



A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
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What is the Healthiest Weight Florida Initiative?

The number one public health threat to Florida's future is unhealthy weight. Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese.

Additionally, six out of ten children born today will be obese by the time they graduate high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion. To address this important public health issue, the Department of Health launched the Healthiest Weight Florida initiative in January 2013.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

The initiative works closely with partners to leverage existing resources to maximize reach and impact. These partners include the business community, hospitals, non-governmental organizations, non-profit agencies, other federal, state, or local government agencies, and volunteer coalitions. The overall goal is to bend the weight curve by 5% by 2017.

The Florida Department of Health in Wakulla County is involved in the Healthiest Weight Florida Initiative by offering education and support to residents who need information about nutrition, label reading, meal planning, weight loss and overall wellness. We are also able to offer Lunch-And-Learn health related

presentations and wellness programs to businesses, clubs, civic groups and faith-based congregations. This newsletter will be sent out each quarter with information, tips and other notes of interest such as our local Healthiest Weight Community Champion.

Our first local Community Champion is Jessica Huebner, owner of "Commit to Be Fit." Jessica has helped bring the State's Healthiest Weight Initiative home to Crawfordville with the Commit to Be Fit program. This multi-faceted program provides group and one-on-one fitness training that is flexible, fun and challenging at the same time. Jessica stresses that anyone can participate since there are varying levels of high and low impact exercises with modifications for all. Each participant is encouraged to work toward their personal fitness goals with the support of an integrated health and wellness component that includes fat analysis, food journals, healthy grocery shopping tips, nutrition information and much more.



Jessica also offers the new program, PiYo, which is a combination of Pilates and Yoga. This program is low impact but yields great results in strengthening muscles, stretching and physical flexibility.

Both programs provide great workouts at any ability level and promote the Healthiest Weight goals of increased physical activity and healthy weight. Jessica has her Sport Management degree from Florida State University and is certified in Personal Training, Group Training, Aerobics, Kick Boxing, Pilates and PiYo. Her goal is to grow Commit to Be Fit in our community, to share the vision of a healthy and well community and healthy, happy residents.

For more information on Commit to Be Fit or PiYo, you can contact Jessica at: 850-545-7836 or [Facebook.com/committedclass](https://www.facebook.com/committedclass).

If you know someone that is providing support for the Healthiest Weight Florida initiative in any way and you would like their efforts to be highlighted, please let us know! Call Grace Keith at 850-926-0400, x. 215 or email her at grace.keith@flhealth.gov



To be able to set appropriate (safe and reasonable) weight loss goals, you need to know how much you should weigh. There are several methods for determining your own healthiest weight.

• **BMI - Body Mass Index**

- For most people, BMI is a reliable indicator of body fatness. It is calculated based on your height and weight.

- ***At an individual level, BMI can be used as a screening tool but does not analyze the body fatness or health of an individual. BMI is based on body weight rather than body composition, it does not assess the amount of muscle tissue, bone or water weight a person may have or the age of that person, all factors that are important to take into account when planning weight loss. A trained healthcare provider should perform appropriate health assessments in order to evaluate an individual's health status and risks.***

- To calculate your BMI, see the [BMI Calculator](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html). (http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html) Or determine your BMI by finding your height and weight in this [BMI Index Chart](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm). (http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm)

- If you are trying to determine a child's or teen's BMI, be sure to use the correct charts. They can be found [here](http://nccd.cdc.gov/dnpabmi/Calculator.aspx). (http://nccd.cdc.gov/dnpabmi/Calculator.aspx)

