hormone changes and less physical activity.
Aim for a Healthier Weight

1. An unhealthy body weight makes certain health problems more likely.

- Pre-diabetes
- Type 2 diabetes
- Heart disease
- Cholesterol problems
- High blood pressure
- Stroke

- Cancer
- Arthritis
- Mood problems
- Low quality life
- Sleep apnea (pauses in breathing during sleep)

- Asthma
- and other breathing problems
- Urine leakage
- Body pain
- and difficulty with movement
- Plus many more...

2. Fat cells can make proteins that hurt the body leading to serious health problems:

- Fatty liver disease (non-alcoholic)
- Cysts on the ovaries—Also called polycystic ovary syndrome
- Low levels of male hormones (low testosterone)

3. Being overweight or having obesity may cause mood problems.

- When the body system is “out of balance”, the brain may be affected causing depression or anxiety.

- Having obesity can cause feelings of loneliness, and isolation. This can lead to depression and anxiety.

Getting to a healthier weight helps physical and mental health.
Getting Ready for Better Health

How much weight loss will help weight-related illness and disease?

<table>
<thead>
<tr>
<th>Weight-related illness and disease</th>
<th>Percent of Weight Loss to Benefit Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 diabetes—at risk for the disease</td>
<td>3 to 10 percent</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>5 to 15 percent</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>3 to 15 percent</td>
</tr>
<tr>
<td>High blood sugar, diabetes</td>
<td>3 to 15 percent</td>
</tr>
<tr>
<td>Sleep apnea</td>
<td>5 to 10 percent</td>
</tr>
<tr>
<td>Osteoarthritis</td>
<td>5 to 10 percent</td>
</tr>
<tr>
<td>Urinating by accident when you laugh, cough, or exercise</td>
<td>5 to 10 percent</td>
</tr>
<tr>
<td>Acid reflux, also called GERD</td>
<td>5 to 10 percent (women), 10 percent (men)</td>
</tr>
<tr>
<td>Cysts on the ovaries, also called PCOS</td>
<td>5 to 15 percent</td>
</tr>
</tbody>
</table>

Did You KNOW? More Benefits of Weight Loss

- 1 pound of weight loss = 4 pounds of relief for the knees
- 15 pounds of weight loss can cut knee pain in half

With unhealthy weight, the goal is BETTER HEALTH ... not reaching a number on the scale.

Source: UConn Rudd Center for Food Policy & Obesity.
Developing New Lifestyle Skills
Small changes can make a big difference.

**SELF-MONITORING:**
Record eating and physical activity, as well as thoughts or feelings connected to these activities.

*Keep a daily food and activity log.*

**STRESS MANAGEMENT:**
Identify areas of stress and develop healthy coping and stress-reduction strategies.

*Try relaxation techniques that do not involve eating or drinking.*

**BEHAVIORAL SUBSTITUTION:**
Identify reasons for eating that are not related to hunger and replace another behavior for eating.

*Substitute riding a bike or walking the dog for eating when NOT hungry.*

**SOCIAL SUPPORT:**
Request family or friends to provide support.

*Ask for help. Request a walking partner.*

**GOAL SETTING:**
Set goals for weight management.

*Set a goal to cook most meals at home for 2 weeks.*

*Complete the Goal Setting for Weight Management form (ask your provider).*
Learning New Habits for a Healthier Weight

Eating together with family and friends
✓ Think of reducing, rather than cutting out favorite foods.
✓ Choose steamed or baked foods instead of fried.
✓ Eat at regular mealtimes to avoid overeating later in the day.
✓ Place a single serving in a container rather than eating from the package.

On the go: staying healthy away from home
✓ Ask for your meal to be served without gravy, sauces, butter, or margarine.
✓ Order water to drink with meals.
✓ Pack a lunch and healthy snacks.
✓ Plan ahead for cravings.
✓ Order a smaller portion, appetizer or share a dish.
✓ Explore the menu to give yourself the best options for ordering.

