



THE OHIO STATE UNIVERSITY

HEALTH PLAN



BMI-Weight Management Overview

Presented by OSU Health Plan
Health Coaches & Wellness Team



Overview:

- What is Body Mass Index (BMI)?
- What is a Calorie?
- Weight Loss and General Nutrition
- Serving Size and Food Choices
- Physical Activity
- Hydration, Mindfulness, Social Determinants of Health and Sleep
- Behavior Change and Goal Setting
- Resources



Body Mass Index (BMI)

What is BMI?

BMI is a number calculated from a person's weight and height. BMI provides a fairly reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

How to Calculate Your BMI

Calculate BMI by dividing weight in pounds (lbs.) by height in inches (in) squared and multiplying by a conversion factor of 703.

Pounds and Inches

Formula: $\text{weight (lb.)} / [\text{height (in)}]^2 \times 703$

Calculate BMI by dividing weight in pounds (lbs.) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs.,
Height = 5'5" (65")
Calculation: $[150 \div (65)^2] \times 703 = 24.96$



[Click
HERE to
Calculate
Your BMI](#)



BMI Ranges

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese

Body Mass Index

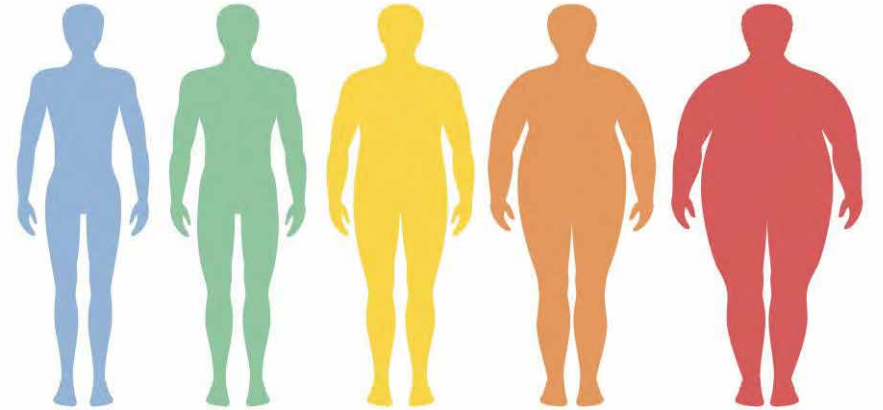


Photo credit: istockphoto.com: Mashot



Fat vs. Muscle





Losing 5% of your Baseline Weight can:

Improve

Sleep quality and quantity

Mood

Sexual function and overall health

Reduce

Risk of heart disease

Risk of diabetes

Risk of cancer



What is a Calorie?

Nutrient	Calories Per Gram
Carbohydrates (<i>Starches/Sugars</i>)	4
Protein	4
Fat	9
Alcohol	7



Examples of Calories

WHY HAVE THIS..



MEDIUM FRENCH FRIES & BIG MAC

930 CALORIES
48G FAT
29G PROTEIN
94G CARBS
8G FIBER
1270MG SODIUM

1

..WHEN YOU CAN HAVE ALL THIS?



ALL THIS HEALTHY FOOD

930 CALORIES
13G FAT
64G PROTEIN
115G CARBS
23G FIBER
340MG SODIUM

2



Caloric Deficit

- 3,500 calories= 1 pound
- Calories are used to measure the energy value of food and beverages
- Caloric Deficits are best accomplished with reducing calories consumed and expending energy through physical activity
- Weight loss of .5 to 2 pounds per week is recommended



Healthy Weight Loss Calculator



Photo credit: istockphoto.com: Czanner

Calculate 5% weight loss as a starting goal!

Current weight – (current weight *0.05)

Example: 160# - (160# x 0.05)

160 – (8) = **152#**

To use the formula:

Multiply the current weight by 0.05 to work out a 5% weight loss

Subtract the Step 1 answer from the current weight.





