

A Healthier Me in 2023

Weighing in on Weight Management

- 85+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- Membership in FEHBP and FEDVIP
- Exclusively for federal and postal workers, annuitants and military retirees
- Extensive international network of doctors, dentists, hospitals and other providers

GEHA®



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Today's presenters



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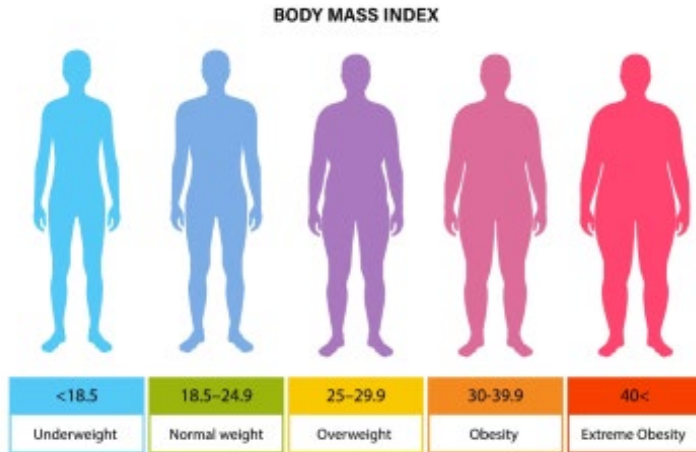
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Agenda

- Define
- Trends
- Consequences
- Causes
- Prevention strategies
- Resources



What does it mean to be overweight or obese?



- “Overweight” and “obesity” are ways to describe having too much body fat
- Overweight is defined as a BMI between 25.0 and 29.9; and a BMI of 30 or higher is considered obese

Healthy BMI ranges for adults and children

- For adult men and women, a BMI between 18.5 and 24.9 is considered healthy
- In children and adolescents aged 2 to 20 years old, a BMI in the 85th to 94th percentiles for age and gender is considered overweight; a BMI in the 95th percentile or higher is considered obese