Smart shopping: keeping your basket full and fresh
✓ Make a list based on meal plans.
✓ Shop after a meal.
✓ Buy more vegetables, lean meats and fish.
✓ Add a rainbow to every plate—choose different colored fruits and vegetables.
✓ Read nutrition labels.
✓ Avoid sweets, salty snacks, and soda.

Get in step
✓ Begin with short walks and gradually increase your time or distance.
✓ Use a fitness tracker or activity log.
✓ Go for a walk when you get stressed.
Mindful Eating

What is it?

- Relating to food in a different way by being aware of certain thoughts, emotions, and physical responses.
- Checking in with emotions before eating.
- Being aware of the taste and smell of foods.
- Letting go of old habits.
- Enjoying the experience of eating.

Did You KNOW? Certain Thoughts and Habits Help Reach a Healthy Weight

How many do you have?

- I know what a healthy weight is for me.
- I want to get to a healthy weight.
- I am ready to keep track of what I eat and drink.
- I am ready to keep track of my physical activity.
- I know what factors influence my eating habits.
- I believe I can get to a healthy weight.
Meal Planning

Choose a plan that fits

✔ What kind of foods do you like?
✔ What time do you eat?
✔ Does your family or culture have special meals or traditions?
✔ Who does the food shopping and cooking?
✔ What type of foods are available?
✔ How much time and money can you spend on healthy eating?

Plan healthy meals and snacks for weight loss

Aim to take IN less energy than you put OUT. The difference between energy IN and energy OUT should be about 500 – 750 calories per day.

✔ Use a small portioned plate—½ for vegetables/fruits, ¼ for whole grains, ¼ for proteins.
✔ Consider joining a weight loss group.

No single eating plan is right for everyone. Talk to your health care provider and make a plan that is right for you.

Getting fewer calories is more important than using a specific plan.
Consider the Calories

**Food for Thought**

- Track your hunger using the hunger scale
- Slow down while eating.
- It’s more than just calories, it’s also the nutrients that count.

**Did You Know?**

- Use the Nutrition Facts label to help you understand the food.
- Check the serving size
- Check the calories per serving
- Limit these nutrients
- Limit to no more than 10 percent of total calories
- Get enough of these nutrients

### Hunger Level

<table>
<thead>
<tr>
<th>FEELINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DON’T WAIT</strong></td>
</tr>
<tr>
<td>1 Super hungry, shaky</td>
</tr>
<tr>
<td>2 Very hungry, irritable</td>
</tr>
<tr>
<td><strong>EAT</strong></td>
</tr>
<tr>
<td>3 Hungry</td>
</tr>
<tr>
<td>4 Not hungry, but interested in food</td>
</tr>
<tr>
<td><strong>STOP</strong></td>
</tr>
<tr>
<td>5 Not hungry</td>
</tr>
<tr>
<td>6 Full, not interested in food</td>
</tr>
<tr>
<td>7 Full, ate too much</td>
</tr>
<tr>
<td>8 Too full, sorry you ate</td>
</tr>
<tr>
<td>9 Too full, stomach hurts</td>
</tr>
<tr>
<td>10 Too full, feel sick</td>
</tr>
</tbody>
</table>
Physical Activity

Physical activity and exercise may help with weight loss.

How do I start?

✔ Start slow. Begin with short walks and increase your activity over time.
✔ Work up to the recommended goal.
✔ Aim to exercise at least 3 to 4 times a week.

PHYSICAL ACTIVITY
Moving your body in any way!
☐ Walking
☐ Gardening
☐ Climbing stairs
☐ Housework

EXERCISE
A specific activity to burn calories and gain strength
☐ Walking fast
☐ Biking
☐ Running
☐ Swimming
☐ Strength training
☐ Gym workout

Your health care provider can help you plan a physical activity routine.
All Types of Physical Activity are Helpful

You don’t have to do a marathon race!

Now that you know the importance of activity—start from where you are today. Even if you have had little activity—just start moving today. A little bit more each day provides great benefit.