General Nutrition Guidelines

- Avoid fad diets
- Eat high calorie foods less often
- Reduce portions of high calorie food
- Aim towards eating every 3 to 4 hours to boost metabolism
- Do not skip meals
- Aim for 5 to 9 fruits and vegetables daily
- Modify recipes to reduce calories



Examples of Foods to Prioritize

Vegetables:

These should play a fundamental role at most meals. They are low in calories yet full of important micronutrients and fiber

Lean Meat and Fish:

Major sources of complete protein

Eggs:

Pack a powerful combination of protein, beneficial fats and micronutrients

Healthy Complex Carbohydrates:

Whole food starchy foods like sweet potatoes, quinoa and whole wheat bread are healthy and nutritious

Fruits:

A natural sweet treat, fruit provides micronutrients and antioxidants that can help improve health

Nuts and Seeds:

These are one of the best fat sources available and also contain important micronutrients

Dairy:

Convenient, low-cost sources of protein and calcium



Foods to Minimize or Avoid

Sugar-Based Products:

Foods high in sugar, especially sugary drinks, are linked to obesity and type 2 diabetes

Trans Fats:

Also known as partially hydrogenated fats- linked to serious diseases, such as heart disease

Refined Carbohydrates:

Such as white bread, white pasta, etc. are linked to overeating, obesity and metabolic disease

Processed Low-Fat Products:

Often disguised as healthy alternatives, but contain a lot of sugar to make them taste better

Fast Food:

Many fast food options are high in empty calories, unhealthy fats and sodium

Alcohol:

Women max 1 serving per day, Men max 2 serving's per day. Do not start if you do not currently consume alcohol



Ingredients to watch out for...

- High fructose corn syrup
- Aspartame
- Monosodium glutamate (MSG)
- Sodium benzoate
- Trans fat- hydrogenated vegetable oils
- Titanium dioxide
- Glyphosphate
- Interesterified fat
- Red #3, Red #40, or other food dyes/colors

