

Weight Management: It's all in the Balance

L. Hope Wills, MA, RD, CSP
USC UCEDD CHLA

Objectives

- At the end of the presentation participants will be able to:
 - identify 2 health risks associated with overweight in persons with developmental disability
 - Identify 2 strategies they can use at home to support weight management for a family member with developmental disability
 - Identify 2 key resources or personnel to support their efforts

Health and Weight

- **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*)
- **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*)

Risk of Overweight

- Coronary Heart Disease (Flint, 2010)
- Hypertension
- Diabetes
- Sleep Apnea (disturbances)
- Osteoarthritis (Guh, 2009)

Prevention is the KEY

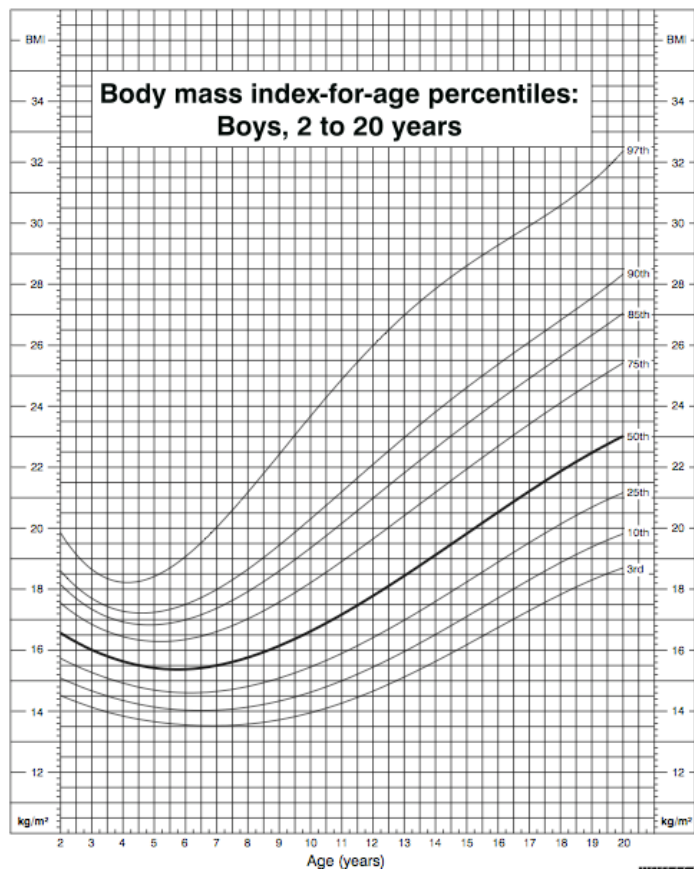
- Changes seen in heart disease starts in Childhood (Bogalusa Heart Study, 2010)
- Rise in Type II Diabetes in Children
- Joint pain related to weight, associated with later arthritis

Determining a Healthy Weight

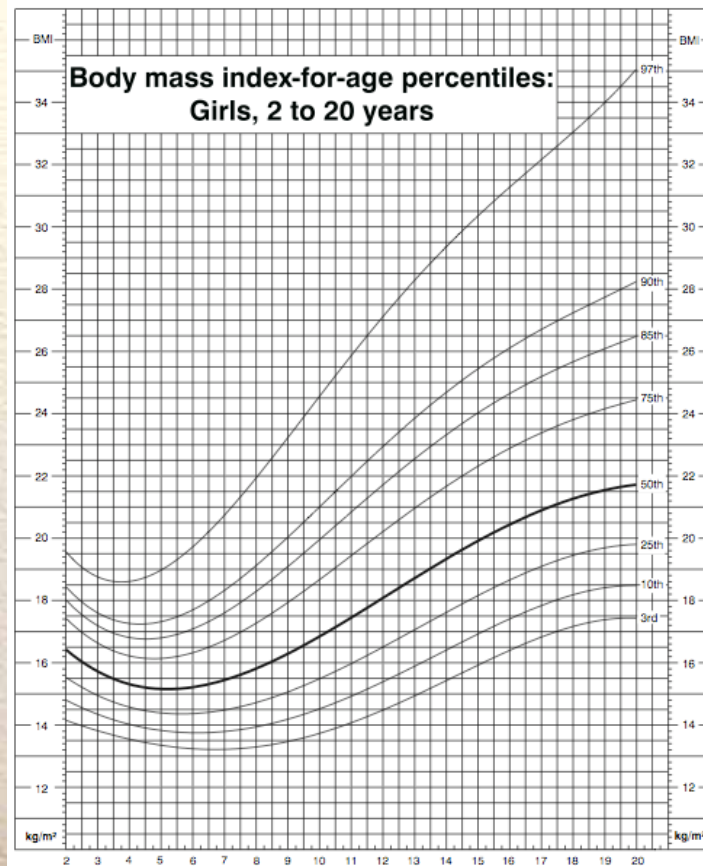
- Body Mass Index (BMI)
 - Weight (kg)/ Height² (m)
(100 kg/ (2)² = 25)
 - Does NOT look at body composition
 - Does NOT look at where the weight is distributed
 - Not developed for Special Needs population

