

- Chapter 15

- Weight Management

- Chapter 15

Lesson 15.1

- Key Concepts

- Underlying causes of obesity include a host of various genetic, environmental, and psychological factors.

- Realistic weight management focuses on individual needs and health promotion, including meal pattern planning and regular physical activity.

- Key Concepts, cont'd

- America's obsession with thinness carries social, physiologic, and biologic costs.

- Introduction

- America is getting heavier

- 66% of adults ages 20 to 74 years are overweight

 - Of this number, 32% meet criteria for obesity

- Center for Health Statistics reveals that 17% to 19% of children and adolescents are overweight

- Overweight and obesity, by age: United States, 1960-2004

- Obesity and Weight Control

- Body weight and body fat

 - Definitions

 - Body composition

- **Measures of weight maintenance goals**
 - **Standard height/weight tables**
 - **Healthy weight range**
 - **Individual variation**
 - **Necessity of body fat**

- **Obesity and Weight Control, cont'd**
- **Obesity and health**
 - **Weight extremes**
 - **Overweight and health problems**

- **Causes of obesity**
 - **Basic energy balance**
 - **Hormonal control**
 - **Leptin**
 - **Ghrelin**
 - **Genetic and family factors**

- **Obesity and Weight Control, cont'd**
- **Genetic and family factors**
- **Obesity and Weight Control, cont'd**
- **Individual differences and extreme practices**
 - **Individual energy balance levels**
 - **Extreme practices**

- Fad diets
 - Scientific inaccuracies and misinformation
 - Failure to address the necessity of changing long-term habits
- Obesity and Weight Control, cont'd
- Extreme practices, cont'd
 - Fasting
 - Specific macronutrient restrictions
 - Clothing and body wraps
 - Drugs
 - Reduce energy intake by suppressing appetite
 - Increase energy expenditure by stimulating basal metabolic rate
 - Reduce the availability of nutrients to enter cells
 - Alter lipogenesis and lipolysis
- Obesity and Weight Control, cont'd
- Extreme practices, cont'd
 - Surgery
 - Gastric restriction
 - Malabsorptive procedures (e.g., gastric bypass)
 - Lipectomy
- Surgery
- Surgery, cont'd
- Surgery, cont'd

- **Sound Weight Management Program**
- **Essential characteristics**
- **Behavior modification**
 - **Basic principles**
 - **Basic strategies and actions**
 - **Defining problem behavior**
 - **Recording and analyzing baseline behavior**
 - **Planning behavior management strategy**
- **Sound Weight Management Program, cont'd**
- **Dietary principles**
 - **Energy (kilocalories) reduced according to need**
 - **Energy (kilocalorie) readjustment to maintain weight**
 - **Realistic goals**
 - **Nutritional adequacy**
 - **Cultural appeal**
- **Chapter 15**
- **Lesson 15.2**
- **Key Concepts**
- **Short-term food patterns, or fads, often stem from food misinformation that appeals to some human psychological need but does not necessarily meet physiologic requirements.**
- **Key Concepts, cont'd**
- **Realistic weight management focuses on individual needs and health promotion, including meal pattern planning and regular physical activity.**

- **America's obsession with thinness carries social, physiologic, and biologic costs.**
- **Sound Weight Management Program**
- **Basic energy balance components**
 - **Energy input: food behaviors**
 - **Energy output: exercise behaviors**
- **Sound Weight Management Program, cont'd**
- **Principles of a sound food plan:**
 - **Energy balance**
 - **Nutrient balance**
 - **Distribution balance**
 - **Food guide**
 - **Preventive approach**
- **Food Misinformation and Fads**
- **Types of claims**
 - **Food cures**
 - **Harmful foods**
 - **Food combinations**
 - **"Natural" foods**
- **Food Misinformation and Fads, cont'd**
- **Erroneous claims**
- **Dangers**

- **Vulnerable groups**
 - **Elderly, young persons, obese persons, athletes and coaches, entertainers**
- **What is the answer?**
- **Underweight**
- **General causes**
 - **Wasting disease**
 - **Poor food intake**
 - **Malabsorption**
 - **Hormonal imbalance**
 - **Energy imbalance**
 - **Poor living situation**
- **Underweight, cont'd**
- **Dietary treatment**
 - **High-calorie diet**
 - **High protein**
 - **High carbohydrate**
 - **Moderate fat**
 - **Adequate sources of vitamins and minerals**
- **Underweight, cont'd**
- **Disordered eating**
 - **Anorexia nervosa**

- Bulimia nervosa
- Binge eating disorder
- Treatment

- Anorexia
- Anorexia
- Bulimia Nervosa and Binge Eating Disorder
- Definitions
- Warning signs
- Treatment
- Summary
- America is getting bigger, with 66% of adults and 17% to 19% of children and adolescents being overweight.
- In the traditional medical model, obesity has been viewed as an illness and a health hazard, which is true in cases of clinically severe obesity.
- Summary, cont'd
- A sound weight loss program is based on reduced energy intake for gradual weight loss and nutrient balance to meet health standards.
- The ideal plan begins with prevention, stressing the formation of positive food habits in early childhood to prevent major problems in later life.
- Summary, cont'd
- Underlying causes of obesity include a host of various genetic and environmental factors.

- **America's obsession with thinness has created extreme weight management problems such as eating disorders (e.g., anorexia nervosa, bulimia nervosa).**
- **Summary, cont'd**
- **Newer approaches view moderate overweight differently, however, in terms of the important aspect of fatness and leanness or body composition and propose a more person-centered positive health model**