

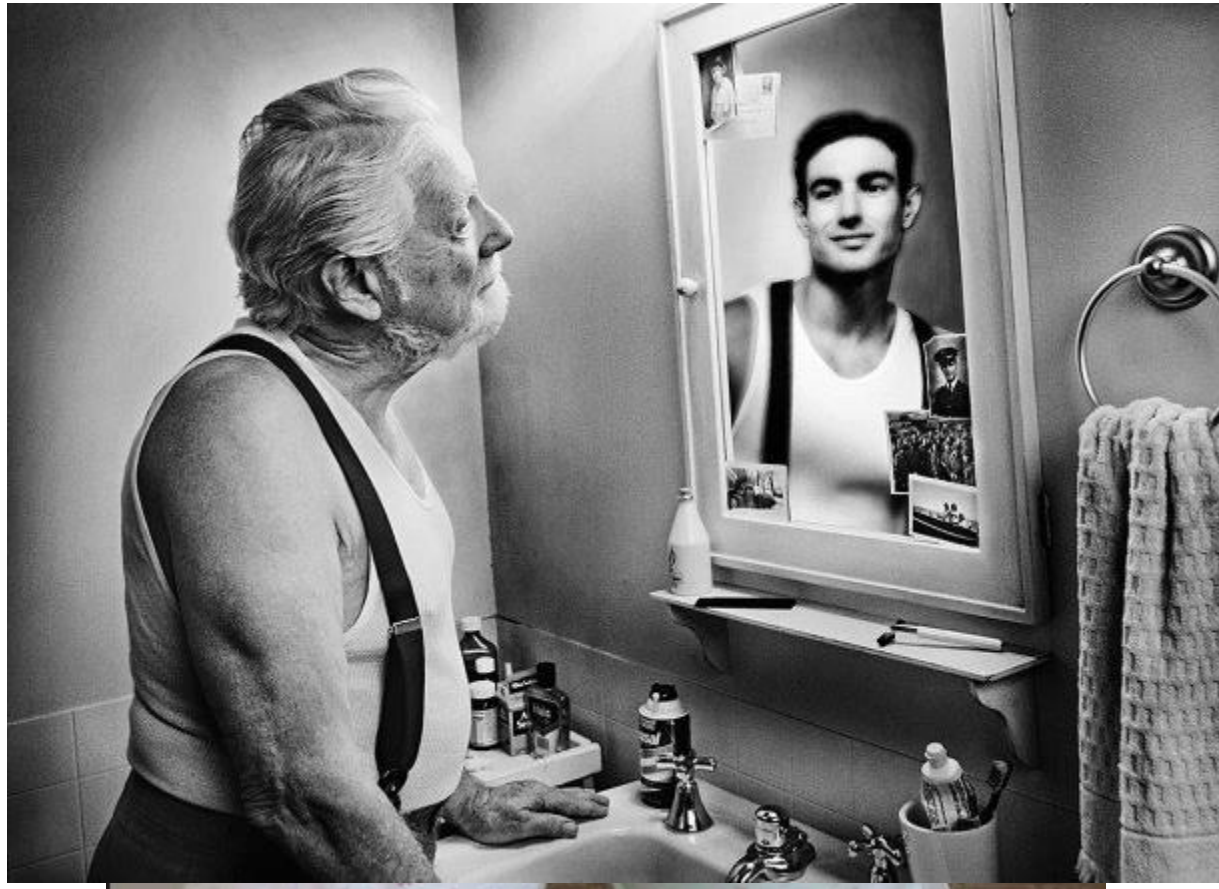
Changing Your Lifestyle Using Electronic Self-Monitoring

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Jackson Hospital and Clinic, Inc

Today's Objective

To learn how to maximize the use of electronic devices and programs in improving lifestyles

What do you think about when you hear self-monitoring?



