

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2023



Focus on what you can do to manage your weight by making small, attainable changes each day.

Reaching and maintaining a healthy weight can help prevent and control many health conditions, while providing more energy to enjoy life.

Healthy weight: it's all about balance

Weight management

Maintaining proper weight balance is needed to promote good health and quality of life. A healthy weight decreases the chance of developing many health conditions, including cardiovascular disease, type 2 diabetes, osteoarthritis, obstructive sleep apnea, gastroesophageal reflux disease, metabolic syndrome, and certain cancers.

Body mass index

Body mass index (BMI) is a calculation based upon a person's height and weight. It provides an estimate of total body fat as a proportion of total body weight and the risk of developing weight-related diseases.

BMI scores fall into classifications as follows:

Underweight: Below 18.5

Healthy: 18.5 - 24.9

Overweight: 25.0 – 29.9

Obesity: 30.0 +

BMI is less accurate for assessing healthy weight in some groups of people because it does not distinguish between the proportion of weight due to fat or muscle.

Waist circumference

Waist circumference is often a better estimate of visceral fat, the dangerous internal fat that coats the abdominal organs. Carrying excess body fat around your middle is more of a health risk than if weight is on your hips and thighs.

To measure your waist circumference accurately, place a tape measure directly on your skin halfway between your lowest rib and the top of your hipbone. Keep it snug, but not squeezing the skin. Breathe out normally and measure.

Lower risk waist circumference

- **Most men:** 40 inches or less
- **Most women:** 35 inches or less

Weight management tools

BMI Calculator

<https://www.calculator.net/bmi-calculator.html>

Macro Calculator

<https://www.calculator.net/macro-calculator.html>

Interested in learning more, visit

eversidehealth.com/healthyweight

Approaches to healthy weight management

Eat the right foods

Eating a variety of healthy foods can help you maintain a healthy weight and reduce your risk of developing chronic health conditions.

Complex carbohydrates: Include healthy starches and fibers, which occur in whole-grain products (such as whole wheat, rye, and barley grains and pastas), fruits (such as apples and berries), and starchy vegetables (such as beans, corn, and sweet potatoes).

Complex carbohydrates and non-starchy vegetables (such as broccoli and green beans) are also full of fiber, prebiotics, and polyphenols - antioxidants with many health benefits.

High Fiber: Getting the recommended 25-35 grams of fiber each day is important for your health, helps keep you regular, and can help you manage your weight.

Protein: Choose lean meats like seafood and poultry. Use lean cooking methods such as baking, broiling and grilling.

Fats: Add healthy fats such as nuts, nut butters, seeds, olives, avocados, tahini, and olive oil or other plant oils in your daily meals.

Increase physical activity

Try daily activities that you enjoy and new activities that spark your interest. Mix up your routine throughout the week to keep it fun!

Create healthy sleep patterns

Lack of sleep changes hormones that increase our appetite and decrease the feeling of fullness. Bedtime routines can help you to wind down, ease into sleep and feel well rested.

Stress well

Cortisol is a hormone that is associated with stress. It is also a significant appetite stimulant. Prioritizing tasks can help ensure you are spending time and energy on what is most important.

Sources

How useful is the body mass index (BMI)? - Harvard Health, accessed 11/08/2022
Body mass index (BMI) and waist circumference | healthdirect, accessed 11/08/2022
Carbohydrates, Proteins, and Fats - Overview of Nutrition - Merck Manuals Consumer Version, accessed 11/10/2022
Plant-Based Diets: A Physician's Guide - PMC (nih.gov), accessed 11/05/2022
Maintain a Healthy Weight (nih.gov), accessed 11/01/2022

Energy balance

Energy balance is important for maintaining a healthy weight. The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)
- More energy IN than OUT over time = weight gain
- More energy OUT than IN over time = weight loss

Your energy IN and OUT don't have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.

Weight management apps

MyFitnessPal

<https://www.myfitnesspal.com/>

Lose It! - Weight Loss That Fits

<https://www.loseit.com/>

MyPlate | U.S. Department of Agriculture

<https://www.myplate.gov/>

Fooducate

<https://www.fooducate.com/>

Want to learn more?

Contact your provider to discuss your individual exercise and eating habits today!