

# **Weight Management: 體重管理**

## **It's all in the Balance 全在均衡**

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# Objectives 宗旨

- At the end of the presentation participants will be able to: 參與者在展示後能夠了解
  - identify 2 health risks associated with overweight in persons with developmental disability 確認生長遲緩者與體重過重有關的二種健康風險
  - Identify 2 strategies they can use at home to support weight management for a family member with developmental disability 確認二種方法能在家中幫助生長遲緩的家人做體重管理
  - Identify 2 key resources or personnel to support their efforts 確認二種方法能在家中幫助生長遲緩的家人做體重管理

# Health and Weight

## 健康與體重

- **Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. ...(*WHO, accessed 04/10/10*) 健康是指身體、心理及社會都處於一種完全安寧的狀態而不僅是沒有疾病或虛弱

# Health and Weight

## 健康與體重

- **A healthy weight** is the weight your body naturally settles into when you consistently eat a nutritious diet, are physically active, and participate in activities of daily living (*Web MD, accessed 04/10/10*) 健康的體重是指一個人正常的飲食補充營養及日常的活動下身體自然的重量

# Risk of Overweight

## 體重過重的風險

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- Coronary Heart Disease (Flint, 2010) 冠狀動脈心臟病
- Hypertension 高血壓
- Diabetes 糖尿病
- Sleep Apnea (disturbances) 睡眠呼吸中止症
- Osteoarthritis (Guh, 2009) 骨關節炎

# Prevention is the KEY

## 預防重於治療

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- Changes seen in heart disease starts in Childhood (Bogalusa Heart Study, 2010) 預防重於治療
- Rise in Type II Diabetes in Children 兒童得糖尿病的増加
- Joint pain related to weight, associated with later arthritis 關節疼痛和體重有關, 及稍後的關節炎聯想在一起

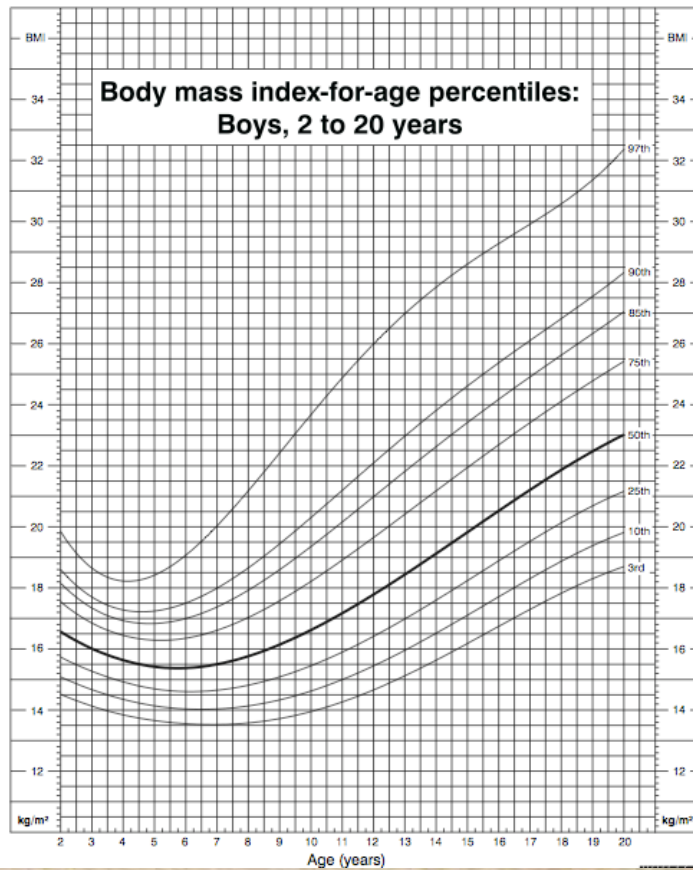
# Determining a Healthy Weight 決定健康的體重

- Body Mass Index (BMI) 身體質量指數(BMI)
  - Weight (kg)/ Height<sup>2</sup> (m)  
(100 kg/ (2)<sup>2</sup> = 25) 體重(kg) / 身高<sup>2</sup> (m)
  - Does NOT look at body composition 不能看出身體組成比例
  - Does NOT look at where the weight is distributed 不能看出體重的分佈
  - Not developed for Special Needs population 不是為特殊需要的人設計的

