Your Health Matters: Fitness for Life

1: Introduction
Acknowledgement

This curriculum was created by The University of Texas School of Public Health, Brownsville Regional Campus with partial funding from the University of Texas Community Outreach supported by the Texas Department of State Health Services (DSHS).
Knowledge Questionnaire
Fitness for Life
Program Goals

**Expand** understanding about why physical activity is important for a healthy life.

**Demonstrate** how staying active helps reduce risk for chronic diseases.

**Empower** participants to get and stay active and counsel clients with activity planning strategies.

**Provide** a curriculum which gives Community Health Workers the knowledge and skills about exercise to impart to their communities.

This curriculum provides the physical activity component to compliment the *Your Health Matters!: Nutritious Eating* curriculum.
Fitness for Life
Learning Objectives

- Describe the obesity epidemic and its implications to health.
- Describe how energy balance influences healthy weight maintenance or weight loss.
- Be familiar with the “FITT” concept.
- Give three examples of how to get and stay active.
- Explain the benefits of exercise.
- Plan ways to reduce screen time.
So why are we here? …
Obesity is an Epidemic

#1 health problem facing American children

A defining public health challenge for the next half-century

The most challenging public health problem ever faced
What is Obesity?
Obesity is not about appearance.

Obesity is a medical diagnosis.
# Adult Overweight & Obesity

## Body Mass Index (BMI)

**DEGREE OF BODY FAT BASED ON HEIGHT AND WEIGHT**

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Body Mass Index Table</th>
</tr>
</thead>
</table>

### Normal

| BMI | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 |
|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

### Overweight

BMI of 25 to 29.9

### Obese

BMI of 30+

### Extremely Obese

BMI of 40+

---

For adults 20 years and older

---

Nutrition Through the Life Cycle, Brown 2008; National Heart Lung and Blood Institute-National Institutes of Health
Activity: Calculating Adult BMI

• Step 1: Find individual’s height along left side of chart—use this chart to convert feet and inches to inches only.

<table>
<thead>
<tr>
<th>Feet/Inches</th>
<th>Inches</th>
<th>Feet/Inches</th>
<th>Inches</th>
<th>Feet/Inches</th>
<th>Inches</th>
<th>Feet/Inches</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>4’ 10”</td>
<td>58</td>
<td>5’ 3”</td>
<td>63</td>
<td>5’ 8”</td>
<td>68</td>
<td>6’ 1”</td>
<td>73</td>
</tr>
<tr>
<td>4’ 11”</td>
<td>59</td>
<td>5’ 4”</td>
<td>64</td>
<td>5’ 9”</td>
<td>69</td>
<td>6’ 2”</td>
<td>74</td>
</tr>
<tr>
<td>5’ 0”</td>
<td>60</td>
<td>5’ 5”</td>
<td>65</td>
<td>5’ 10”</td>
<td>70</td>
<td>6’ 3”</td>
<td>75</td>
</tr>
<tr>
<td>5’ 1”</td>
<td>61</td>
<td>5’ 6”</td>
<td>66</td>
<td>5’ 11”</td>
<td>71</td>
<td>6’ 4”</td>
<td>76</td>
</tr>
<tr>
<td>5’ 2”</td>
<td>62</td>
<td>5’ 7”</td>
<td>67</td>
<td>6’ 0”</td>
<td>72</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Step 2: Follow height row over to the right until you see the individual’s weight.
• Step 3: Follow this column up to find the individual’s BMI.

Discussion: What do you think? How do you feel? How do people in the community feel when they are told they are obese?
Childhood Obesity
BMI-for-age Growth Charts

For children 2 to 19 years

Overweight BMI between 85th and 95th percentile

Obese BMI at or above 95th percentile

Measures are different for boys and girls by age. They are not the same as adults since children are still growing. Remember BMI is used by pediatricians to determine the health of a child, it is not based on appearance.
Why Do We Care?

