

Weight Management

I. Overweight and Obesity

- _____ = characterized by a body weight that falls above the range associated with minimum mortality; weighing 10% or more over recommended weight or having a BMI over 25
- _____ = severely overweight, with an excess of body fat; weighing 20% or more over recommended weight or having a BMI over 30

II. Health Implications of Overweight and Obesity

- _____
- _____
- Obesity is one of the six major _____ risk factors for _____
- Weight loss of _____ in obese individuals can reduce the risk of certain diseases

III. Health Risks of Excessive Fat

- _____
- _____
- _____
- _____ (80% of these patients are overweight)
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- Enormous psychological burden and social stigmatization and discrimination
- By far, diabetes extracts the greatest cost. Use of health-care resources increases proportionally with excess body fat.

From a public health standpoint, obesity poses a significant societal burden

IV. Factors Contributing to Excess Body Fat: Genetic Factors

- Genetic factors _____
- Genetic _____
- Hereditary influences _____

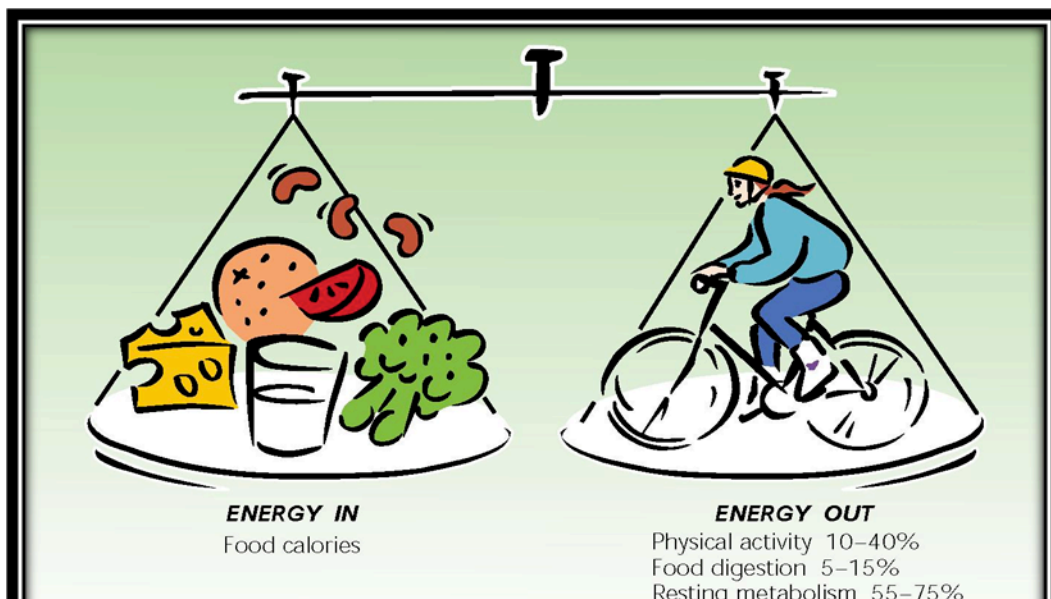
V. Factors Contributing to Excess Body Fat: Physiological Factors

- _____ = sum of all vital processes by which food energy and nutrients are made available to and used by the body
- _____ = energy required to maintain vital body functions; the largest component of metabolism

VI. Factors That Affect Metabolic Rate

- RMR is higher in
 - _____
 - _____
 - _____
- RMR is lower in
 - _____
 - _____
 - _____

VII. Energy-Balance Equation



VIII. Adopting a Healthy Lifestyle for Successful Weight Management

- _____
- _____
- _____
- _____

IX. Diet and Eating Habits

- _____ — choose an appropriate energy intake for your activity level
- _____ — limit portions to those recommended by the Food Guide Pyramid to help keep energy intake moderate; measure portions at home and read food labels
- _____ — choose foods with a low energy density, meaning those that are relatively heavy but have few calories
- _____ — keep fat intake moderate, and limit intake of saturated and trans fats
- _____ — emphasize whole grains, vegetables, fruits, and other high-fiber foods; limit consumption of foods high in refined carbohydrates, added sugars, and easily digestible starch
- _____ — meet recommended intake of 10-35% of total daily calories
- _____ — eat meals and snacks on a regular schedule

X. Physical Activity and Exercise

- _____ — increase daily physical activity to at least 30 minutes per day; to lose weight or maintain weight loss, 60 or more minutes per day is recommended
- _____
- _____
- _____

XI. Low-Carb and Low-Fat Diets

- _____
- _____ diets have not been proven safe over the long-term
- Low-fat diets should focus on _____

- _____
- People who have been successful at long-term weight loss track food intake and engage in _____

XII. Dietary Supplements and Diet Aids

- Dietary supplements are subject to fewer regulations than over-the-counter medications; _____
- FTC: More than half of advertisements for weight-loss products make _____

XIII. Weight-Loss Programs

- _____
- _____
- _____
- _____
- _____