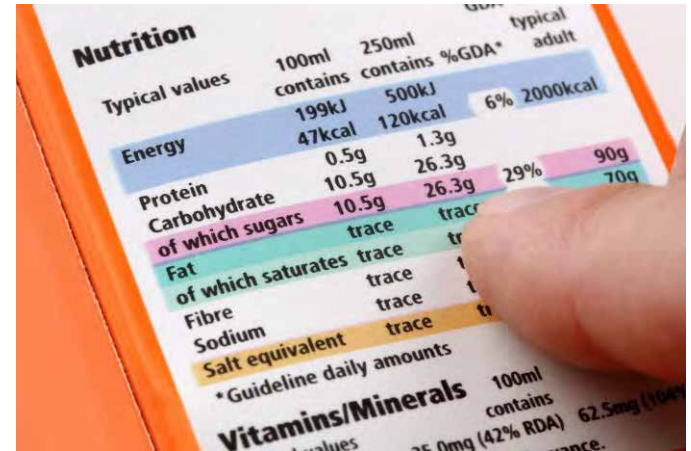


Photo credit: istockphoto.com: BrianAJackson

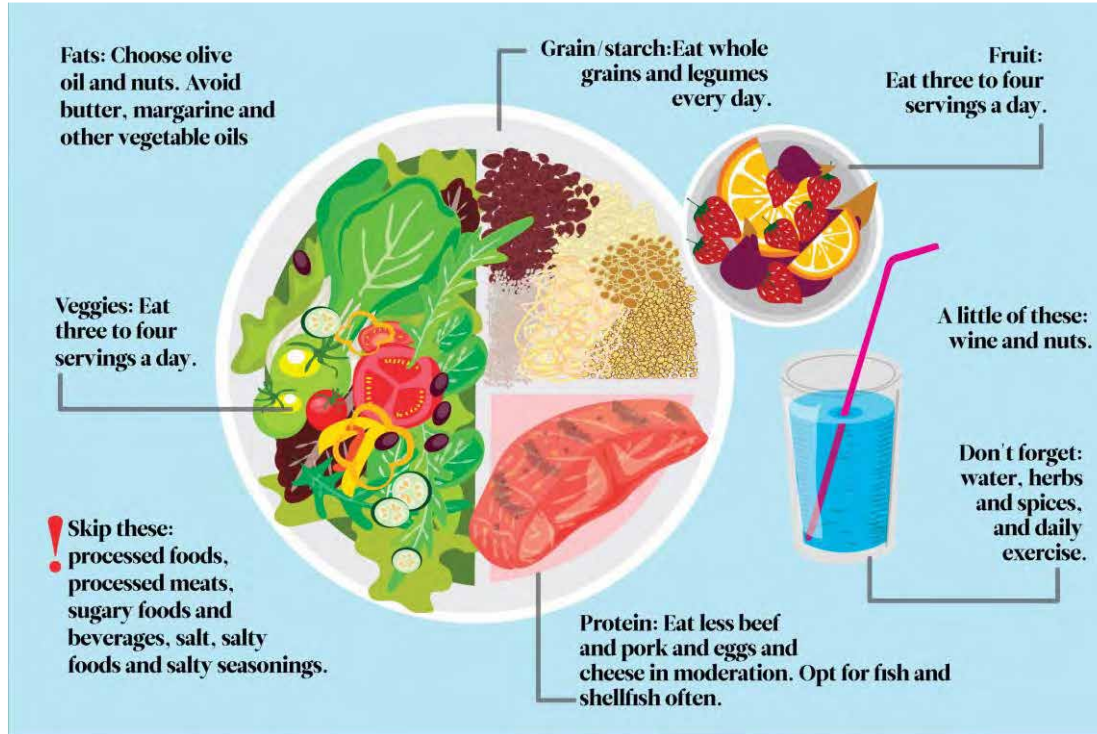


Nutrition and Weight Loss Tips

- Eat less more often and pay attention to portion sizes
- Eat more at the beginning of the day
- Eat breakfast within the hour of getting up
- Eat a balanced diet that includes all food groups- variety is key!
- Eat snacks that include protein



General Nutrition Guidelines*



*Confirm with your Primary Care Provider

<https://www.thehealthy.com/food/mediterranean-diet-infographic/>



Know your Portion Size

A Handy Guide to Portion Size



Palm = 3 ounces
Poultry, Meat & Fish



Fist = 1 cup
Rice, Pasta, Fruit, Veggies & Ice Cream



Cupped Hand = 1/2 cup
Beans & Potatoes



2 Cupped Hands = 1 ounce
Chips, Popcorn & Pretzels



Thumb = 1 ounce
Peanut Butter & Hard Cheese

Thumb tip = 1 teaspoon
Cooking Oil, Mayo & Butter



Portion Size Overview: Tips and Fruits & Vegetables

PORTION SIZE MATTERS 

A handful of tricks to know how much is enough (part 1)

Why pay attention to portion sizes?

It's easy to overload the plate and eat too much.

Over the years portion sizes have grown.

Being mindful of how much and what we eat helps.

The size of our hand comes handy for measuring a healthy portion.

Portion sizes for children? Smaller hands equal smaller portions! Use these 'handy' tools to adjust the portions accordingly.

WHAT MAKES A PORTION OF FRUIT AND VEG?

Generally, a portion of fruit or veg is 80 g.
Aim for 5 portions of a variety of fruit and veg a day.

SMALL FRUITS
2 PIECES

MEDIUM FRUITS
1 PIECE

LARGE FRUITS
1 SLICE

ROOT VEG
1 FIST

CARROTS POTATOES

LEAFY SALAD
2 HANDFULS

BERRIES
1 HANDFUL



Portion Size Protein, Dairy & Grains:

WHAT MAKES A PORTION OF PROTEIN?

Aim for at least 2 portions of fish a week. Eat less red and processed meat.



MEATS & FISH
PALM OF HAND



EGGS
2 MEDIUM



BEANS
1 FIST

WHAT IS ONE PORTION OF DAIRY?

Choose options lower in fat and sugar.



MILK
200ML



YOGHURT
125ML

CHEESE
INDEX FINGER



HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?

Aim for the wholegrain options.



PASTA (UNCOOKED)
1 HANDFUL



BREAD
1 SLICE



CEREAL
1 FIST



Portion Size Nuts, Fats & Oils and Treats:

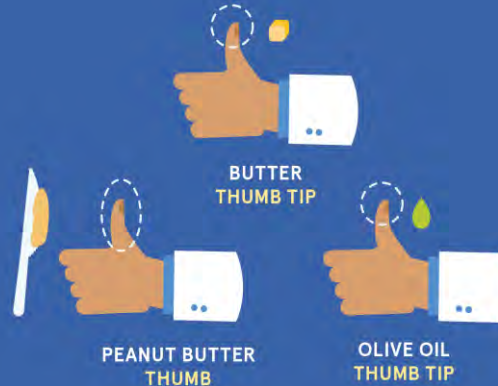
WHAT IS ONE PORTION OF NUTS?

