Your Health Matters Fitness for Life







1: Introduction

Acknowledgement

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Knowledge Questionnaire

yes NU Don't know





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.



Fitness for Life Program Materials CD

PowerPoint Presentations, Handouts, Information Sheets, Activities, and Videos

INTRODUCTION

CONCLUSION

ENERGY BALANCE

LET'S MOVE ACTIVITY BREAKS

THEORY AND TECHNIQUES FOR BEHAVIOR CHANGE

FITNESS BASICS

GETTING STARTED & STAYING ACTIVE APPENDICES

Glossary Additional Resources Handouts



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

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		Nor	mal				Ov	erwe	eight			0	bes	e									Extr	eme	Obes	ity									
BMI 19 2 Height (inches)	20	21	22	23	24	25	26	27	28	29	30	31	32	33 E	34 Body	35 Weigl	36 3	37 3	38 39 ;)	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	For adults 20 years
58 91 9 59 94 9	96 99	100 1 104 1	105	110 114	115 119	119 124	124 128	129 133	134 138	138 143	143 148	148 153	153 158	158 163	162 168	167 173	172 1 178 1	77 1 83 1	181 18 188 19	6 191 3 198	196 203	201 208	205 212	210 217	215 222	220 2 227 2	224 2 232 2	229 2	234 242	239 : 247 :	244	248 257	253 262	258 267	
60 97 1 61 100 1	102 106	107 1 111 1	112	118 122	123 127	128 132	133 137	138 143	143 148	148 153	153 158	158 164	163 169	168 174	174 180	179 · 185 ·	184 1 190 1	89 1 95 2	194 199 201 20	9 204 6 211	209 217	215 222	220 227	225 232	230 238	235 2 243 2	240 2 248 2	245 2	250 259	255 : 264 :	261 : 269 :	266 275	271 280	276 285	Overweight
62 104 1 63 107 1	109 113	115 1 118 1	120 124	126 · 130 ·	131 135	136 141	142 146	147 152	153 158	158 163	164 169	169 175	175 180	180 186	186 191	191 197 2	196 2 203 2	02 2 08 2	207 21	3 218 0 225	224 231	229 237	235 242	240 248	246 254	251 2 259 2	256 2 265 2	262 2 270 2	267 278	273 282	278 : 287 :	284 293	289 299	295 304	BMI of 25 to 29.9
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71 136 1 72 140 1	143 147	150 1 154 1	157 162	165 169	172 177	179 184	186 191	193 199	200 206	208 213	215 221	222 : 228 :	229 235	236 242	243 250	250 2 258 2	257 2 265 2	65 2 72 2	272 27 279 28	9 286 7 294	5 293 302	301 309	308 316	315 324	322 331	329 3 338 3	338 3 346 3	343 3 353 3	351 361	358 368	365 : 375 :	372 383	379 390	386 397	Extremely Obese
73 144 1 74 148 1	151 155	159 1 163 1	166 171	174 179	182 186	189 194	197 202	204 210	212 218	219 225	227 233	235 : 241 :	242 249	250 256	257 264	265 2 272 2	272 2 280 2	80 2 87 2	288 29 295 30	5 302 3 311	310	318 326	325 334	333 342	340 350	348 3 358 3	355 3 365 3	363 3 373 3	371 381	378 389	386 396	393 404	401 412	408 420	BMI of 40+
75 152 1 76 156 1	160 164	168 1 172 1	176 180	184 · 189 ·	192 197	200 205	208 213	216 221	224 230	232 238	240 246	248 : 254 :	256 263	264 271	272 279	279 2 287 2	287 2 295 3	95 3 04 3	803 31 812 32	1 319 0 328	327 336	335 344	343 353	351 361	359 369	367 3 377 3	375 3 385 3	383 3 394 4	391 402	399 410	407 418	415 426	423 435	431 443	

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.

Feet/inches	Inches	Feet/inches	Inches	Feet/inches	Inches	Feet/inches	Inches
4' 10''	58	5' 3"	63	5' 8"	68	6' 1"	73
4' 11"	59	5' 4"	64	5' 9"	69	6' 2"	74
5' 0"	60	5' 5"	65	5' 10"	70	6' 3"	75
5' 1"	61	5' 6"	66	5' 11"	71	6' 4"	76
5' 2"	62	5' 7"	67	6' 0''	72		

- 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



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?

































































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. Available online at: <u>http://apps.nccd.cdc.gov/DDTSTRS/default.aspx</u>. Retrieved 3/30/2011.

66% of all Americans are **overweight** with a BMI above 25







29% of all Americans are **obese** with a BMI above 30

= Healthy Weight

= Overweight

= Obese





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

= Healthy Weight

⁼ Obesé⁶

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

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

= Healthy Weight

= Obese

48

What are the health problems created by a sedentary lifestyle?

Consequences for Obese Individuals



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





Toxic Environment: Conflicting Messages



Toxic Environment: Screen Time

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









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



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?





Not confident at all

Very confident





University of Tex Community Out

Let's begin!

Switch to Energy Balance PowerPoint