<table>
<thead>
<tr>
<th>If...</th>
<th>Work up to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>You want to reduce weight-related diseases</td>
<td>225-400 minutes a week</td>
</tr>
<tr>
<td>You lost weight and want to stay at your new, healthier weight</td>
<td>200-300 minutes a week</td>
</tr>
<tr>
<td>You want to avoid gaining weight</td>
<td>150-250 minutes a week</td>
</tr>
<tr>
<td>You want to stay healthy</td>
<td>About 150 minutes a week</td>
</tr>
</tbody>
</table>

Did You KNOW? Ways for activity to be fun!

✔ Use a fitness tracker.
✔ Do different types of activity to keep it FUN.
✔ Exercise with a friend. Talking can make the time go by faster!
✔ Join a group or take a class.
✔ Join a support group.
✔ Keep a diary and include pictures of your progress.
✔ Encourage other people.
✔ Plan a reward for yourself.
Anti-obesity Medications

Can medicines help with reaching a healthier weight?

Medication is another tool to use—along with lifestyle changes, meal planning and physical activity to reach a healthier weight.

Is anti-obesity medication right for me?

Weight loss medication may be a good choice if:

✔ You have tried lifestyle changes but can’t reach a healthier weight.
✔ You are regaining weight after losing it.
✔ BMI is 27-29.9 with weight related disease
✔ Your BMI is 30 or higher

How do medications work?

Depending on the medication used, it may:

✔ Lower your appetite.
✔ Increase your energy.
✔ Decrease the amount of fat your body absorbs.
✔ Help you feel full while eating less.
✔ Reduce cravings (strong desires).

Feeling fuller by eating fewer calories each day can help reach a healthier weight goal.

Your health care provider can help you decide if an anti-obesity medication is a good choice for you.
There are 2 Main Types of Anti-obesity Medications

1. **SHORT-TERM MEDICATIONS**
   Usually taken for up to 12 weeks but may be longer.

2. **LONG-TERM MEDICATIONS**
   Taken for several years or longer to keep a healthier weight and treat the chronic disease.

**Q. How do I take anti-obesity medications?**

**A.** Most are a pill taken by mouth or a small injection.

**Q. What if the medication does not work?**

**A.** If you do not lose about 5 percent of your total weight within 3 to 4 months—you might need a higher dose or a different medication.

**Q. How will my health care provider decide if medication is right for me?**

**A.**
- What is your BMI?
- Do you have weight-related diseases or other health problems?
- What is the risk to your health?
- Are there side effects?
- Are lab tests needed?

**Tell your health care provider about all your medications including those without a prescription. This includes vitamins, herbs, supplements, and protein drinks.**

**IMPORTANT**
There are no approved obesity medications that can be used during breastfeeding, pregnancy or while attempting pregnancy.
What are the Benefits of Anti-obesity Medications?

Anti-obesity medications may help with a person’s ability to “stick to” lifestyle changes leading to and keeping a healthier weight.

**Compared with LIFESTYLE ONLY:**

- More than half of patients achieved their weight loss goals of 5 to 10 percent with MEDICATIONS and LIFESTYLE.
- They had great improvements with their blood pressure, cholesterol and blood sugar.

**Did You KNOW? Important Questions to Ask About Your Medication**

- What is the name of my medication?
- How much should I take and how often?
- What if I forget to take my medication?
- What side effects could this medication have?
- Why is this medication a good choice for me?
- What is the cost?
- Where can I find more information about this medication?
Weight Loss Surgery

The medical term for weight loss surgery is “bariatric surgery.” It is another tool to use along with meal planning, physical activity and lifestyle changes to reach a healthier weight.

**Weight loss surgery may be for you if:**

- Your BMI is 30 to 34.9 and you have diabetes or “metabolic syndrome.”
- Your BMI is 35 to 39.9, and you have more than one disease related to unhealthy weight.
- Your BMI is more than 40, and surgery is safe for you.
- Other ways of getting to a healthier weight have not worked.