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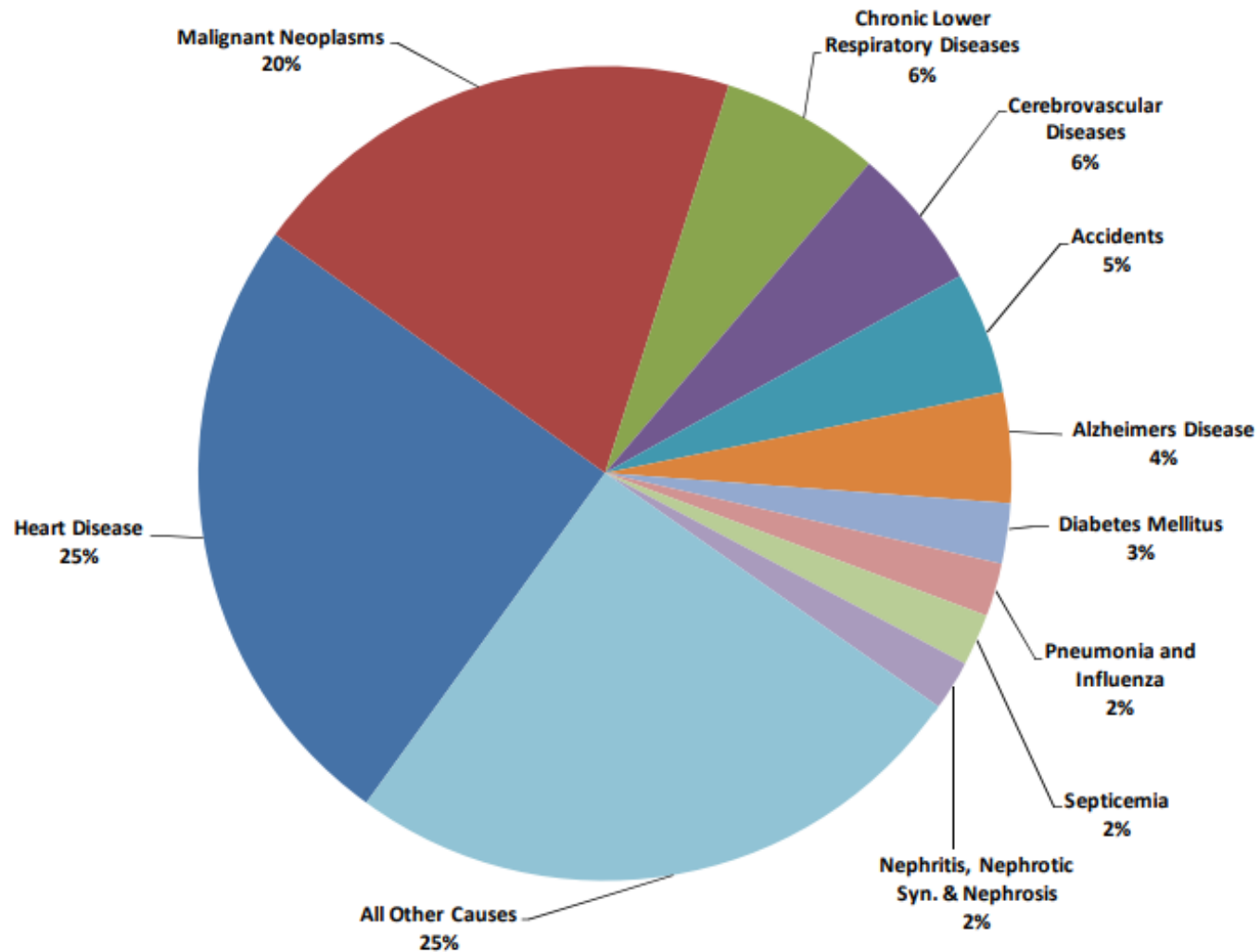


Technology has advanced tremendously



But have we learned how to use it correctly?