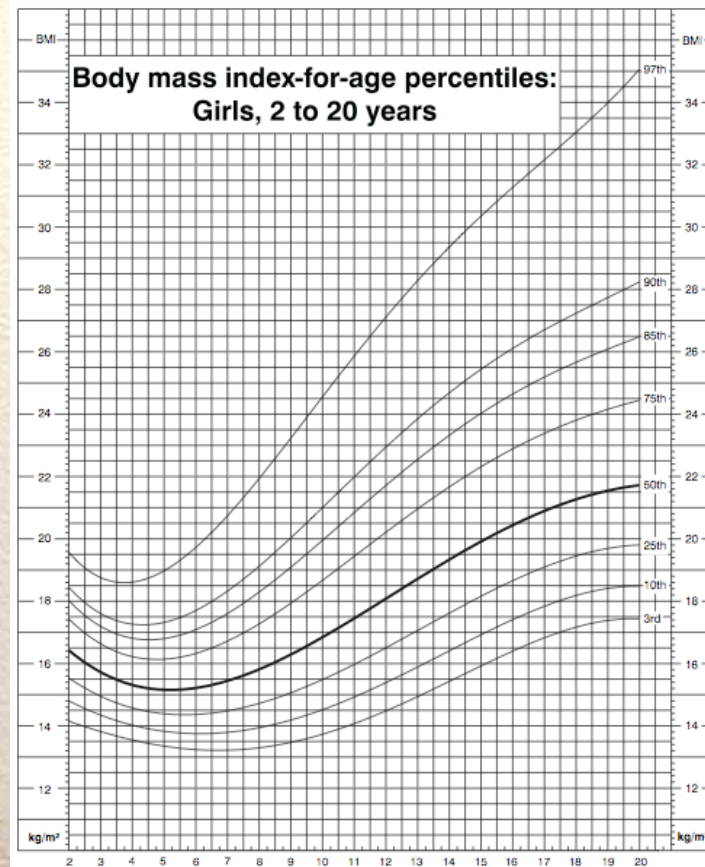
# CDC BMI Charts for Children

## 兒童的CDC BMI圖表

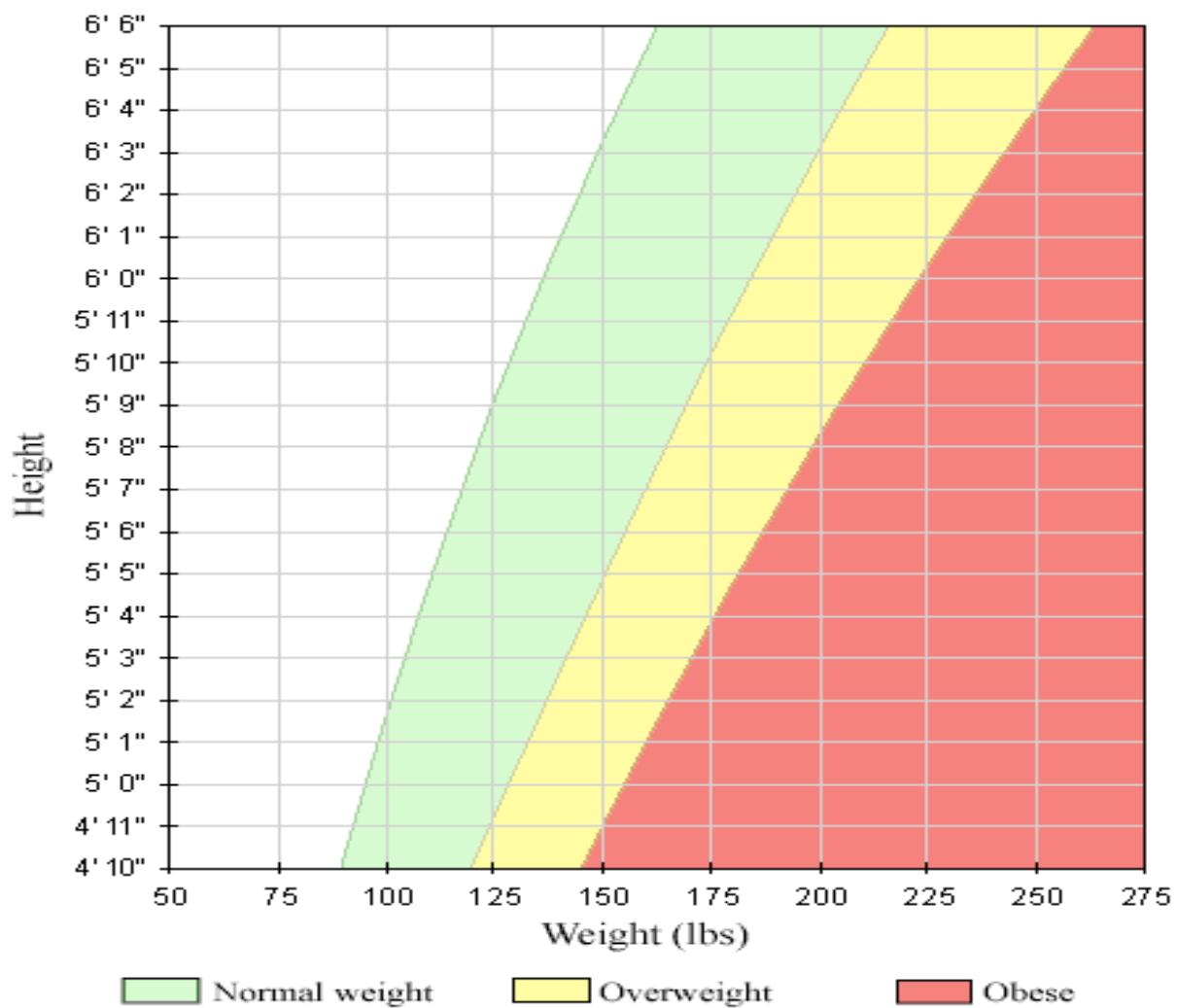
CDC Growth Charts: United States



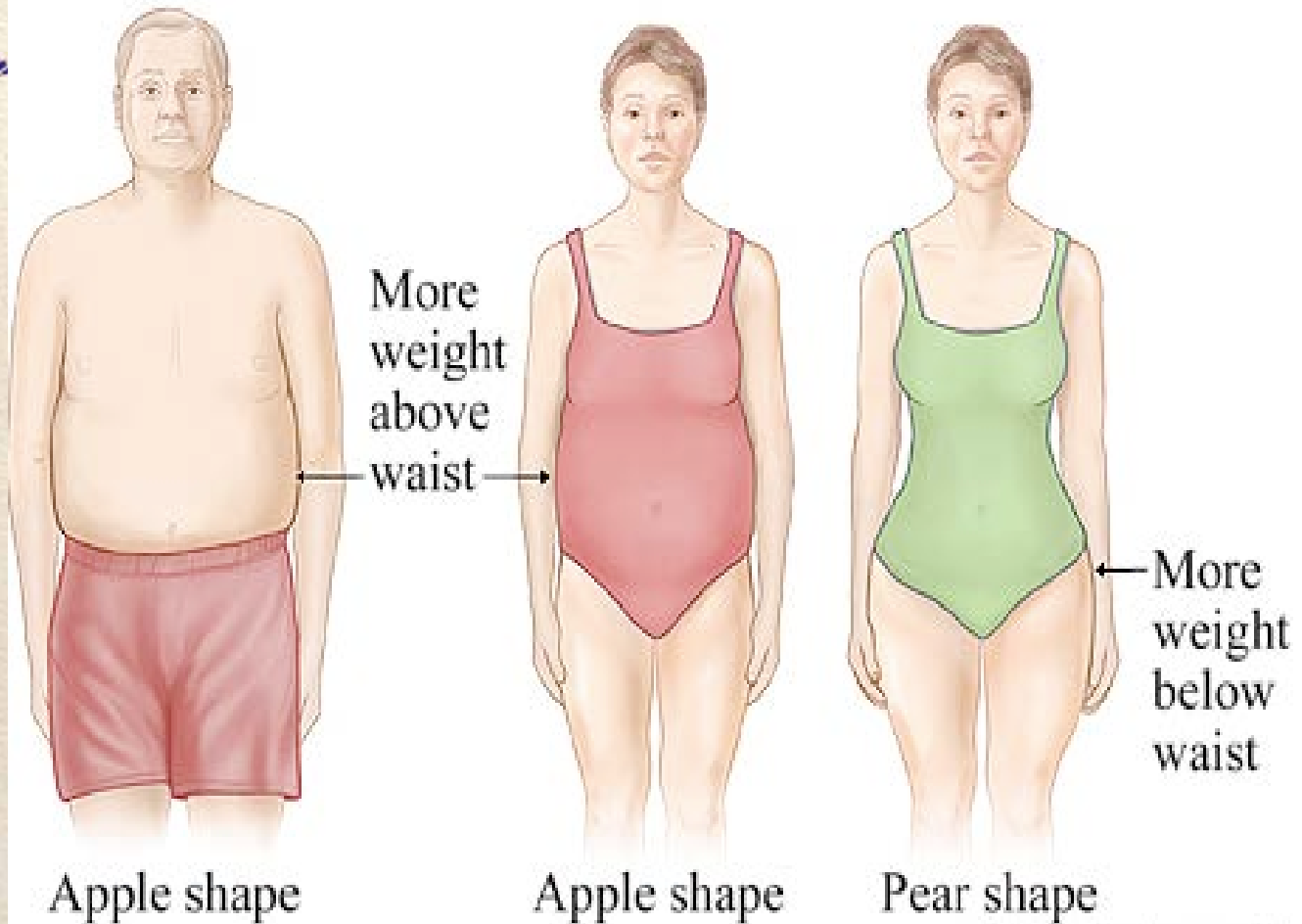
CDC Growth Charts: United States



## Body mass index (BMI) for adults



## Body fat distribution



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# It's not rocket science 不是火箭科學

- If Energy IN < Energy OUT = weight loss  
如果能量輸入 < 能量輸出 = 體重過輕
- If Energy IN > Energy Out = weight gain  
如果能量輸入 > 能量輸出 = 體重過重
- If Energy IN = Energy Out = Balance  
如果能量輸入 = 能量輸出 = 體重正常

# Energy In 能量輸入

- The foods we eat 我們吃的食物
- The beverages we drink 我們喝的飲料
- The air we breathe (No not really) 我們吸進的空氣

# Energy Out 能量輸出

- Being, sleeping, breathing 生存, 睡覺, 呼吸
- Growth (for infants, children and adolescents) 成長(嬰兒, 小孩及青少年)