Nuts are a great snack, they're filling and contain heart-healthy unsaturated fats.



WHAT MAKES A PORTION OF FATS AND OILS?

Aim for unsaturated fats, limiting trans fats. Fats are high in calories so it's especially useful to watch your portion size.



HOW BIG IS A PORTION OF TREATS?

Enjoy them occasionally.





Examples of Calories

930 calories = 930 calories ?

WHY HAVE THIS..



MEDIUM FRENCH FRIES & BIG MAC

930 CALORIES
 48G FAT
 29G PROTEIN
 94G CARBS
 8G FIBER
 1270MG SODIUM

1

..WHEN YOU CAN HAVE ALL THIS?



ALL THIS HEALTHY FOOD

930 CALORIES
 13G FAT
 64G PROTEIN
 115G CARBS
 23G FIBER
 340MG SODIUM

2



Why are Healthy Snacks Important?




- Helps with portion control at meals
- Increases metabolism
- Stabilizes your fuel throughout the day/night



Photo credit: istockphoto.com: VeselovaElena



Examples of Healthy Snacks

<u>Healthy Snack =</u>	<u>High fiber food/complex carbohydrate</u>	<u>Protein and/or Fat</u>
(1) 	1 slice whole wheat bread	2 T. natural peanut butter
(2) 	1 cup or 1 medium fruit	1 ounce or ¼ cup of nuts
(3) 	1 cup raw veggies	1 cup Greek yogurt
	1 serving whole grain crackers	Light string cheese

(1) Photo credit: istockphoto.com: a-lesa
(2) Photo credit: istockphoto.com: bhofack2
(3) Photo credit: istockphoto.com: VeselovaElena



Before Starting an Exercise Program

It is recommended that you speak to your primary care physician (PCP) if:

- You have not exercised before
- Male over 45; female over 55
- A smoker or have one of the following:
history of high BP, cholesterol, glucose,
family history of heart attack
- History of musculoskeletal conditions



Photo credit: istockphoto.com: monkeybusinessimages



Exercise Guidelines

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or **75 minutes per week** of vigorous aerobic activity, or a combination of both
- Add moderate- to high-intensity muscle-strengthening activity at least 2 days per week
- Spend less time sitting
- Increase amount and intensity gradually over time



American Heart Association.
Healthy for Good™

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

© Copyright 2018 American Heart Association, Inc. a 501(c)(3) not-for-profit. All rights reserved. Healthy for Good is a trademark. Unauthorised use prohibited.





Benefits of Walking

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes



Photo credit: istockphoto.com: VTT Studio



Types of Exercise

Cardio (Aerobic)

Any kind of physical activity that raises your heart rate above the normal resting range



Photo credit: istockphoto.com: Drazen Zigic

Strength

Any kind of resistance training involving body weight, machines, dumbbells, bands, etc.



Photo credit: istockphoto.com: Lordn

Flexibility/ Neuromotor

Exercises that stretch your muscles in order to improve ROM/Functional training aids to improve balance and coordination



Photo credit: istockphoto.com: brizmaker



Overall Health Benefits of Exercise

- Weight loss
- Improved stamina/endurance
- Boosts immunity
- Decreases blood pressure, blood sugar and cholesterol
- Better mood/energy
- Improved fitness



Photo credit: istockphoto.com: solar22



Resistance Training Benefits

- Builds lean muscle
- Increases metabolism
- Aids in fat loss
- Increases bone density
- Increases strength
- Increases stamina and endurance
- Improves balance and stability



Photo credit: istockphoto.com: Drazen Zigic



Flexibility/Neuromotor Benefits

- Improves range of motion
- May help reduce muscle tension
- May help improve muscle pain (back)
- Improves circulation
- Helps reduce risk of injury
- Enhances overall balance and agility



Photo credit: istockphoto.com: monkeybusinessimages



Benefits of Daily Water Intake

- Hydration
- Aids in digestion
- Helps body absorb nutrients
- Helps flush out toxins
- Cushions joints

*Talk with your doctor or dietitian for individual daily water intake recommendations



Photo credit: istockphoto.com: anja_j



Ways To Increase Water Intake

- Drink a glass of water before breakfast
- Drink before, during, and after meals
- If hunger spikes, drink water first
- Carry a water bottle with you
- Order water when dining out
- Drink a full glass when taking medications (if instructed)
- Flavor water to add variety
- Consider using a tracking app to measure water intake



Photo credit: istockphoto.com: Lana_M



Why Manage Stress?