CDC BMI Charts for Children

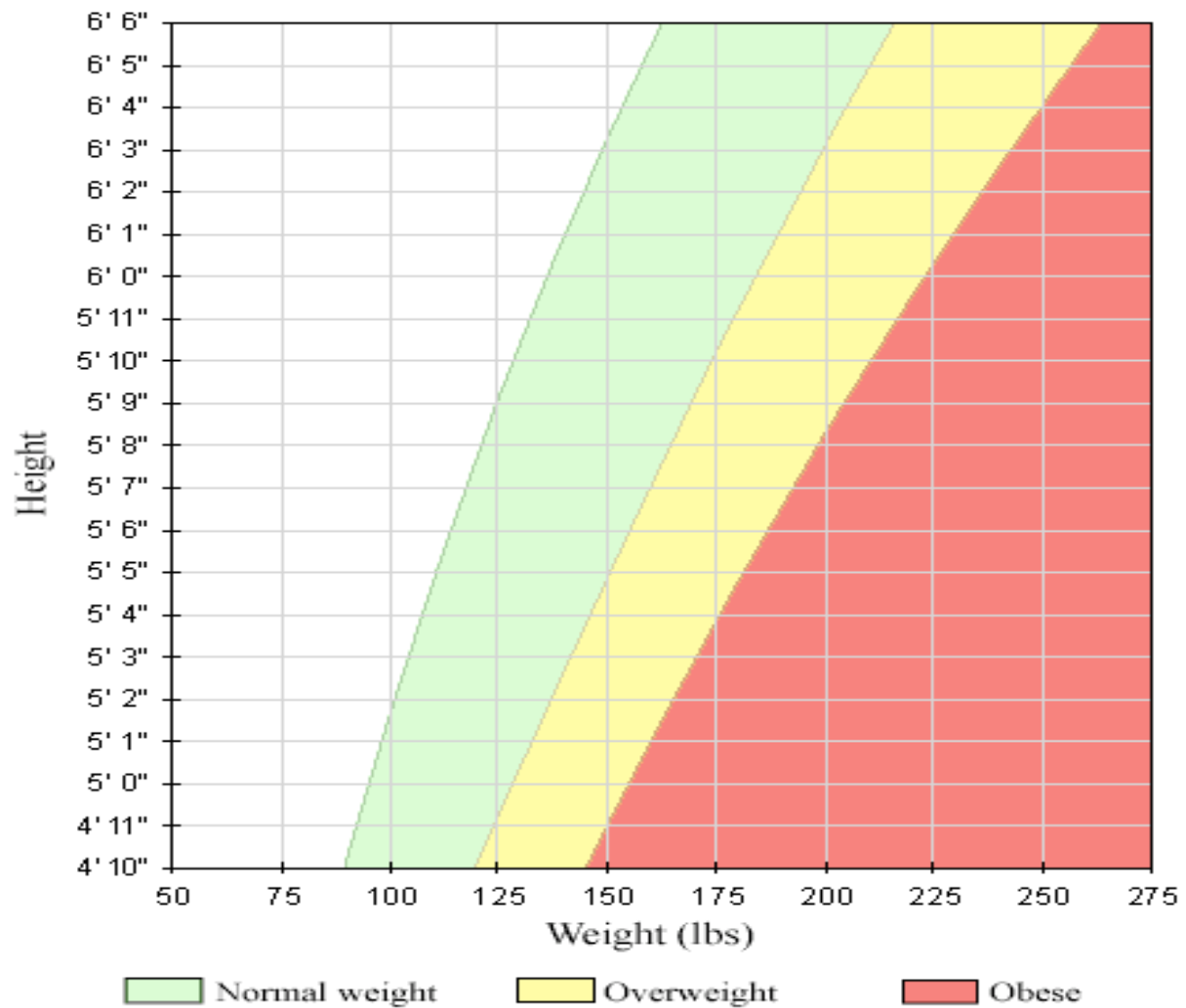
CDC Growth Charts: United States



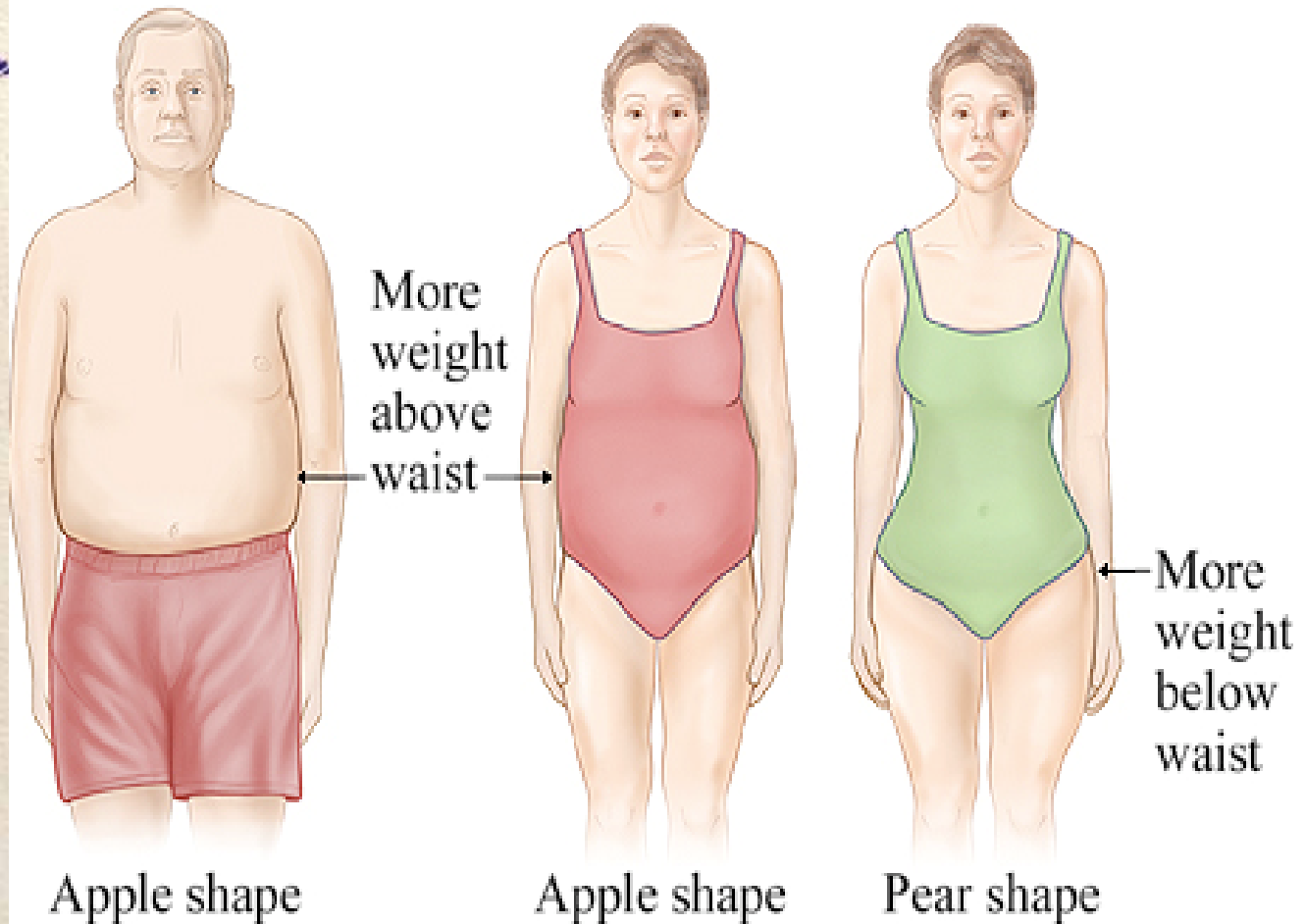
CDC Growth Charts: United States



Body mass index (BMI) for adults



Body fat distribution



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It's not rocket science

- If Energy IN $<$ Energy OUT = weight loss
- If Energy IN $>$ Energy Out = weight gain
- If Energy IN = Energy Out = Balance

Energy In

- The foods we eat
- The beverages we drink
- The air we breathe (No not really)

Energy Out

- Being, sleeping, breathing
- Growth (for infants, children and adolescents)
- Physical Activity
- Illness (colds, injuries, surgeries)

Confoundations

- Medications
 - Can increase and decrease appetite
 - Seizure medications
 - Anti-depressants
 - Can increase and decrease activity
 - Sleepiness
 - fidgeting
 - Can interfere with absorption and utilization of nutrients

Why “DIETS” don’t work

- They are not meant to LAST forever
- Typically promote one food group over another
- Tend to be very RIGID (good/bad foods) and don’t allow for flexibility
- Produce boredom

What is the Key?

- How much?
 - What is a portion size?
 - Number of servings in the package?
- How often?
 - Everyday
 - Sometime
 - Special occasion

Which one is 200 calories?



Nutrition Facts

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

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

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

* 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?

