Healthy by Design

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Surprise, Arizona
• Primary Care Leadership Program community health center project was sponsored by General Electric in partnership with National Medical Fellowship
  • Adelante Healthcare: Surprise Clinic in Maricopa County
  • Focus on sustainable healthcare for all and the surrounding community
• Project strategy is positive deviance
  • Intervention and/or development approach that is based on the premise that solutions to problems already exist within the community
Intervention

• ‘Healthy by Design’ worksheet was provided to all patients who were overweight (25.0-29.9) or obese (30.0 and above) by body mass index (BMI)
• Worksheet helps set goals for weight loss and positive healthy lifestyle changes
  • Highlights four key points (5-2-1-0 plan):
    • Five or more fruits and vegetables a day
    • Two hours of screen time or less
    • One hour of physical activity
    • Zero surgery drinks and more water
• Contains action plan and additional physical activity and nutritional goals
‘Health by Design’ Worksheet

Adult Prescription for a Healthy Weight

Name: ___________________________ Date: ___________________

Current Weight: _______ Current BMI: _______ Ideal Weight: _______

What is BMI? Body Mass Index (BMI) is a measure of health, based on your height and weight. This estimate is a good gauge of your risk for certain diseases such as heart disease and diabetes.

BMI Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Below 18.5</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>18.5-24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0-29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30.0 and Above</td>
</tr>
</tbody>
</table>

| My Goal Weight: _______, I will work to reach my goal weight by / / / (date). |

A 5-10% decrease in weight can have positive effects on my health. Achieving a healthy weight and becoming more active would help me manage these health problems:

- [ ] High cholesterol
- [ ] Heart disease
- [ ] Depression
- [ ] High blood pressure
- [ ] Diabetes
- [ ] Asthma/COPD
- [ ] Sleep apnea
- [ ] Arthritis
- [ ] Other: ___________________________

Make the healthy choice the easy choice everyday...

5 or more fruits & vegetables
2 hours or less of screen time
1 hour of physical activity
0 sugary drinks, more water

*Keep TV/computer out of the bedroom.

www.healthybydesignyellowstone.org

Adult Action Plan

The following will help me meet my goal weight:

Referal to other professional for support:

Name: ___________________________ Phone number: ___________________________

Medication (prescribed or over-the-counter):

Community resource referral:

My Nutrition Goals:

- [ ] Use the plate method: fill ½ my plate with fruits and vegetables, ¼ whole grain, ¼ lean protein.
- [ ] Choose whole grain foods: brown rice, oatmeal, bran cereal, whole grain breads and pastas.
- [ ] Choose lean protein: beans, fish, chicken, turkey, eggs, pork and nuts.
- [ ] Eat fresh, frozen or canned fruits and vegetables.
- [ ] Choose low-fat or nonfat dairy: low-fat milk, low-fat yogurt and low-fat cottage cheese.
- [ ] Limit the use of added fats such as salad dressing, mayonnaise, margarine, butter and oil.
- [ ] Keep track of my daily intake using a food journal. Optional. Eat _______ calories/day.
- [ ] Plan meals ahead of time—including meals at home and at work.
- [ ] Avoid eating fast food. If I do eat out, I will bring home half of the entrée.
- [ ] Other: ___________________________

My Physical Activity Goals:

- [ ] Walk, bike or take the bus whenever possible, especially trips that are less than one mile.
- [ ] Strengthen my muscles: lift weights, practice yoga, or use my body weight for resistance.
- [ ] Join a recreation center or gym.
- [ ] Enjoy nature and outdoor activities with friends and family.
- [ ] Find a workout partner to hold me responsible for my physical activity goals.
- [ ] Take the stairs whenever possible.
- [ ] Use a pedometer to track my steps. I will walk 8,000-10,000 steps per day.
- [ ] Other: ___________________________

Online Resources

Nutrition
- [ ] www.cdc.gov/healthyweight/healthy_eating
- [ ] www.choosemyplate.gov/SuperTracker
- [ ] www.fruitsandvegetablesmatter.org
- [ ] www.health.gov/dietaryguidelines

Physical Activity
- [ ] www.cdc.gov/healthyweight/physical_activity
- [ ] www.nwcf.org/Ges-Outside
- [ ] www.naturefind.com
- [ ] www.presidentschallenge.org
Methods

• ‘Healthy by Design’ worksheet was provided to all patients who were overweight or obese by BMI standards
• Age, gender, ethnicity, BMI, diseases associated with obesity, and insurance status were recorded during the initial counseling
• Two weeks later the patient was telephoned and asked about lifestyle changes he/she was able to improve upon
• Each patient’s weight was recorded and a new BMI was calculated
Results

**Body Mass Index**

- Initial BMI
- BMI after 2 Weeks

**Associated Diseases**

- HTN
- Lipid
- DMII
- COPD
- Heart Dx
- Depression
Results

<table>
<thead>
<tr>
<th></th>
<th>Insured</th>
<th>Uninsured</th>
<th>State</th>
<th>Male</th>
<th>Female</th>
<th>Hispanic</th>
<th>Caucasian</th>
<th>African American</th>
<th>Asian</th>
<th>Eastern</th>
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</table>

Discussion

• Based on the results of the ‘Healthy by Design’ worksheet, it was seen that healthy lifestyle changes of diet and exercise can decrease the BMI of patients
• Average percent difference from initial BMI and two weeks after lifestyle changes was 1.9%
• Percent difference ranged from 0.5% to 4.9%
• Most patients stated overall they felt better and had more energy throughout the day
Conclusion

• Educational counseling about healthy lifestyle changes through the use of the ‘Healthy by Design’ worksheet helped decrease weight and BMI in most patients

• Following up with patients two weeks later held them accountable for their actions and encouraged them to stay motivated and on-track with the healthy lifestyle modifications
Final Recommendations

• Follow the 5-2-1-0 plan:
  • Five or more fruits and vegetables a day
  • Two hours of screen time or less
  • One hour of physical activity
  • Zero surgery drinks and more water

• Eating a low-calorie, low-fat diet and increasing physical activity can help reduce the incidence of diabetes and other diseases associated with obesity
  • For example: hypertension, hyperlipidemia, congestive obstructive pulmonary disease, asthma, depression, and heart disease
References