**GRAPH 5: 10 LEADING CAUSES OF DEATH BY PERCENTAGE DISTRIBUTION
ALABAMA, 2015**



Source: Alabama Vital Statistics 2015

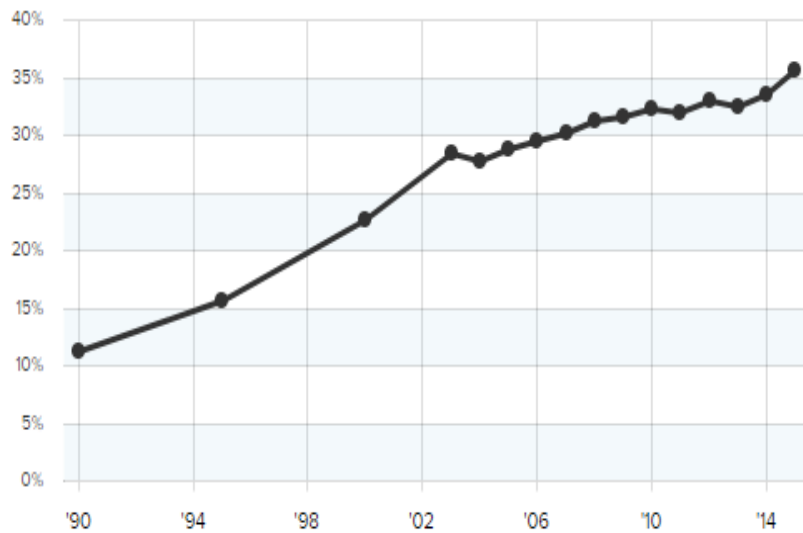
Current adult obesity rate (2015)

35.6%

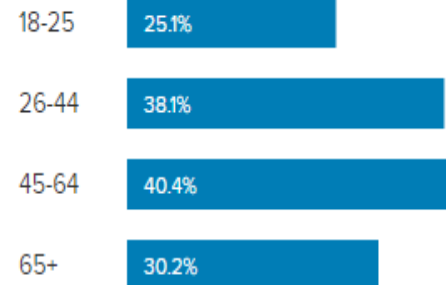
Rank among states (2015)

2_{/51}

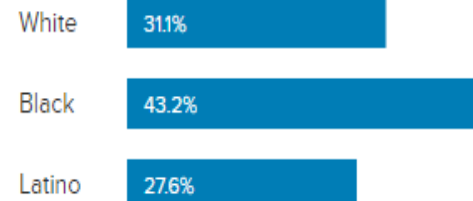
Adult obesity rate in Alabama (1990-2015)



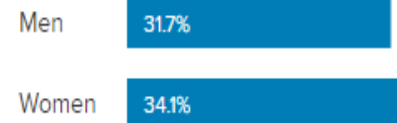
Obesity rate by age (2015)



Obesity rate by race (2015)



Obesity rate by gender (2012)



Childhood Obesity **New Data**

2- to 4-year-old WIC participants

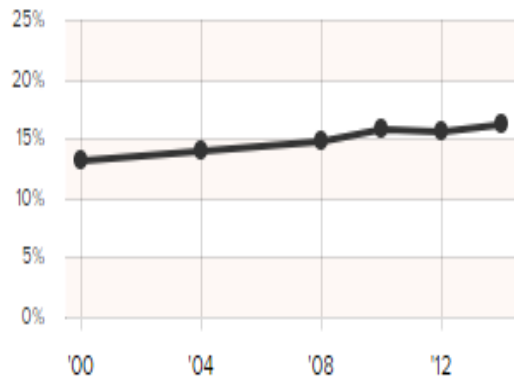
Current obesity rate (2014)

16.3%

Rank among states (2014)

10_{/51}

Historical rates (2000-2014)



Source: stateofobesity.org/wic

10- to 17-year-olds

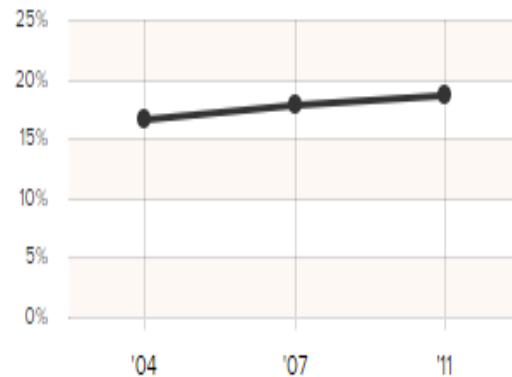
Current obesity rate (2011)

18.6%

Rank among states (2011)

11_{/51}

Historical rates (2004-2011)



Source: stateofobesity.org/children1017

High school students

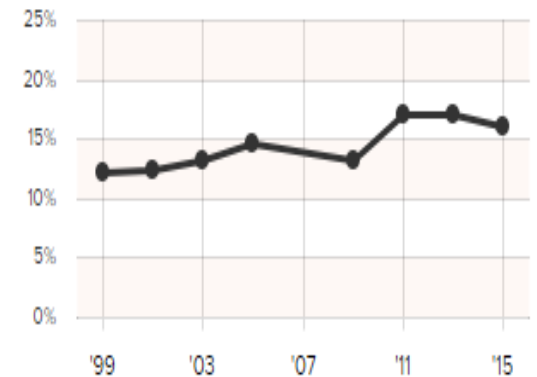
Current obesity rate (2015)

