

# Wellness Culture

## March 2009: Nutrition & Weight Control

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### Statistics:

- Two-thirds of all adults are either over-weight or obese
- One-third of all children are overweight or obese
- Scientists have proven that we can change our DNA, over time, with changes in our diet
- Obese children & adolescents are more likely to become obese as adults
- 80% of overweight children (ages 10-15) will become obese adults by age 25
- Cost of lost productivity related to obesity in the US was \$3.9 billion in 1994!

### What Science Says About Weight Loss/Control:

- The National Weight Control Registry ([www.nwcr.ws](http://www.nwcr.ws)) established in 1994 has studied weight loss success
- All participants must have lost a min. of 30lbs. and kept it off for 1 year
- 98% of participants indicated that they modified their food intake in some form to lose weight
- 95% increased their physical activity (most frequently in the form of walking)
- 78% eat breakfast everyday
- 75% weigh themselves at least once a week
- 62% watch less than 10 hours of TV per week
- 90% exercise, on average, about 1 hour per day

### Interesting Facts:

- Satiation comes from food cues as well as from that feeling of fullness
  - Always sit down, relax and enjoy your meal- no distractions
- If you use smaller plates you will eat less (just don't fill up your plate- twice!)
- The color blue is a natural suppressant.
  - Try changing your tableware or the light bulb above your kitchen table and experience the difference
- We eat with our eyes...if you eat blindfolded you will intrinsically eat less
- The larger the container the more we eat, even when it tastes bad
- If food is in close proximity to us...we will eat more (i.e., candy dish on desk)
- In 1950 a McDonalds burger, fries and coke was 590 calories, today that meal (supersized) is worth a whopping 1,550 calories!



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### Getting Started:

1. “Mom was right!” Eat your fruits & veggies (5-9 servings a day)
2. Make them convenient & available...clean out your pantry!
3. Eat less FAT! There are 9 calories in one gram of fat, versus 4 calories for carbohydrates or protein...you do the math.
4. Choose lean meats & poultry (go vegetarian once a week!)
5. Eat fish twice a week (fatty fish is best; salmon, tuna, mackerel, lake trout, or sardines)
6. Don't fry. (Ever seen what grease looks like when it's cooled...it hardens. Want that in your body?)
7. Use oils sparingly. Opt for healthy oils such as canola or olive but be discrete!
8. Eat less sugar (white flour, sugary snacks & beverages) – can increase your hunger and your waistline
9. Drink water. ZERO calories, makes you feel full, and actually quenches your thirst
10. Eat more fiber (beans, lentils, whole grains, veggies etc.) Keeps you full, low in calories and maintains a healthy digestive tract
11. START MOVING!!!! Remember you need to incorporate both exercise and food modifications for lasting weight loss

### Resources:

1. American Dietetic Association, <http://www.eatright.org>
2. National Institute of Diabetes and Kidney Disease, <http://www.diabetes.niddk.nih.gov/>
3. Center's For Disease Control – Overweight & Obesity, <http://www.cdc.gov/nccdphp/dnpa/obesity/>
4. Paul McKenna, PhD, <http://www.paulmckenna.com>
5. American College of Sports Medicine, <http://www.acsm.org>
6. Lisa Young, PhD, <http://www.portionteller.com>



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