- Physical Activity 日常的活動
- Illness (colds, injuries, surgeries) 疾病 (感冒, 受傷, 手術)

# Confoundations 綜合

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- Medications 藥物治療
  - Can increase and decrease appetite 能增加或減少食慾
    - Seizure medications 癲癇藥品
    - Anti-depressants 抗鎮定劑
  - Can increase and decrease activity 能增加或減少活動
    - Sleepiness 失眠
    - Fidgeting 煩躁不安
  - Can interfere with absorption and utilization of nutrients 能干擾營養的吸收及利用

# Why “DIETS” don’t work

## 為什麼忌食沒有作用

- They are not meant to LAST forever 忌食不能持續到永久
- Typically promote one food group over another 經常推薦從一組食物換到另外一組食物
- Tend to be very RIGID (good/bad foods) and don’t allow for flexibility 易於苛板(好的／壞的食物)並且沒有彈性
- Produce boredom 產生厭倦感

# What is the Key? 什麼是關鍵

- How much? 多少
  - What is a portion size? 比例要多少
  - Number of servings in the package? 一份裡要多少
- How often? 多經常
  - Everyday 每天
  - Sometime 有時
  - Special occasion 特殊的場合

# Which one is 200 calories?

## 那一個是200卡路里



# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

## Amount Per Serving

**Calories** 250      **Calories from Fat** 110

## % Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start here

Check calories

Quick guide to % DV

5% or less is low  
20% or more is high

Limit these

Get enough of these

Footnote

# Where to Look? 去那裡找

<b>Nutrition Facts</b>	
Serving Size	1 medium apple (154g / 5.5 oz.)
Amount per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 170mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 16g	
<b>Protein</b> 0g	



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# “Handy” Portion Control

## 方便的部份控制

Use these “handy” guides for easy measuring:



