ADELANTE HEALTHCARE

Patient Education on Healthy Eating and Exercise

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Obesity Epidemic

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- Overweight BMI ≥25; Obese BMI ≥30
- Currently, more than one-third of Americans are overweight and another one-third are obese
- Almost 17% of children and adolescents are obese
- Obesity is the second leading preventable cause of disease and death in the U.S., second only to tobacco use
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of death

Obesity in Arizona

- 65% of Arizona adults age 18 and over are either overweight(40%) or obese(25%)
- 28% of high school students are either overweight(15%) or obese(13%)
- Those from lower incomes, less education and Hispanics more likely to be obese
  - 17.4% in poverty
  - 8.3% in extreme poverty
  - 24% of children in poverty
- 14.5% of low income children are obese

Obesity-Related Costs

- In 2008, the nation's medical costs associated with obesity were estimated at $147 billion and is on the rise
- Medical costs paid by third-party payers for people who are obese were $1429 higher than those of normal weight
- In 2010, Arizona spent $2 billion on morbid obesity-related inpatient and outpatient hospital activities

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EAT HEALTHY AND EXERCISE

SURPRISE, ARIZONA

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Benefits of Eating Healthy

This is what your plate should look like.

Healthy eating is one of the best things you can do to prevent and control many health problems such as: heart disease, high blood pressure, type 2 diabetes and even cancer. Life style changes that include healthier diets, regular physical activity and weight loss of 7-10% have shown phenomenal health benefits that can be more effective than medication. You can even reverse diabetes this way! So why not eat healthy and exercise?

DID YOU KNOW??

90% of diabetes, 80% of heart disease and 60% of cancers are preventable with healthier lifestyles and normal body weights

Make Changes

Drinks: cut out sugary drinks (soda, diet soda, juice, sports drinks, energy drinks), change to skim milk, drink plenty of water (8 glasses a day)

Bread and grains: choose whole-wheat bread, oatmeal, brown rice, whole-wheat tortilla

Cereal: buy ones with less sugar but with more fiber and whole grains

Meat and protein: eat lean meats such as white meat chicken, turkey, white pork or fish; limit the consumption of red meat (like carne asada)

Snacks: eat healthy snacks such as fruits, vegetables, and nuts. Do not eat empty calories (foods that are high in calories but low in nutrition), like Hot Cheetos or Takis

Microwave meals: stay away from prepackaged frozen microwave meals

Choosemyplate.gov Daily Recommendations

	Children	Girls		Boys	
	4-8 years	9-13 years	14-18 years	9-13 years	14-18 years
Fruits	1-1.5 cups	1.5 cups	1.5 cups	1.5 cups	2 cups
Vegetables	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups
Grains	5 ounces	5 ounces	6 ounces	6 ounces	8 ounces
Proteins	4 ounces	5 ounces	5 ounces	5 ounces	6.5 ounces
Dairy	2.5 cups	3 cups	3 cups	3 cups	3 cups
Oils	4 teaspoons	5 teaspoons	5 teaspoons	5 teaspoons	6 teaspoons

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EAT HEALTHY AND EXERCISE

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Exercise

Exercise for 60 minutes a day, 3 times a week

Do enough exercise to break a sweat

Tips: walk around the neighborhood, jump rope, ride a bicycle, set up a home gym (use household items for weights), climb stairs (if at home)

Shopping Healthy on a Budget

Fruits and Vegetables:

Buy frozen or canned fruits and vegetables—canned vegetables that have no added salt ("low sodium" or "no salt added" on the label) and fruit that is canned in 100% fruit juice

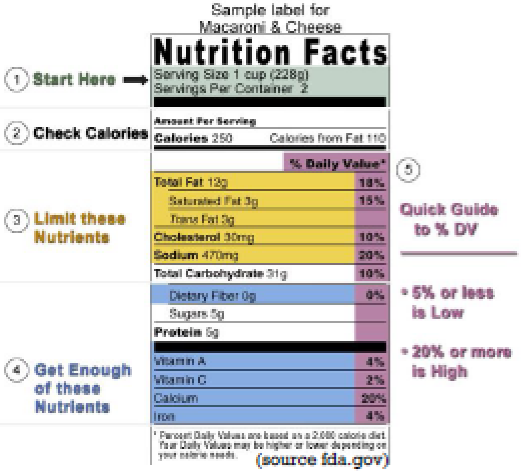
Buy fruits and vegetables that are in season—Farmer's markets always carry what is in season

Avoid pre-cut, pre-washed, ready-to-eat foods (i.e. pre-bagged salad mixes are usually more expensive and spoil faster)

Meats:

Look for specials at the meat counter. Buy meat on sale in large bulk to save money. Freeze portions you might not use right away to prevent spoiling

Reading Nutritional Facts



(source fda.gov)

1. **Pay attention to the serving size.** The nutrient numbers are for one serving. Multiply all the numbers by the number of servings you eat.
2. Number of servings determines the number of calories. **Eating too many calories per day is linked to overweight and obesity.**
3. **Keep these numbers as low as possible** to reduce your risk of chronic diseases.
4. Eat foods with more of these.
5. % Daily Value: **Use these numbers to compare similar foods.** Make sure the serving sizes are similar and choose the one with lower %DV numbers under the "Limit these Nutrients"section.

Alison Kang, Last Updated Aug 2012

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