POTENTIAL LONG TERM EFFECTS OF CHRONIC STRESS

Mental Health Problems

Cardiovascular Disease

Obesity

Menstrual Problems

Sexual Dysfunction

Sleep Disruption



Skin and Hair Issues

Gastrointestinal Problems

Weakened Immune System

Increased Aches and Pains

Memory or Concentration Issues

Weight Gain



Reasons for Daily Food Choices...

Biological Determinants-
hunger, appetite, and taste

Economic Determinants-
cost, income, availability

Physical Determinants-
access, education, skills (e.g.
cooking) and time

Social Determinants-
culture, family, religion, peers
and meal patterns

**Psychological
Determinants-**
mood, stress and guilt

**Attitudes, Beliefs and
Knowledge about Food**



The Hunger Scale:

- Mindful Eating
- Respect Your Fullness





Sleep

Benefits of Sleep

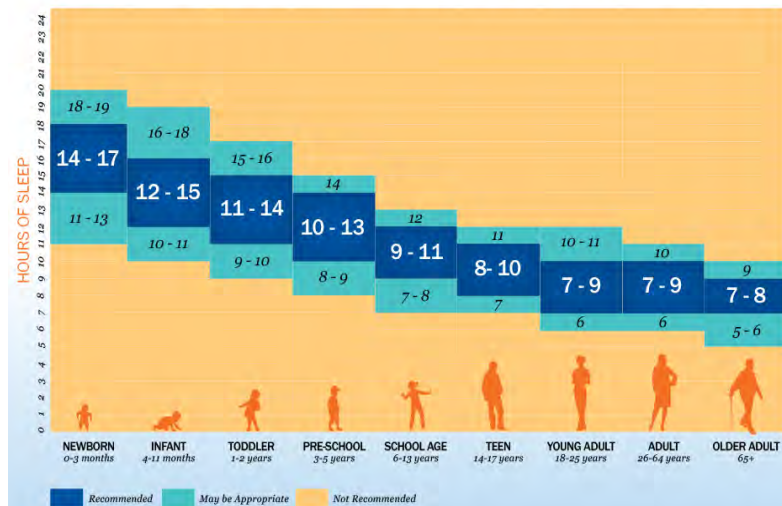
- Lowers stress and improves mood
- Helps you maintain a healthy weight
- Improves athletic performance and coordination
- Increases your ability to pay attention and remember new information

Recommendations

- **Younger adults (18-25):** Sleep range is 7-9 hours (new age category)
- **Adults (26-64):** Sleep range did not change and remains 7-9 hours
- **Older adults (65+):** Sleep range is 7-8 hours (new age category)