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



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Serving Size	1 medium apple (154g / 5.5 oz.)
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Sugars 16g	
Protein 0g	



“Handy” Portion Control

Use these “handy” guides for easy measuring:



Fist
(1 cup)



Palm
(3 ounces)



Thumb
(1 ounce)

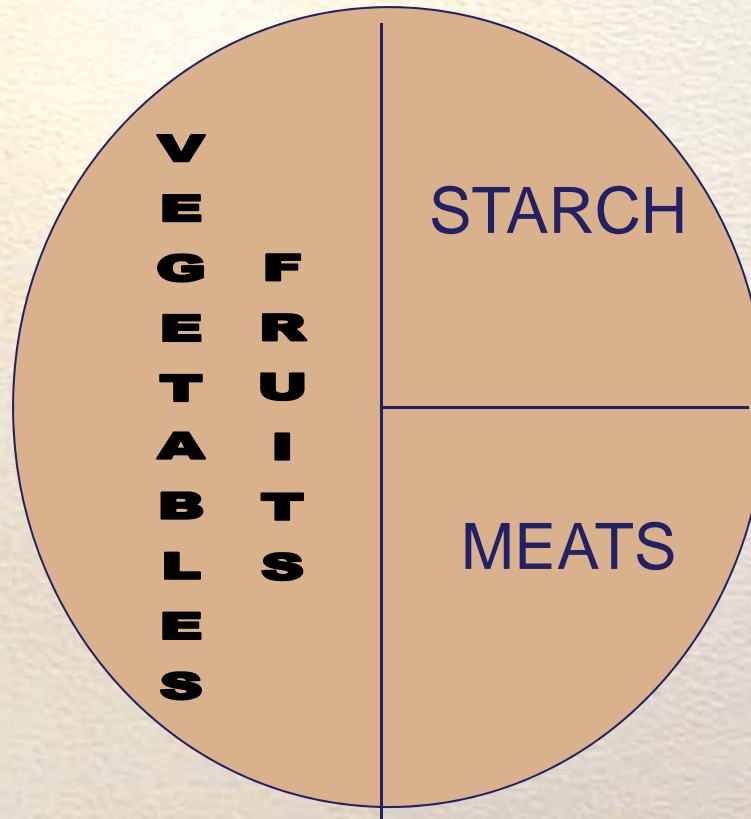


Thumb Tip
(1 tsp.)



Handful
(1-2 ounces)

THE HEALTHY PLATE



Healthy Snacks: Fruits And Veggies

- Celery
- Carrots
- Jicama
- Cucumbers
- Radishes (Spicy)
- Cut up fruit
- Canned fruit packed in Juice
- NO JUICE or Smoothies
- NO Fruit roll ups

Healthy Snacks: Dried Fruits

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

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 33g	10%
Dietary Fiber 3g	14%
Sugars 29g	
Protein 1g	

Vitamin A 0% Calcium 2%
 Vitamin C 0% Iron 2%

Source: 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

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

Healthful Cooking

- Herbs and Spices
- Dips and Sauces (on the side)
- Grilled, Roasted, Baked, Sautéed (G.R.uB.S.)



For the Adventurous

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

Healthy Lifestyle Change Program

- Health education program for persons with Developmental disabilities
- Co-Led by Peer mentors
- Classes offered 2 times per week over 7 months
- Results: Slight weight loss or weight maintenance, increased physical activity, increase participation in “community life”

Physical Activity

- How Much?
- How often?
- What kind?



Some thing to think about

- ACTIVITY for adults = EXERCISE
- ACTIVITY for children = PLAY



Activity

- High Energy

- Walking
- Running
- Crawling
- **SWIMMING**
- Dancing
- Jumping rope

- Low energy

- **Watching TV**
- Playing board games
- Doing puzzles
- Reading a book

Resources for Activities

- AYSO Very Important Player (VIPs)
- Special Olympics (> 8 years old)
- Challenger Little League/T-Ball
- Adaptive playgrounds



Discussing Your Child's Weight

- Growth chart: to assess growth over time
- Family risk factors: Diabetes, heart disease, hypertension, Cancer
- Personal Risk factors: diagnosis, medications, activity, diet

Who can help?

- Primary Care Physician
 - Order blood tests to better assess risk factors
 - Provide referrals to other professionals like nutritionists (CCS, Regional Center)
 - Discuss impact of medications
- Regional Center Coordinator
 - Provide referrals to community programs (e.g. Special Olympics)
 - Provide/support vendor services (e.g. swimming)

Who can help?

- Nutritionist
 - Assess nutritional status
 - Create an individualized program for weight support and management
 - Provide assistance/recommendations for school
 - Assist in altering recipes

Who can help?

- Behavior therapist
 - Identify strategies for reducing anxiety/stress without using food
 - Reinforce behaviors without using food
- Physical therapist
 - Identify adaptive strategies for physical activity
 - Assess physical strengths and limitations

Everyone Else

- Teacher, classroom aides, school nurse
- Family members and other caregivers
- Spiritual counselors
- Did we miss anyone?

Questions?