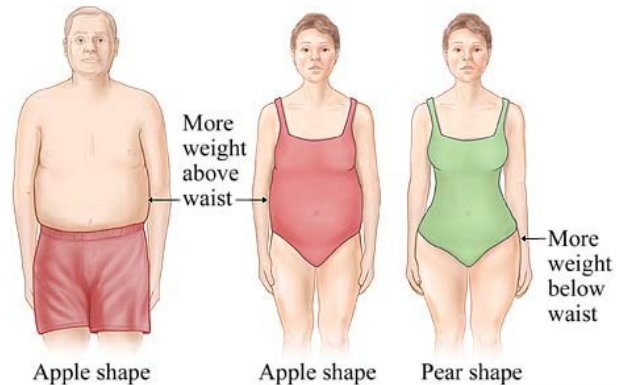
- Obese and overweight describe ranges of weight that are greater than what is considered healthy for a given height, while underweight describes a weight that is lower than what is considered healthy. If your BMI falls outside of the "normal" or Healthy Weight range, you may want to talk to health care provider about how you might achieve a healthier body weight. Obesity and overweight

have been shown to increase the likelihood of certain diseases and other health problems.

- *If your BMI is less than 18.5*, it falls within the "underweight" range.
- *If your BMI is 18.5 to 24.9*, it falls within the "normal" or Healthy Weight range.
- *If your BMI is 25.0 to 29.9*, it falls within the "overweight" range.
- *If your BMI is 30.0 or higher*, it falls within the "obese" range.

• **Waist Circumference - Apple Shape versus Pear Shape**

- Another way to assess your weight is to measure your waist size. Your waistline may be telling you that you have a higher risk of developing obesity-related conditions if you are:
 - A man whose waist circumference is more than 40 inches
 - A non-pregnant woman whose waist circumference is more than 35 inches
- Excessive abdominal fat is serious because it places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood cholesterol, high triglycerides, high blood pressure, and coronary artery disease. Individuals who have excessive abdominal fat should consult with their physicians or other health care providers to develop a plan for losing weight.





Bioelectrical Impedance - a device that looks an ordinary scale that measures body composition by sending a low electrical current from footpad electrodes. It's a more accurate way of measuring the actual percentage of fat. These are seen in health clubs and gyms and they're becoming available for home use. There are also hand-held devices available.

Safe and Reasonable Weight Loss

Always discuss your weight loss with your health care provider before getting started!

A healthy weight loss program consists of:

- A reasonable, realistic weight loss goal - 7-10% of your weight is recommended. You can always change your target as you succeed with the smaller goals.
- A reduced calorie, nutritionally-balanced eating plan
- Regular physical activity
- A behavior change plan to help you stay on track with your goals - there are many websites and apps that offer free tracking programs. Two that are very good are: www.supertracker.usda.gov/ and www.nutrimirror.com



(12.9 x height in inches) - (6.8 x age in years)

- Please note that this formula applies only to adults.
- **Calculate Activity**
- **Step two: In order to incorporate activity into your daily caloric needs, do the following calculation:**
- If you are sedentary : BMR x 20 percent
- If you are lightly active: BMR x 30 percent
- If you are moderately active (You exercise most days a week.): BMR x 40 percent
- If you are very active (You exercise intensely on a daily basis or for prolonged periods.): BMR x 50 percent
- If you are extra active (You do hard labor or are in athletic training.): BMR x 60 percent
- **Add this number to your BMR.**
- The result of this formula will be the number of calories you can eat every day and maintain your current weight. In order to lose weight, you'll need to take in fewer calories than this result.
- As you lose weight, you can recalculate the formula to assess your new BMR.



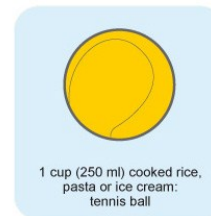
Keep in Mind

- Calories count
 - **To determine your calorie needs for weight loss:*
 - Your BMR (Base metabolic rate) is the amount of energy your body needs to function. We use about 60% of the calories we consume each day for basic bodily functions such as breathing.
 - Other factors that influence your BMR are height, weight, age and sex.
 - **Step one is to calculate your BMR with the following formula:**
 - **Women:**
655 + (4.3 x weight in pounds) + (4.7 x height in inches) - (4.7 x age in years)
 - **Men:**
66 + (6.3 x weight in pounds) +

• Portions count



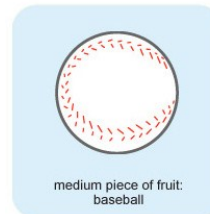
3 oz (75 g) cooked chicken or meat (4 oz raw): deck of cards