SLEEP DURATION RECOMMENDATIONS

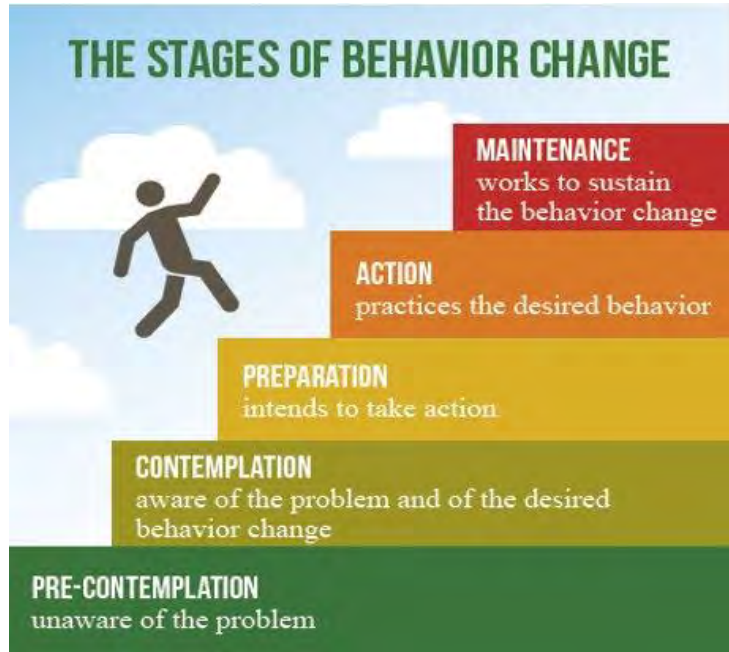


SLEEPFOUNDATION.ORG | SLEEP.ORG

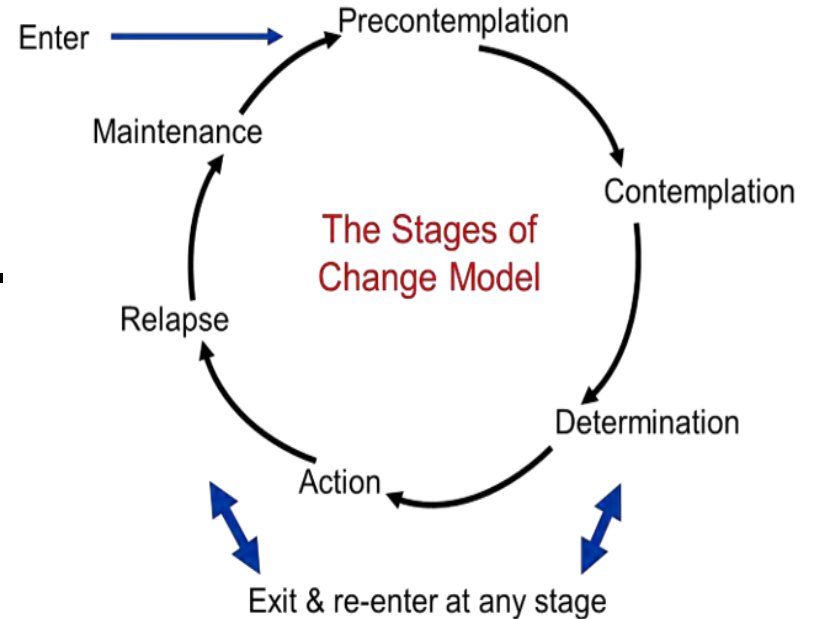
Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>



My Weight Loss Journey



VS.





Keep in mind that health and wellness is a continuous process.

Consider **where you are** at currently with your health and **set small realistic goals** that will move you closer to reaching your **wellness vision**.





Creating a SMART Goal

Specific – what, when, where?

Measurable – how much, how often, how long?

Actionable – how can you take action on this goal?

Realistic – how confident are you that you can accomplish your goal?

Time-Based – when will you assess your progress?

Example #1:

I will: **Walk**

How much/How long: **30 minutes or 1 mile**

How often: **Monday, Wednesday, Saturday**

When: **In the morning**

My confidence level is **8** that I can implement this action plan

Example #2:

I will: **Increase my fruit and vegetable intake**

How much/How long: **2 fruits and 3 vegetables**

How often: **Daily**

When: **Vegetables with each meal (breakfast; lunch; dinner) and fruit with snacks (mid morning; afternoon)**



Time Finder

Fill in your daily schedule to see where you have an extra block of time.

	5-6a	6-7a	7-8a	8-9a	9-10a	10-11a	11a-12p	12p-1p	1-2p	2-3p	3-4p	4-5p	5-6p	6-7p	7-8p	8-9p	9-10p	10-11p	11p-12a
Sunday																			
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			



Time Finder Example:

	5-6a	6-7a	7-8a	8-9a	9-10a	10-11a	11a-12p	12p-1p	1-2p	2-3p	3-4p	4-5p	5-6p	6-7p	7-8p	8-9p	9-10p	10-11p	11p-12a	
Sunday																				
Monday	sleep	-----	Commute				lunch						Commute					Bed	-----	-----
Tuesday							lunch													
Wednesday							lunch													
Thursday							lunch													
Friday							lunch													
Saturday																				



Food Tracker

Fill in your daily food consumption to keep track of your daily caloric intake.