16.1%

Rank among states (2015)

9_{/43}

Historical rates (1999-2015)



Source: stateofobesity.org/high-school-obesity

Obesity-Related Health Issues

Diabetes

Current adult diabetes rate (2015)

13.5%

Rank among states (2015)

3_{/51}

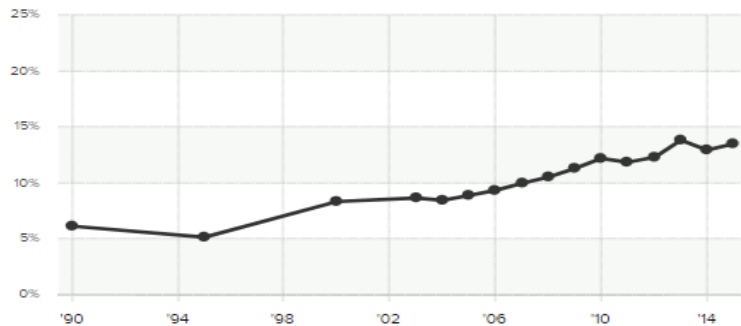
Diabetes cases in 2010

448,912

Projected cases of diabetes in 2030 at current pace

661,673

Historical adult diabetes rates (1990-2015)



Hypertension

Current adult hypertension rate (2015)

40.4%

Rank among states (2015)

3_{/51}

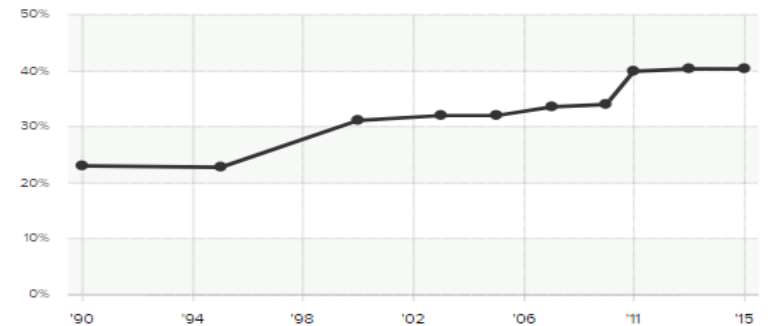
Hypertension cases in 2010

1,006,222

Projected cases of hypertension in 2030 at current pace

1,286,270

Historical adult hypertension rates (1990-2015)



Heart Disease

Heart disease cases in 2010

311,842

Projected cases of heart disease in 2030

1,458,880

Arthritis

Arthritis cases in 2010

988,452

Projected cases of arthritis in 2030

818,339

Obesity-Related Cancer

Obesity-related cancer cases in 2010

79,581

Projected cases of cancer in 2030

200,226

The State of Alabama

- Second highest adult obesity rate in the nation
- 2016 adult obesity rate is currently 35.6 percent, up from 22.6 percent in 2000 and from 11.2 percent in 1990.
- According to the most recent data, adult obesity rates now exceed 35 percent in four states, 30 percent in 25 states and are above 20 percent in all states
- Louisiana has the highest adult obesity rate at 36.2 percent and Colorado has the lowest at 20.2 percent.

How can self monitoring tools help?

- Provide a constant status
- Help direct life style decisions
- Provide motivation

Example: www.myfitnesspal.com

Please take a moment to update your goals.

Current Weight	Goal Weight
<input type="text" value="173"/> lbs	<input type="text" value="182"/> lbs

What is your goal?

▼

How would you describe your normal daily activities?

▼

How can self monitoring tools help?

Example: www.myfitnesspal.com

Your new goal is:

1,500 Calories

You should lose:

5.5 lbs by August 28

*Your projected weight loss is an estimate based on your total net calories. Actual results may vary.

Back

Start Logging

Your Daily Summary

1 DAY STREAK

No photo provided

Upload photo

Calories Remaining Change

1240

Add Exercise

Add Food

1240
GOAL

0
FOOD

-

0
EXERCISE

=

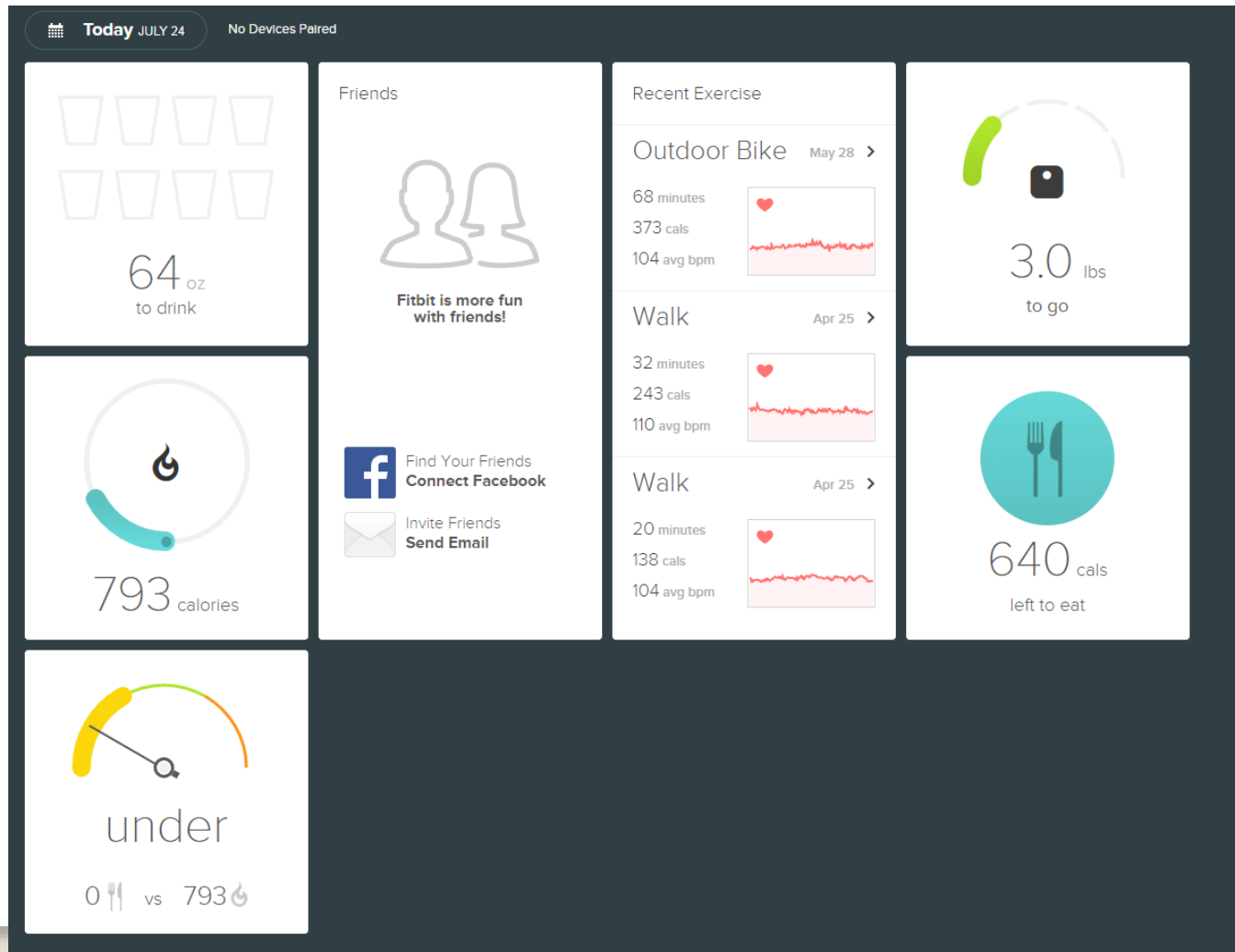
0
NET

0 lbs
LOST



How can self monitoring tools help?

Fitbit



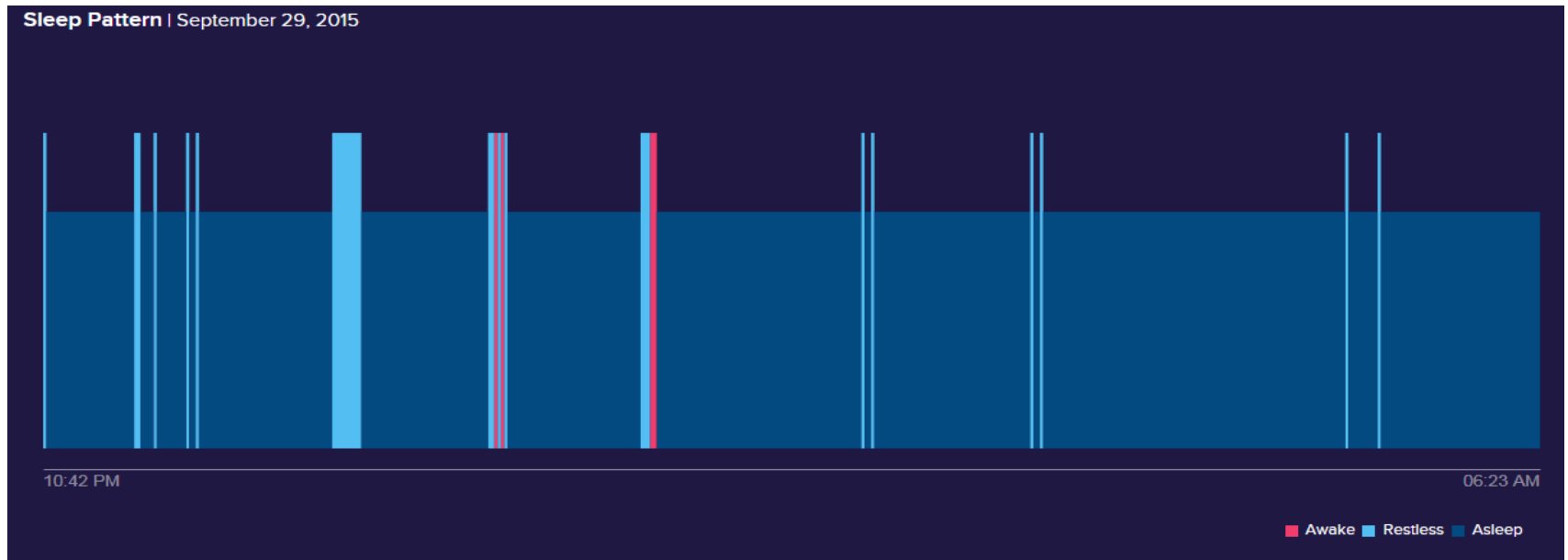
How can self monitoring tools help?

Fitbit



How can self monitoring tools help?

Fitbit



TIME ASLEEP

7 hrs 9 mins

SLEEP QUALITY

3 times awake

16 times restless

32 mins awake/restless

[Learn More](#)

EDIT SLEEP

Delete

Tuesday, Sep 29, 2015

SLEEP START

10:42

PM

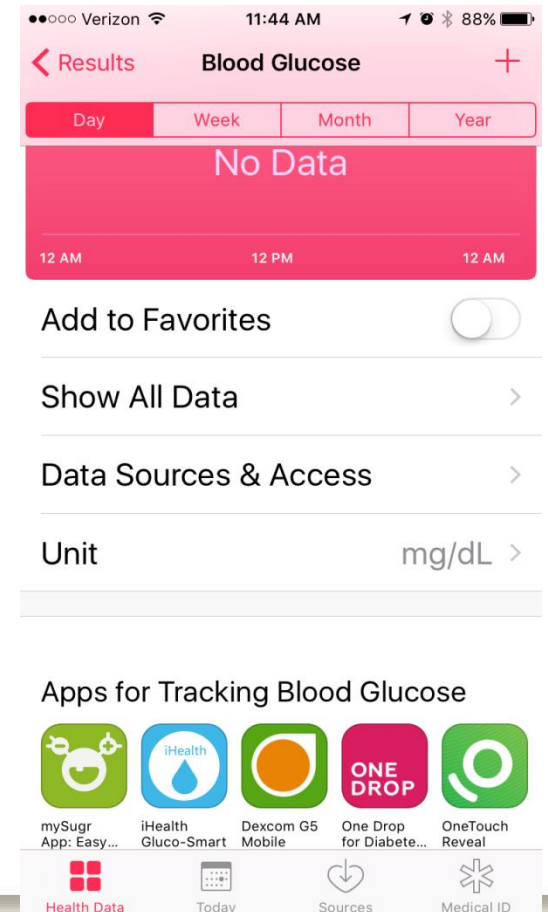
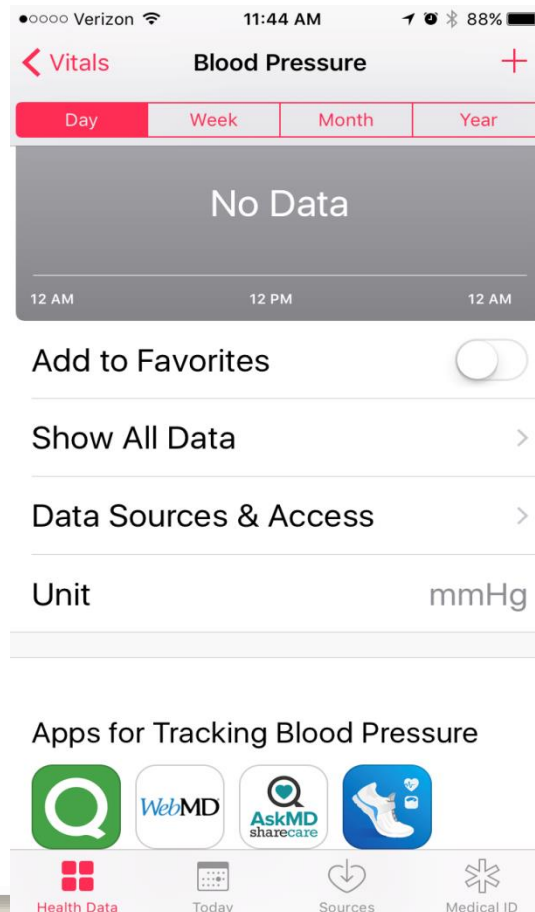
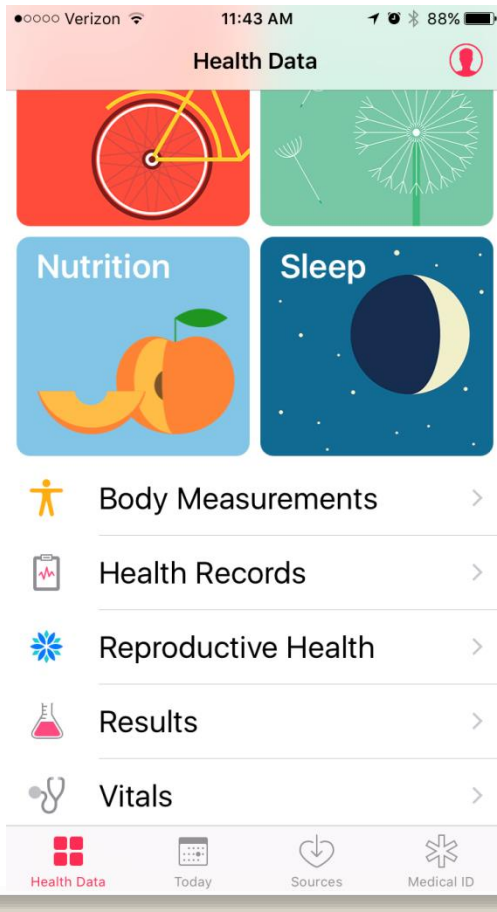
SLEEP END

6:23

AM

How can self monitoring tools help?

Iphone




The key is to change your habits.

- Learn how to eat to meet the calorie goals
 - Don't let your schedule drive your eating
 - Learn your metabolism
 - Small frequent meals versus eat like a king, prince, then pauper
- Evolve the program into your life
 - Adjust your life to maximize benefit of the information you get from monitoring.
- Reach out to others that have had success to get tips
 - No two people are alike so use the tips but do not try to emulate the process and expect the same results


Examples are good...

Wt Loss:

- Trends are a good way to see what works
- Use the apps to track
- Not only track calories but track activity.
- I weigh daily, not to look for a huge gain or loss, but to just measure for trend.
- Always weigh first thing in the morning,
- Watch the trend on the app, wt loss is slow.
- Once you reach ideal wt, determine eating/activity pattern that will keep you there.
- If you have diabetes, hypertension, etc. monitor these closely as the values will most likely change.
- Again, make this part of your lifestyle. 

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Summary

- We have more tools these days to monitor our health
- Proper use can show trends, what get results, and what does not
- Changes have to be permanent in order to maintain the results
- Maintain the positive results can lead to a better and longer life.
- It is a life long journey. You have to make the decision and the changes.

Questions?