Obesity is a major risk factor for:

- Cardiovascular disease
- High total cholesterol
- High blood pressure
- Type 2 diabetes
- Stroke
- Liver disease
- Gall bladder disease
- Certain cancers
- Osteoporosis
- Depression
2 out of 3 Americans are not active enough.

What’s holding us back?
Obesity Trends Among U.S. Adults
BRFSS, 1985

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1986

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 1987

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 1988

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1989

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1990

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 1991

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1992

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1994

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 1995

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 1997
Obesity Trends Among U.S. Adults
BRFSS, 1998
Obesity Trends Among U.S. Adults

BRFSS, 2001

No Data           <10%          10%–14%              15%–19%             20%–24%              25%–30%

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 2002
Obesity Trends Among U.S. Adults

BRFSS, 2003

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults

BRFSS, 2004

No Data          <10%          10%–14%               15%–19%        20%–24%               25%–30%

Centers for Disease Control and Prevention
Obesity Trends Among U.S. Adults
BRFSS, 2008

Centers for Disease Control and Prevention
Adult Obesity in Texas

2008 Estimates of the Percentage of Adults Age ≥20 Who Are Obese in Texas

Centers for Disease Control and Prevention: National Diabetes Surveillance System.
66% of all Americans are **overweight** with a BMI above 25

![Diagram showing 66% of Americans are overweight](image)

- = Healthy Weight
- = Overweight

---

Ogden et al, 2006
Centers for Disease Control and Prevention, 2010
29% of all Americans are **obese** with a BMI above 30

- Healthy Weight
- Overweight
- Obese
5% of all Americans are extremely obese with a BMI above 40

- Healthy Weight
- Overweight
- Obese
- Extremely Obese

Ogden et al, 2006
Centers for Disease Control and Prevention, 2010
Adult Obesity By Race

For Non-Hispanic Black Americans - 36% are obese

For Hispanic Americans - 29% are obese

For Non-Hispanic White Americans - 24% are obese

Centers for Disease Control and Prevention, 2006–2008 Behavioral Risk Factor Surveillance data
Children today have a lower life expectancy than their parents

17% of American children (approximately 1 in 5) age 2 to 19 years old are obese

Centers for Disease Control and Prevention, 2007-2008 NHANES data
Childhood Obesity

For Non-Hispanic Black children age 12 to 19 years old - 49% are obese

= Healthy Weight

= Obese

For Mexican American children age 12 to 19 years old - 34% are obese

For Non-Hispanic White children age 12 to 19 years old - 31% are obese

Centers for Disease Control and Prevention, 2007-2008 NHANES data
What are the health problems created by a sedentary lifestyle?
Consequences for Obese Individuals

Sedentary Lifestyle

- Poor Physical Health
- Poor Emotional Health
- Poor Social Health
Why are we so inactive?
Because we have designed activity out of our lifestyle.
How did we get here?

- The answer is simple:
  - We are eating more.
  - We are moving less.
Toxic Environment:
Inexpensive unhealthy food available everywhere

Brownell, 1994
Toxic Environment: Conflicting Messages
Toxic Environment: Screen Time

More time watching TV, computers, video games
Less time moving

American Pediatric Association; Brownell, 1994
Toxic Environment: Environmental Limitations

Traffic, sidewalks leading to nowhere, underused playgrounds
Toxic Environment: Safety Concerns

No safe place to walk or play
Toxic Environment:
Less Physical Education (P.E.) in Schools

Brownell, 1994; American Heart Association
Understanding Terms

• **Physical Activity** = bodily movement that expends energy

• **Exercise** = regular, planned, structured physical activity

• **Physical Fitness** = influenced by physical activity and exercise; consists of:
  
  - Body Composition
  - Muscular Strength
  - Muscular Endurance
  - Cardio Respiratory Endurance
  - Flexibility

“On a scale of 0-10, how confident do you feel that you could talk about physical activity with the community?

HOW CONFIDENT ARE YOU?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Very confident
Community Health Workers can help bring about change with health promotion.

Let’s begin!
Switch to *Energy Balance* PowerPoint