**Fist**  
(1 cup)



**Palm**  
(3 ounces)



**Thumb**  
(1 ounce)



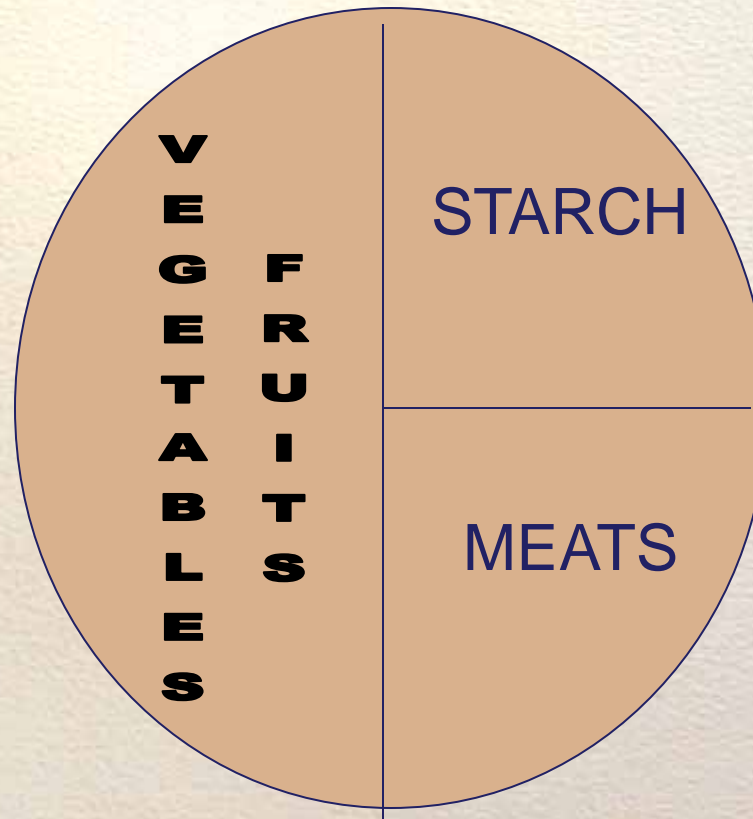
**Thumb Tip**  
(1 tsp.)



**Handful**  
(1-2 ounces)

# THE HEALTHY PLATE

## 健康的圖表



# Healthy Snacks: 健康的點心

## Fruits And Veggies

### 水果及蔬菜

- Celery 芹菜
- Carrots 胡蘿蔔
- Jicama 豆薯
- Cucumbers 黃瓜
- Radishes (Spicy) 蘿蔔
- Cut up fruit 切碎的水果
- Canned fruit packed in Juice 罐頭水果
- NO JUICE or Smoothies 不要果汁或冰沙
- NO Fruit roll ups 不要水果軟糖

# Healthy Snacks: Dried Fruits 健康的點心:蜜餞

## Raisins

Serving Size: 1/4 cup (40g)

Calories 130      Calories from Fat 0

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 31g      10%

Dietary Fiber 2g      8%

Sugars 29g

Protein 1g

Vitamin A <2%      Calcium 2%

Vitamin C <2%      Iron 6%

Source: [www.calraisins.org](http://www.calraisins.org)

## Dates

Serving Size: 1/4 cup (40g)

Calories 120      Calories from Fat 0

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 30g      10%

Dietary Fiber 3g      14%

Sugars 29g

Protein 1g

Vitamin A 0%      Calcium 2%

Vitamin C 0%      Iron 2%

Source: [www.datesaregreat.com](http://www.datesaregreat.com)

## Dried Figs

Serving Size: 1/4 cup (40g)

Calories 113      Calories from Fat 2

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 26g      9%

Dietary Fiber 5g      20%

Sugars 20g

Protein 1g

Vitamin A <2%      Calcium 6%

Vitamin C <2%      Iron 6%

Source: [www.californiafigs.com](http://www.californiafigs.com)

## Dried Plums

Serving Size: 1/4 cup (40g)

Calories 110      Calories from Fat 0

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 26g      9%

Dietary Fiber 2g      10%

Sugars 13g

Protein 1g

Vitamin A 5%      Calcium 2%

Vitamin C 4%      Iron 3%

Source: [www.californiadriedplums.org](http://www.californiadriedplums.org)

# Healthful Cooking

## 有益健康的料理

- Herbs and Spices 藥草及調味料
- Dips and Sauces (on the side) 沾料及調味醬(放旁邊)
- Grilled, Roasted, Baked, Sautéed (G.R.uB.S.) 燒烤



# For the Adventurous

## 給愛冒險的人

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- <http://recipes.sparkpeople.com/recipe-calculator.asp>
- <http://www.recipecal.com/>
- <http://www.recipenutrition.com/>