**How is weight loss surgery done?**

Most are “laparoscopic”—through small cuts made in the belly. A tiny video camera and instruments are used to perform the surgery.
Types of Weight Loss Surgery

What are the types of weight loss surgery?
The more common surgeries are:

**Gastric bypass surgery**
- Small pouch the size of a walnut is created and attached to the small intestine
- Limits food intake and absorption of nutrients
- May be a good choice if you have a high BMI, acid reflux or diabetes
- Estimated hospital stay 1-4 days, full recovery 1-2 weeks
- 60-70% expected excess weight loss at 2 years; Procedure is not reversible

**Gastric sleeve surgery**
- Removal of 85% of the stomach to form a banana-like tube
- Limits food intake
- May be a good choice if you have high blood pressure, high blood sugar and high cholesterol, and carry your weight in the waist area
- Estimated hospital stay 1-2 days, full recovery 1-2 weeks
- 50-70% expected excess weight loss at 2 years; Procedure is not reversible

**Lap band surgery**
- Adjustable band is used to create a pouch in the upper part of your stomach
- Produces feelings of fullness and limits food intake
- May need frequent adjustments
- May be a good choice if your BMI is not extremely high and if your blood pressure, your blood sugar and cholesterol are ok
- Outpatient procedure; usually one week recovery
- 30-50% expected excess weight loss at 2 years; Procedure is reversible
If You are Thinking about Weight Loss Surgery...

You and your health care provider can talk about:

✔ The benefits and risks.
✔ Where to find an experienced surgeon.
✔ Which surgery is best for you.
✔ Lifestyle changes to get the full benefit from your surgery.

Did You KNOW? Benefits of Weight Loss Surgery

✔ Studies show bariatric surgery cuts a person’s risk of dying early by 30-40%.
✔ Bariatric surgery reduces death from cancer by 60%, with the most reductions seen in breast and colon cancers.
✔ Helps to improve or resolve more than 40 obesity-related problems.
✔ Gastric bypass patients may improve life expectancy by 89 percent.

Your health care provider is the best person to talk with about obesity. They understand talking about weight is difficult.
Consider your health care provider as your partner for better health.

1. You might have heard getting to a healthier weight is simple. But many different body systems work together to make you gain weight. The more weight you gain, the more difficult it is to lose extra weight.

2. Talking with your health care provider about making a treatment plan is a strong predictor of successful weight loss.

3. The disease of obesity is a chronic illness requiring life-long treatment using multiple “tools” to reach a healthier weight. Your health care provider can help you aim for a healthier weight to avoid illness and enjoy life.
RESOURCES

Obesity-Focused Organizations
Information on weight loss drugs and tools to support lifestyle changes.

AACE Obesity Resource Center: http://obesity.aace.com/
American Obesity Association: http://www.obesity.org
Obesity Society: http://www.obesity.org/resources/facts-about-obesity/resources-for-consumers
Obesity Action Coalition: http://www.obesityaction.org/
Obesity Support Group for Bariatric Surgery http://www.obesityhelp.com/

Preventing Obesity-Related Disease

Diabetes
Preventing Diabetes: https://www.cdc.gov/diabetes/home/index.html
American Diabetes Association: http://www.diabetes.org

Heart Disease
American Heart Association: http://www.heart.org/HEARTORG/HealthyLiving/WeightManagement/Obesity/Obesity-Information_UCM_307908_Article.jsp#WQN28VPyu3I

General Lifestyle Advice
Heart Health and Healthy Living: https://healthyforgood.heart.org/
Healthy Food Choices: https://www.choosemyplate.gov/
American Dietetic Association: http://www.eatright.org/
Center for Disease Control Healthy lifestyle: www.cdc.gov/obesity/
UptoDate Weight Loss Treatments:
The Center for Mindful eating:
http://thecenterformindfuleating.org/
U.S. Food and Drug Administration Labeling & Nutrition
https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm