

# Tip the Scales in Your Favor



## Weight Loss Tips

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Patient Education

# Objectives

- Benefits of weight loss
- A healthy BMI
- Current diet trends
  - What works and what doesn't
- 10 proven weight loss tips

# Risks of being overweight or obese:

- Coronary Artery Disease
- Stroke
- Cancer
- Type 2 Diabetes
- Osteoarthritis
- Sleep Apnea and other respiratory conditions
- Hypertension
- Hyperlipidemia
- Liver and gallbladder disease
- Gynecological problems

# Benefits of Weight Loss

- Diabetes prevention
- Look and feel better
- Be more healthy
- Relieve tension
- Help you relax
- Improve sleep
- More energy
- Easier to get around
- Lower blood pressure
- Lower LDL
- Raise HDL
- Good example for family, friends, community

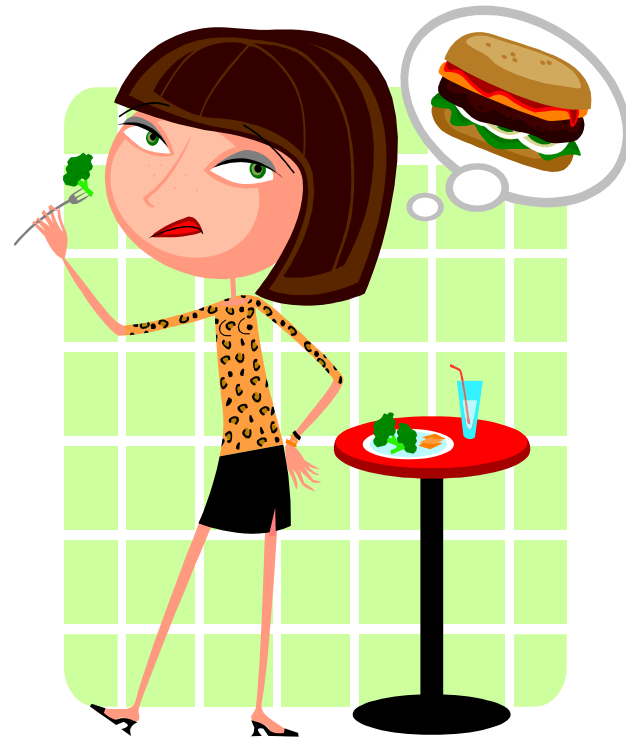
# A Healthy BMI

## Body Mass Index Chart

		WEIGHT (lb)																				
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
HEIGHT (ft/in)	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67
	4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
	5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59
	5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55
	5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52
	5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49
	5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46
	5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45
	6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43
	6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41

# Current Diet Trends

- Atkins
- South Beach
- Wheat belly
- Gluten- free
- Paleo diet
- Cleansing diets
- Others?



# National Weight Control Registry

- Studies people who have lost 30 pounds or more and kept it off for at least a year
- <http://www.nwcr.ws/>
- They eat breakfast
- They really move
- They are healthy eaters
- They limit their dietary options
- They turn off the screen
- They weigh-in often
- They don't eat emotionally
- They are not perfect
- It gets easier
- They measure success

# NWCR



- What did researchers learn?
  - Ate inconsistently, with greater calorie variation
  - More fast food
  - More screen time
  - Skipped breakfast
  - More emotional eating
  - Were more prone to depression



# Approach to Weight Loss

- **Weight loss therapy should be based on three components:**
  - Diet
  - Physical activity
  - Behavior therapy
    - Recognizing triggers for eating
    - Learning to pinpoint obstacles that hold you back from making lifestyle changes

# 10 Proven Weight Loss Tips

- Attendance
- Records
- Nutrition
- Exercise
- Environmental Control
- Sleep
- Decrease Stress
- Consistency in behavior
- Weigh – Ins
- Personal goals

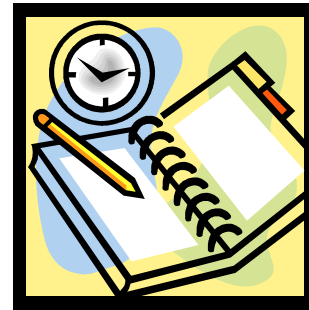
# 1. Attendance

- Group or individual
- Weight Watchers or other programs
- Friends, family, coworkers
- Biggest loser connections
- Workplace



## 2. Records

- Keep track with:
  - Apps
    - Myfitnesspal, Lose it
  - Websites
    - CalorieKing
  - Food journal
    - Using food labels and calorie books

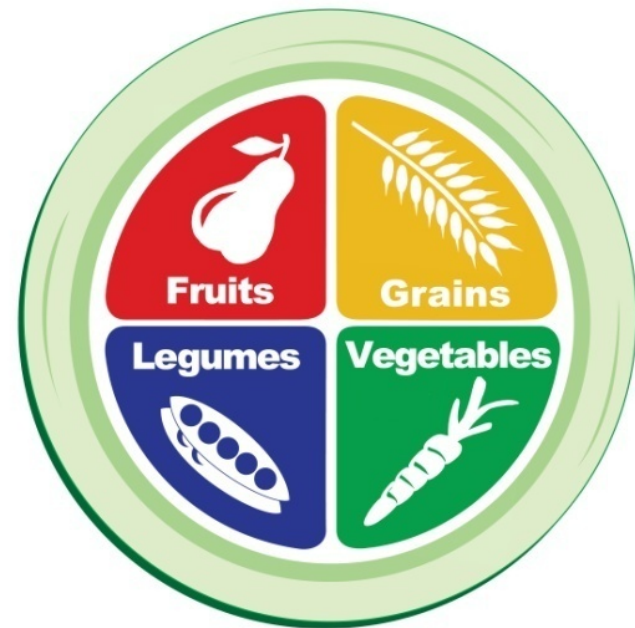
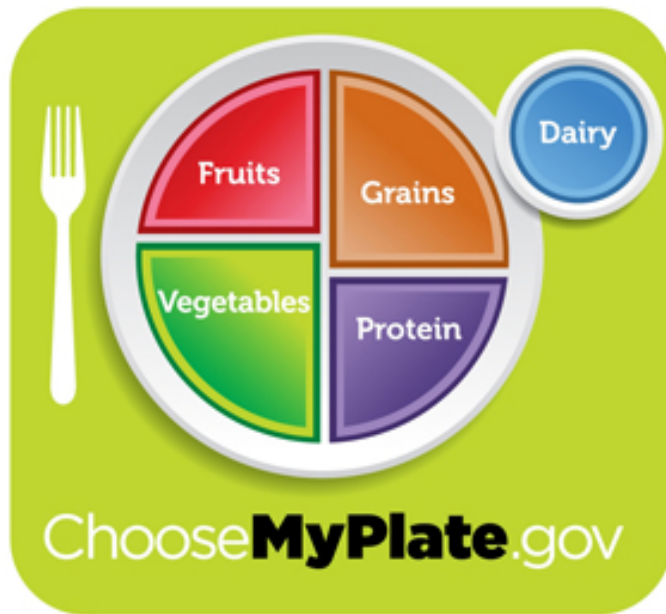


# 3. Nutrition

- Follow the plate model
- Count calories
- Reduce portions
- Drink more water – 2 quarts
- Supplement – multivitamin
- Limit alcohol



# The Plate Method



# Plant Based Eating



- Vegetables
- Fruit
- Whole Grains
- Beans and Legumes
- Plant based fats
- Milk or dairy alternatives
- Protein

# Choose your journey





# Fat and Calorie Goals (SOS)



Starting Weight (lbs)	Fat grams	Calorie goal
120 - 174	33	1,200
175 - 219	42	1,500
220 - 249	50	1,800
>250	55	2,000

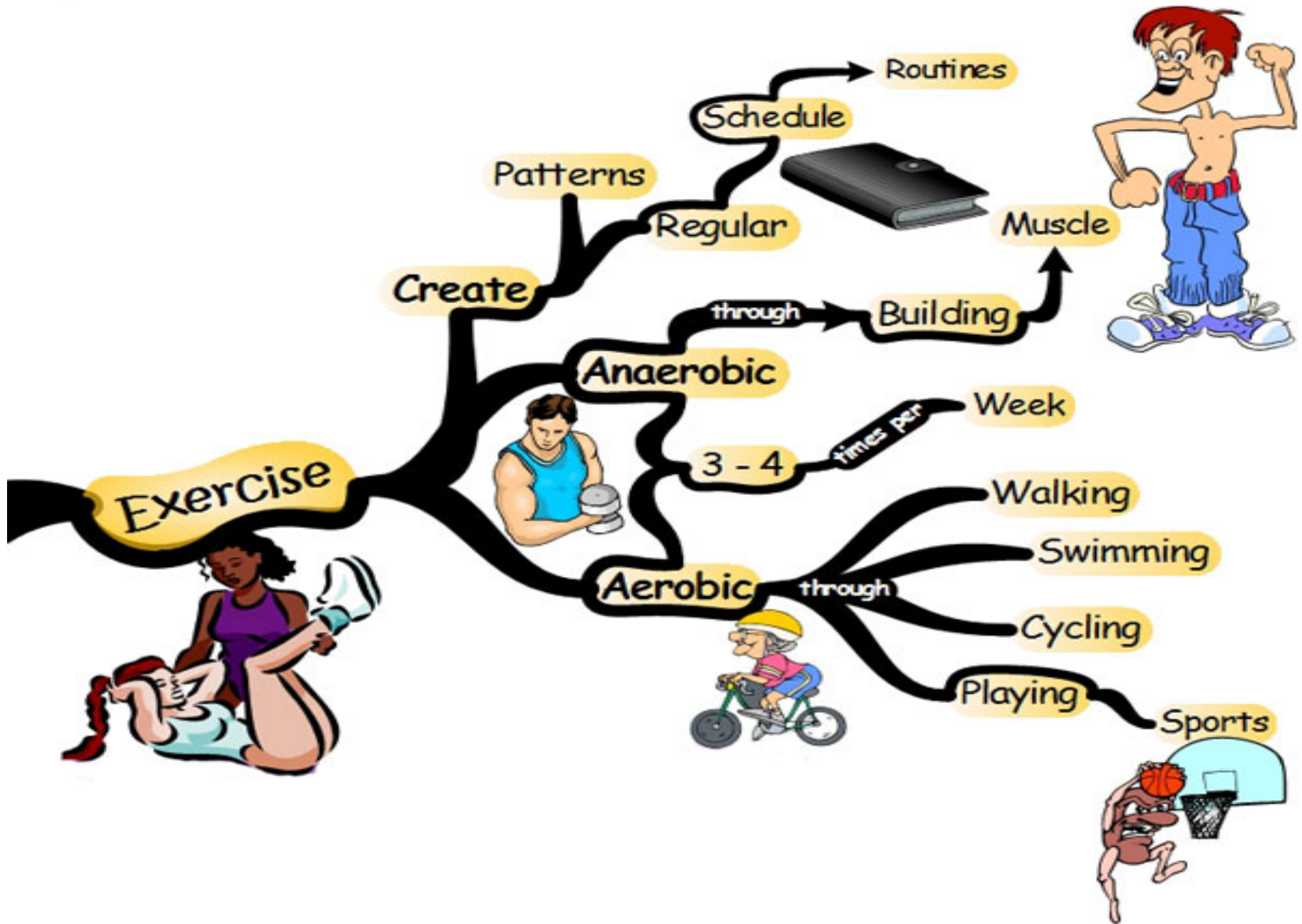
# What does 1200 calories look like?