Source: hsph.harvard.edu/obesity-prevention-source/obesity-trends/

Waist size matters

- Abdominal obesity
- Measuring body fat

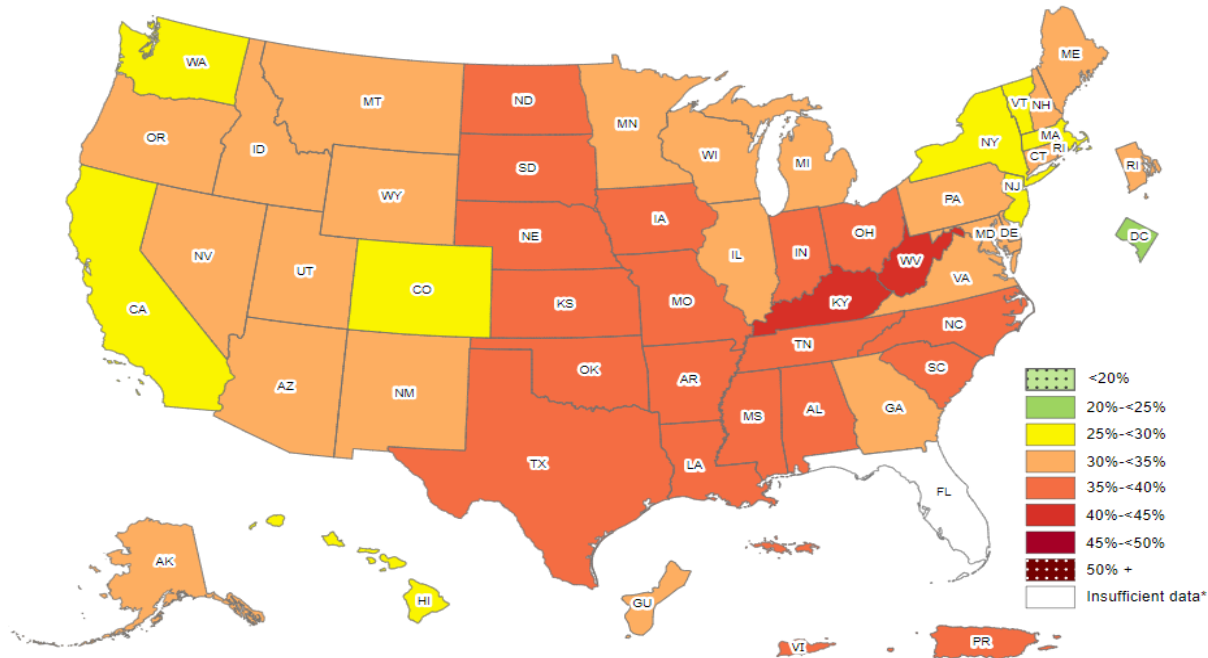


Obesity trends

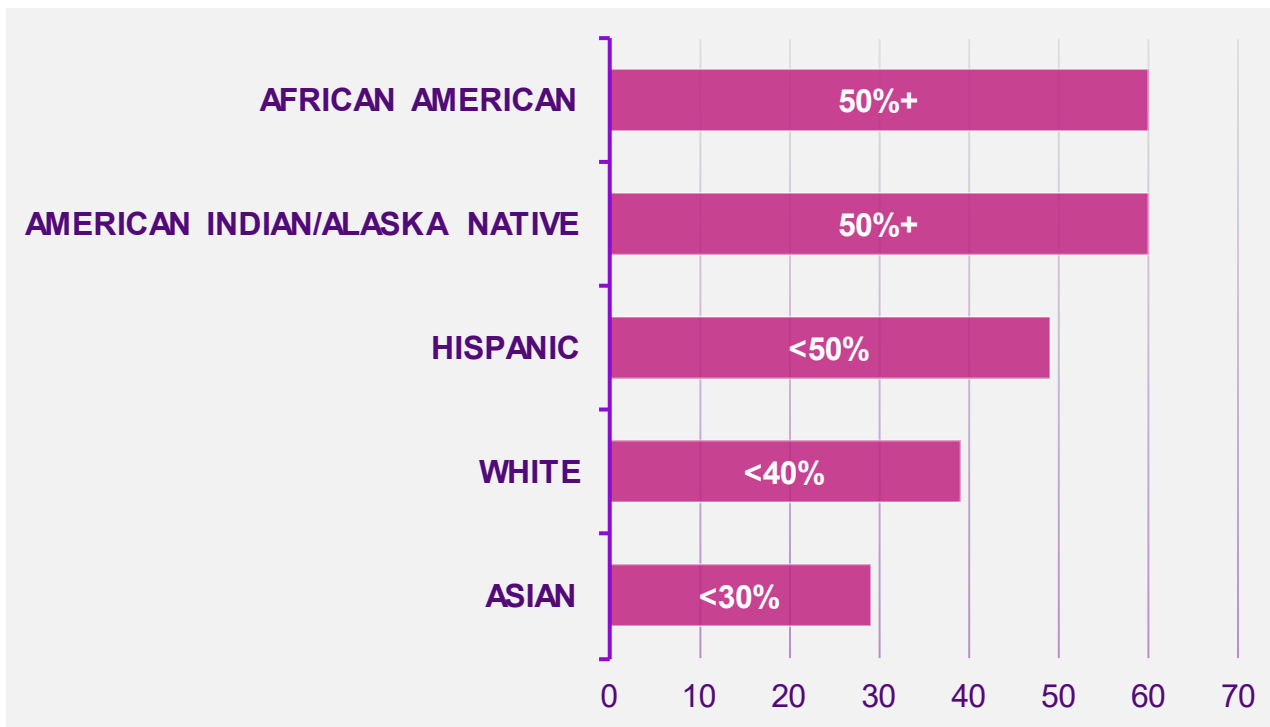
- Worldwide the rate of obesity in adults has nearly doubled since 1980
- Obesity rates have been steadily rising in children
- Of all high-income countries, the United States has the highest rates of overweight and obesity
- The burden of obesity isn't felt equally across all parts of society