DAILY FUEL LOG

Name: _____ Date: _____



	Time	Where did you eat?	Did you eat alone or socially?	Food and Quantity	Hunger Rating before meal	Hunger Rating after meal	Comments/Feelings
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Total							
Exercise/ Physical Activity							

Hunger Rating: 1 = Extreme Hunger, 5 = Comfortable, 10 = Stuffed, Uncomfortable



Food Tracker Example:

DAILY FUEL LOG

Name: _____ Date: _____



	Time	Where did you eat?	Did you eat alone or socially?	Food and Quantity	Hunger Rating before meal	Hunger Rating after meal	Comments/Feelings
Breakfast	8:00	home		12 oz coffee 1tbsp creamer 35 2 scrambled eggs 182 2 sliced whole wheat toast 280	2	8	
Snack	10:30	work		1/2 C Greek yogurt 1/4 C raspberries 78kcal	4	6	
Lunch	12:30	work	socially	grilled chicken salad 460 2 tbsp ranch dressing 130	3	7	
Snack							<i>skip:stuck in work meeting</i>
Dinner	7:30 pm	Home		Domino's pep. pizza: 3 slices 900	1	9	<i>stressful end of day and didn't feel like cooking</i>
Snack							
Total				2034 calories			
Exercise/ Physical Activity	20 minutes walk at lunch						

Hunger Rating: 1 = Extreme Hunger, 5 = Comfortable, 10 = Stuffed, Uncomfortable



Would you like to try individual health coaching?

A health coach is available to help you develop an action plan to improve your health and wellness!

OSU benefits-eligible faculty, staff, and their adult dependents can work on goals related to weight management, stress management, nutrition, physical activity, and/or tobacco cessation.

To schedule an appointment with a health coach:

Email: healthcoach.osuhealthplan@osumc.edu or

Phone: (614) 292-9983 (press 1) or (800) 678-6269

These sessions are conveniently scheduled by telephone, confidential and at no cost to you!





OSU S.M.A.R.T. Lab:

Stress Management And Resiliency Training

The S.M.A.R.T. Lab is available to faculty and staff!

During a 30-minute session, you can access innovative biofeedback technology. These fun, easy-to-do computer activities use breathing techniques to help increase your overall wellness and resiliency.

To learn more or schedule a session, visit **Link To Health** and click Educational Program. <https://linktohealth.osu.edu>



See an intro to SMART Lab technology at go.osu.edu/SMARTLabVideo

*Lab Location: Physical Activity and Education Services Building
305 Annie and John Glenn Ave, 43210
Room 445, across from the elevator*



Accessing your EAP benefits



EAP benefits include **5 complimentary confidential counseling sessions** (per issue/per year). We also provide **work life referrals** facilitated through our partner, Impact Solutions.

OSU benefits-eligible faculty, staff, and members of their household are eligible for EAP benefits.

To schedule an appointment with counselor via telehealth or request a work life referral:

Email: eap@osumc.edu

Phone: (800) 678-6265

Website: <https://osuhealthplan.com/programs-and-services/eap>
(Login password: buckeyes)



Additional Resources

[Personal Health Coaching](#)

If you have a personal health goal, such as losing weight, starting an exercise routine, personal health coaching can help. Health Coaches are happy to help you set realistic goals and provide you with support and resources to motivate you along the way. You can earn YP4H points for participating in this program.

[Group Health Coaching](#)

Would you or your co-workers like to work together to lose weight? A health coach can help you develop an action plan with personalized goals to improve your health and wellness in a group setting — offered in-person and online. You can earn YP4H points for participating in this program.

[Telephonic-Based Nutrition Counseling](#)

Not sure where to start with adopting healthier eating habits? The Ohio State Employee Assistance Program, powered by Impact Solutions, offers free telephonic coaching sessions with a registered dietician. During the sessions, expect to receive education in dietary recommendations to improve overall health, goal setting, encouragement and meal planning on a budget.

[MyFitnessPal \(MFP\)](#)

This publicly free mobile app and online service helps users to track their nutrition, water and exercise intake as they progress towards their weight loss goals. MFP is currently the only nutrition app that syncs with Virgin Pulse, where members can receive points for tracking their healthy eating. This app, a partner of Virgin Pulse, has not been evaluated by Ohio State for meeting accessibility or risk standards and is only being endorsed to help members earn additional rewards in the YP4H incentive program.

[Virgin Pulse Nutrition Guide](#)

Got a sweet tooth? Eat whatever's easy? Pick your nutrition profile and Virgin Pulse will serve up healthy tips and great recipes from Zipongo — just for you. You can earn YP4H points for participating in this program.