1 cup (250 ml) cooked rice, pasta or ice cream: tennis ball



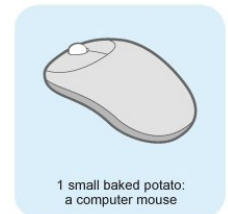
1 oz (30 g) cheese: 4 dice or 1 domino



medium piece of fruit: baseball



1 tsp (5 ml) butter or margarine: one die



1 small baked potato: a computer mouse



average woman's fist: 1 cup (250 ml)



2 tbsp (30 ml) peanut butter, jam, salad dressing: golf ball



1 oz (30 g) of chocolate: a packet of dental floss

- A "serving" is the amount of food recommended in consumer education materials such as package labeling. A "portion" is the amount of a food you choose to eat at any one time - which may be more or less than a serving.
- Nutrition counts



Go For A Walk

This is a great time of year to get outside and walk for exercise. Walking is one of the best exercises, especially if you're a beginner. Just 30 minutes a day is a good start and it doesn't have to be all at one time. Take it slow and easy at first and then add distance and speed to your routine. Before long, you'll find yourself walking the weight off and enjoying the cooler temperatures.

Try new healthy comfort food recipes!

Baked Chicken and Ziti

Ingredients:

- 1/2 pound Chicken
- 1/2 Onion
- 2 Garlic cloves, minced
- 1 28-ounce can crushed Tomatoes
- 1 teaspoon Italian herb seasoning
- 1/4 teaspoon black Pepper
- 2 cups Ziti noodles
- 2/3 cup fat-free Ricotta cheese
- 1/3 cup or more of fat-free shredded Cheese (mozzarella or cheddar)

Preparation:

Spray a large nonstick skillet with nonstick cooking spray; heat. Add the chicken and cook, turning as needed until brown, 5-6 minutes, transfer to a plate.

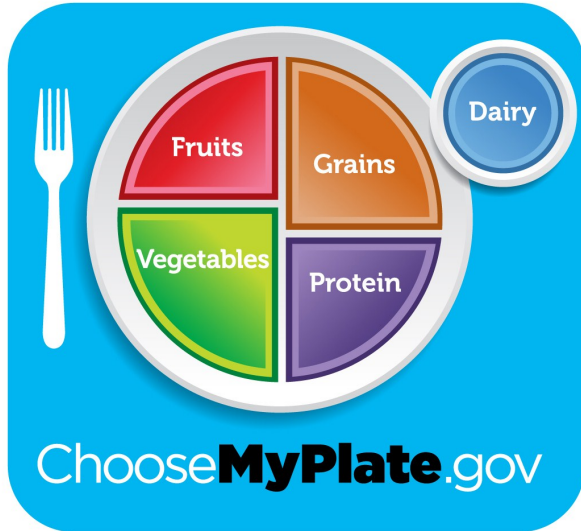
Preheat oven to 375 F.

Spray skillet with more cooking spray. Add the onion and garlic; cook, stirring as needed, until softened, about 5 minute. Add the tomatoes, Italian seasoning and pepper; bring to boil. Reduce the heat and simmer, uncovered, stirring as needed, until the mixture is thickened slightly, 8-10 minutes.

Meanwhile, cook the ziti, drain and mix with ricotta cheese.

Pour half of the tomato mixture into a 13x9 baking pan, layer with the ziti mixture, the chicken and the remaining tomato mixture. Sprinkle with cheese. Bake until hot and bubbly about 15-20 minutes.

Add a salad or green beans, some chopped fruit and you have a delicious meal that adults and kids will enjoy!



- Even a small amount of weight loss can lead to big health benefits
 - Better blood pressure
 - You may not have to take as many medications
 - Your feel better
 - Improved heart health and lower cholesterol levels
 - Decreased risk for diabetes
 - A better night's sleep for those with obstructive sleep apnea
 - Less pain associated with arthritis, joint disease, and lower back pain.
 - Better breathing
 - Decreased risk for colon and breast cancer
 - More energy

- Strive to develop good habits to last a lifetime