Prevalence of self-reported obesity among U.S. adults by state and territory



Prevalence of obesity by race/ethnicity



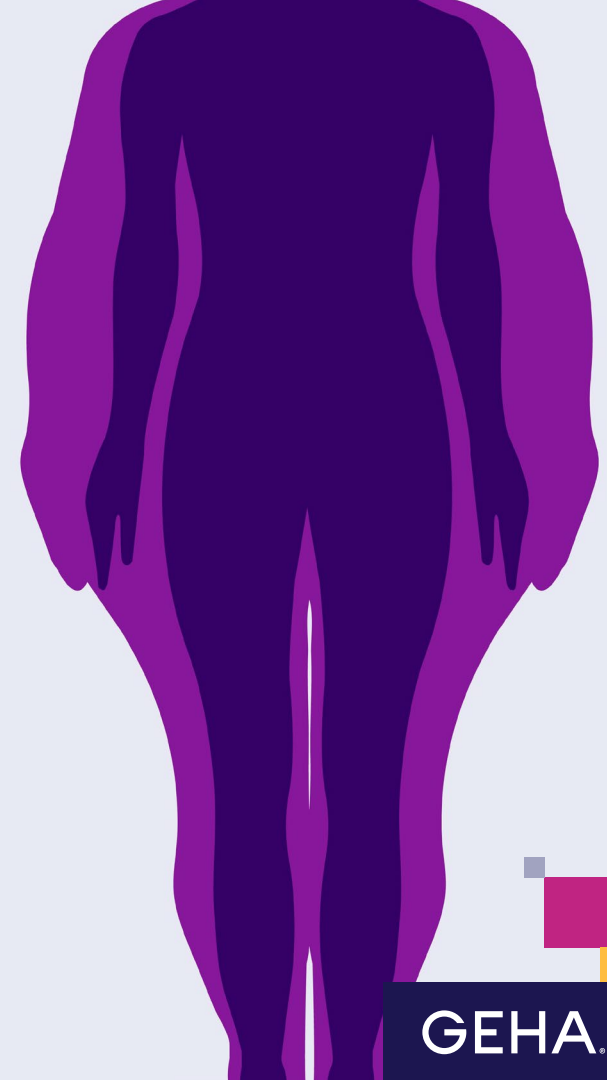
Source: Behavioral Risk Factor Surveillance System

Obesity consequences

The high cost of excess weight

- Heart disease
- Stroke
- Diabetes
- High cholesterol
- Asthma
- Sleep apnea
- Gallstones
- High blood pressure
- Kidney stones
- Infertility
- Cancer
- Social and emotional effects

Source: hsph.harvard.edu/obesity-prevention-source/obesity-consequences/



Obesity consequences (continued)

- Societal effects
- Health care costs
- Other costs
- Recruitment for the armed services

Source: hsph.harvard.edu/obesity-prevention-source/obesity-consequences/



Causes of obesity: What tips the scale toward excess weight?



Risk factors that increase the likelihood of obesity

- Prenatal and postnatal influences
- Unhealthy diets
- Too much TV
- Lack of physical activity
- Lack of sleep



Other factors that increase the risk of obesity

- Genes
- Environments
 - Physical
 - Social
 - Economic
 - Political

Source: ncbi.nlm.nih.gov/pmc/articles/PMC5644962/

Prevention strategies

- Give kids a good start
- Eat well
- Limit screen time
- Stay active
- Get enough sleep
- Relax

Source: hsph.harvard.edu/obesity-prevention-source/diet-lifestyle-to-prevent-obesity/