- **Breakfast 200 – 300 calories**
  - Cereal, milk, fruit
  - Protein, toast, fruit
- **Lunch 300 – 400**
  - Sandwich, fruit, yogurt, veggies
  - Salad with protein, bread or crackers, fruit, yogurt
  - Frozen entrée, salad, fruit
- **Snack 200**
- **Dinner 400 – 500**
  - Protein, starch, vegetable, fruit
  - Frozen entrée, salad, vegetable, fruit
  - Pasta with sauce, salad, fruit, yogurt
  - Stirfry, rice, fruit, yogurt

# 4. Exercise

- Goal of *at least* 150 minutes per week
- Benefits of exercise last up to 48 hours
- Interval intensity
- Double days
- Pedometer/step counter





# 5. Environmental Control

- Improving environment to promote your success
  - Home
  - Work
  - Travel
  - Social events

# 6. Sleep

- Increased hunger with less sleep
- Benefits of improved sleep
  - lower stress
  - improve muscle recovery
  - improved immune function



# 7. Lower Stress

- Stress management to reduce stress hormones
  - Cortisol, Epinephrine, Norepinephrine
- Make it easy to choose healthier foods
- Balanced intake vs overeating or undereating

# 8. Consistency in Behaviors

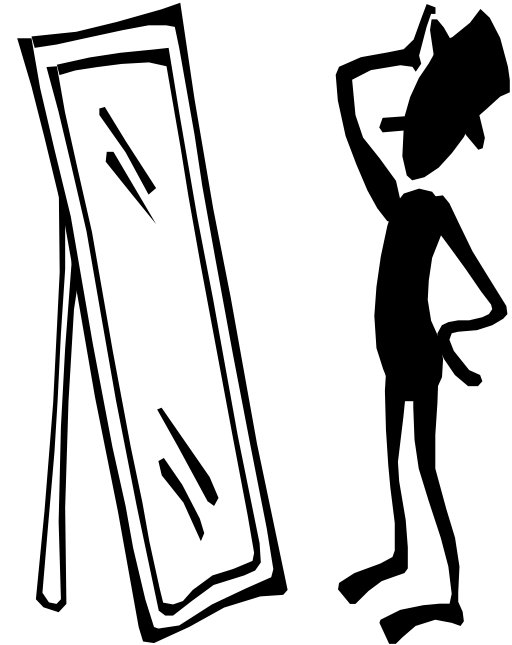
- Create calorie deficit over WEEKS
- Mindless Margin: 100-200 calorie deficit
- Combination of healthy eating and exercise
  - Eat 250 calories less and burn 250 calories more
- Exercise alone won't do it





# Weigh-In

- Weekly
- Daily
- Clothes
- Mirror
- Other indicators of change?
  - Can you do something now that you couldn't do before weight loss?
  - Other measurements



# 9. Personal goals

- Have a plan
- What will I need to reach this goal?
- What problems might I encounter and how will I solve them?
- I will eat 5 servings of fruits and vegetables every day.
- I will need to go to the Farmer's market/grocery store on Sat. and buy enough for the week
- I will have frozen fruit/vegetables as a backup



~~“IT’S TOO COLD”~~

~~“IT’S TOO EARLY”~~

~~“IT’S TOO HOT”~~

~~“IT’S TOO LATE”~~

MAKE IT HAPPEN.

[WWW.PASSIONPLUSPURPOSE.COM](http://WWW.PASSIONPLUSPURPOSE.COM)



motivation

**How do I get started?**  
**How do I keep going?**

# 10. Sutter Weight Management Institute

- Tier 1 program – Sutter Options for Success (SOS)
- 12 week weight management program
- \$150
- Diet, exercise, behavior modification
- Accountability is key!
  
- Tier 2 programs – medically supervised weight loss
- Tier 3 programs – bariatric surgery
- 916-774-8885
- [www.checksutterfirst.org/SWMI](http://www.checksutterfirst.org/SWMI)



# Thank You!

Sutter Medical Foundation

Patient Education

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