Maintaining Healthy Body Mass Index (BMI) Through Physical Activity and Diet Pitfalls of Fad Dieting

Julia Sosa, MS, RD, LD
ADPH
How do you define Healthy?
What is Body Mass Index?

• Body mass index (BMI) is a measure of body fat based on your weight in relation to your height, and applies to most adult men and women aged 20 and over.

• Body mass index (BMI) is a measure of relative size based on the mass and height of an individual

• BMI is used as a screening tool to indicate whether a person is underweight, overweight, obese or a healthy weight for their height
More about BMI

• Factors such as age, sex, ethnicity and muscle mass are not accounted for in BMI.

• BMI is a reasonable indicator of body fat for both adults and children.

• Because BMI does not measure body fat directly, it should not be used as a diagnostic tool.

• BMI should be used as a screening tool to identify potential weight problems in individuals.
Where are You?
What is Healthy Weight?

• depends on several factors including
  - age
  - sex
  - body type
  - bone density
  - muscle-fat-ratio
  - overall general health
  - height
Benefits of Maintaining a Healthy Weight

- Fewer joint and muscle pains
- Increased energy and ability to join in more activities
- Improved regulation of bodily fluids and blood pressure
- Reduced burden on the heart and circulatory system
- Improved sleep patterns
- Reductions in blood triglycerides, blood glucose, and risk of developing type 2 diabetes
- Reduced risk for heart disease and certain cancers.
Physical Activity for a Healthy Weight

• Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

• When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
Physical activity also helps to—

• Maintain weight.
• Reduce high blood pressure.
• Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
• Reduce arthritis pain and associated disability.
• Reduce risk for osteoporosis and falls.
• Reduce symptoms of depression and anxiety
How much physical activity do you need?

• When it comes to weight management, people vary greatly in how much physical activity they need

• **To maintain your weight**
  • Work your way up to 150 minutes of moderate-intensity aerobic activity/wk

• **To lose weight and keep it off**
  • You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking.
FAD Diets

• is a **diet** that makes promises of **weight loss** or other health advantages such as longer life **without backing by solid science**, and in many cases are characterized by highly restrictive or unusual food choices

• These diets are often endorsed by celebrities or medical professionals who style themselves as "gurus" and profit from sales of branded products, books, and public speaking
More on Fad Diets

- 98% of people who diet using these diets in order to lose weight gain it back within 5 years
- These diets fail because many of them are not sustainable
- People revert to former eating habits when the diet fails
Example of Fad Diets

- Master Cleanse
- Liquid diets
- Paleolithic diet
- Low-carbohydrate diet
  - Dr. Atkins' New Diet Revolution
  - Sugar Busters
  - Zone diet
The Best Eating Plan

• The basic principles of good diets are so simple that they can be summarize in just ten words:
  • eat less
  • move more
  • eat lots of fruits and vegetables
QUESTIONS ?
Contact Information

• Julia Sosa, MS, RD
Office of Minority Health
201 Monroe St, Suite 1040
Montgomery, AL 36104
• 334-206-3812
• Julia.sosa@adph.state.al.us