Give kids a good start

- Start pregnancy at a healthy weight
- Don't smoke during pregnancy
- Aim for a reasonable weight gain during pregnancy
- Breastfeed
- Ensure infants get adequate sleep during the first few years of life
- Help children gain weight at a healthy rate

Source: hsph.harvard.edu/obesity-prevention-source/diet-lifestyle-to-prevent-obesity/



Eat well

- Quality counts!
- A calorie is just a calorie?
 - High-quality foods
 - Low-quality foods

Foods to avoid

- Lower-quality foods
 - Highly processed foods
 - Sugar-sweetened beverages
 - Refined (white) grains
 - Refined sugar
 - Fried foods
 - Foods high in saturated and trans fats
 - High-glycemic foods
- Effects of processed foods





Food to choose

- Higher-quality foods
 - Fruits
 - Vegetables
 - Whole grains
 - Healthy fats
 - Healthy proteins
- Finding balance

Choosing the right portions

Fruits	Vegetables	Grains	Dairy	Protein
2 cups	2 ½ cups	6 ounces	3 cups	5 ½ ounces
1 cup counts as: 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% juice	1 cup counts as: 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 ounce counts as: 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup brown rice ½ cup cooked grits	1 cup counts as: 1 cup milk 1 cup yogurt 2 ounces cheese	1 ounce counts as: 1 ounce tuna fish ¼ cup cooked beans 1 tablespoon peanut butter 1 egg

Daily food group targets – Based on a 2,000-calorie plan

Visit myfitnesspal.com for their free app with loads of mindful eating and fitness inspiration.

Source: [MyPlate.gov](https://www.myplate.gov)

Limit screen time

- Adults
- Parents
- Schools and caregivers
- Health care providers



Stay active



American College of Sports Medicine's stand on physical activity and weight loss

- Sustained weight loss of **3%–5%**
- Lifestyle interventions
- ACSM's stand
 - <150 minutes/week of physical activity = minimal weight loss
 - >150 minutes/week of physical activity = modest weight loss of 4–6.6 pounds
 - >250–420 minutes/week = ~11–16.5 pounds of weight loss

Source: [acsm.org](https://www.acsm.org)

FITT Recommendations

	Cardiorespiratory endurance	Muscular strength and endurance	Flexibility
Frequency	≥5 days per week	2–3 days per week	≥2–3 days per week
Intensity	Initial intensity: moderate, 40%–59% of maximum heart rate, progress to vigorous, ≥60%	60%–70% of 1RM, gradually increase to enhance strength and muscle mass	To the point of tightness or slight discomfort
Time	30 minutes/day (150 minutes/week), increasing to 60 minutes or more daily (250–300 minutes/week)	2–4 sets of 8–12 repetitions for each of the major muscle groups	Hold static stretch for 10–30 seconds per stretch, 2–4 repetitions per stretch
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, cycling, swimming)	Body weight, resistance machines and/or free weights	Static, dynamic or Proprioceptive Neuromuscular Facilitation (PNF)

Sleep

- The correlation between sleep and weight
- What happens while we sleep
 - Hormones
 - Insulin
- Restful vs. fragmented sleep
- Tips for better sleep
- How much sleep does a person need





Relax

- Relaxation techniques
 - Progressive muscle relaxation
 - Diaphragmatic breathing
 - Yoga
 - Meditation
 - Journaling

GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Real Appeal weight management program
 - Learn more at geha.com/Elevate-Rewards
- HDHP, Standard and High plans
 - Health Balance digital health platform
 - Visit geha.com/HealthRewards to learn more
- All GEHA benefit plans
 - For healthy recipes, health and wellness articles, visit geha.com/Blog
 - Learn more about GEHA Connection Fitness at geha.com/Fitness
- GEHA website for benefit information geha.com

Wrap-up

- Defined obesity
- Trends in the United States
- Consequences
- Causes
- Prevention strategies
- Resources



Q&A



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Thank you

For more information

geha.com | geha.com/Blog



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