# Healthy Lifestyle Change Program

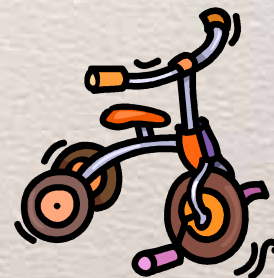
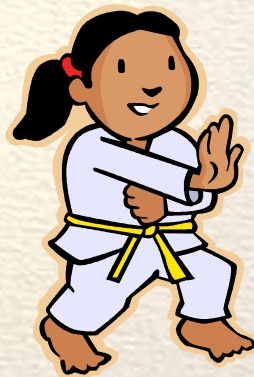
## 健康生活方式的改變課程

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- Health education program for persons with Developmental disabilities 為生長遲緩者的健康教育課程
- Co-Led by Peer mentors 同事及好朋友共同帶領
- Classes offered 2 times per week over 7 months 課程時間為每星期二次,共7個月
- Results: Slight weight loss or weight maintenance, increased physical activity, increase participation in “community life” 成效:輕微的減重或體重的保持,增加身體的運動,增加社區活動的參與

# Physical Activity 身體活動

- How much? 多少
- How often? 多經常
- What kind? 那一種



# Some thing to think about 必需品要思考的事

- ACTIVITY for adults = EXERCISE  
成人的活動=運動
- ACTIVITY for children = PLAY  
兒童的活動=玩



# Activity 活動力

- High Energy 高能量
  - Walking 散步
  - Running 跑步
  - Crawling 攀岩
  - **SWIMMING** 游泳
  - Dancing 跳舞
  - Jumping rope 跳繩
- Low energy 低能量
  - **Watching TV** 看電視
  - Playing board games 打電動
  - Doing puzzles 拼圖
  - Reading a book 看書

# Resources for Activities

## 活動力的來源

- AYSO Very Important Player (VIPs)  
AYSO重要的球員
- Special Olympics (> 8 years old)  
特殊奧運會(>8歲)
- Challenger Little League/T-Ball  
挑戰少少棒聯盟
- Adaptive playgrounds  
適合生長遲緩者的遊樂場



# Discussing Your Child's Weight 討論你小孩的重量

- Growth chart: to assess growth over time 成長圖表:隨著時間評估成長
- Family risk factors: Diabetes, heart disease, hypertension, Cancer 家庭中風險的基因:糖尿病心臟病,高血壓,癌症
- Personal Risk factors: diagnosis, medications, activity, diet 個人風險的基因: 診斷結果, 藥物治療,活動力,飲食

# Who can help? 誰能幫忙

- Primary Care Physician 主要的治療者
  - Order blood tests to better assess risk factors  
抽血檢查能幫助評估危險因子
  - Provide referrals to other professionals like nutritionists (CCS, Regional Center)  
提供病人轉診給專家例如營養學家
  - Discuss impact of medications  
討論藥物治療的影響

# Who can help? 誰能幫忙

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- Regional Center Coordinator  
地區服務中心的協調者
- Provide referrals to community programs (e.g. Special Olympics)  
提供介紹病人去社區課程(e.q special Olympics)
- Provide/support vendor services (e.g. swimming)  
提供/支持 多項服務( e.q swimming)

# Who can help? 誰能幫忙

- Nutritionist 營養學家
  - Assess nutritional status 增加營養的狀態
  - Create an individualized program for weight support and management  
創造個人的體重管理計劃
  - Provide assistance/recommendations for school 提供學校幫助或建議
  - Assist in altering recipes 協助改變飲食

# Who can help? 誰能幫忙

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- Behavior therapist 行為治療家
  - Identify strategies for reducing anxiety/stress without using food  
確認不用食物能降低焦慮及壓力的方法
  - Reinforce behaviors without using food  
不用食物重新加強改正行為
- Physical therapist 物理治療師
  - Identify adaptive strategies for physical activity  
確認適合身體活動的計劃
  - Assess physical strengths and limitations  
確認適合身體活動的計劃

# Everyone Else 其他人

- Teacher, classroom aides, school nurse  
老師,助教,學校護士
- Family members and other caregivers  
家庭成員及照料者
- Spiritual counselors 心靈上的指導者
- Did we miss anyone?  
我們有遺漏任何人嗎?

# Questions? 問題

