Goal and Objectives

• Participants will be able to identify steps to manage their health.
  • Chart activities in a 24 hour day.
  • Identify health risk factors that may place them at an increased risk of certain diseases.
  • Identify action steps to achieving a healthy body.
The 24 hours in a day

• Activity: For this activity you will need a marker, a paper plate and 24 skittles.

1. Use a marker to divide the paper plate into 8 equal pieces
2. Label each space with your daily activities. Remember to include eat and sleep.
3. Distribute the 24 skittles around your plate to represent the hours you spend in each of these activities.

The 24 hours in a day

• What does this reveal about what how you spend the 24 hours in your day?
• Are your priorities getting the attention they need?
• Are there any changes to make?
• How much time is spent taking care of YOU?
Step 1: Assess Your Weight and Health

- BMI
- Waist Circumference
- Health Risk Factors

Body Mass Index (BMI)

\[
\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}
\]

Example: 150 pounds, 5 foot 6 inches

\[
150 \times 703 \ (105,450) = \frac{24.2}{66^2 \ (4,356)}
\]
### Weight Status Chart

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>Healthy weight</td>
</tr>
<tr>
<td>25.0-29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and Above</td>
<td>Obese</td>
</tr>
</tbody>
</table>

*BMI (Body Mass Index) is calculated as weight (in kilograms) divided by height (in meters) squared.*

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**BMI Chart**

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight Status Chart</th>
<th>BMI</th>
<th>Weight (in pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>91</td>
<td>19</td>
<td>103</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>94</td>
<td>20</td>
<td>106</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>97</td>
<td>21</td>
<td>109</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>100</td>
<td>22</td>
<td>112</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>104</td>
<td>23</td>
<td>115</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>107</td>
<td>24</td>
<td>118</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>110</td>
<td>25</td>
<td>121</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>114</td>
<td>26</td>
<td>124</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>118</td>
<td>27</td>
<td>127</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>121</td>
<td>28</td>
<td>130</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>125</td>
<td>29</td>
<td>133</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>128</td>
<td>30</td>
<td>137</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>132</td>
<td>31</td>
<td>146</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>136</td>
<td>32</td>
<td>151</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>144</td>
<td>33</td>
<td>156</td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>146</td>
<td>34</td>
<td>162</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>148</td>
<td>35</td>
<td>168</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>152</td>
<td>36</td>
<td>174</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>154</td>
<td>37</td>
<td>180</td>
</tr>
</tbody>
</table>
Waist Circumference

- Pinch more than an inch or waist measure is equal to or greater than your hip measurement.
- Risk goes up: women’s waist size > 35 inches, men’s waist size > 40 inches.
- Correctly measure your waist.

Photo courtesy of Centers for Disease Control and Prevention.
Health Risk Factors

- High blood pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Family history of Type II diabetes
- Physical inactivity
- Cigarette smoking/e-cigarettes

High Blood Pressure

- High blood pressure (hypertension):
  - 1 of 3 unaware
  - 120/80 mmHg or less – normal range
Cholesterol

• Cholesterol:
  • Total cholesterol
    • <200 mg/dL – desirable level
    • 240 mg/dL or above – risk increases

• LDL cholesterol – “bad” cholesterol
  • <70 mg/dL – if coronary artery disease is present
  • <100 mg/dL – desirable level

Cholesterol

• HDL cholesterol – “good” cholesterol
  • 60 mg/dL or higher – ideal level
  • Men >40 mg/dL – acceptable level
  • Women >50 mg/dL – acceptable level

• Triglycerides
  • <149 mg/dL – desirable level
  • 150-199 mg/dL – borderline high level
  • 200-499 mg/dL – high level
  • 500 mg/dL and above – very high level
High Blood Glucose (Sugar)

- Diabetes:
  - 1 in 3 U.S. adults have prediabetes
  - Fasting blood glucose level:
    - <100 mg/dL – desirable level
    - 100-125 mg/dL – prediabetes
    - Above 126 mg/dL - diabetes

Cigarette Smoking

- Smoking:
  - Twice the risk of a heart attack
  - One in five deaths
  - Environmental smoke – 35,000 nonsmokers die
  - Nicotine

- Quit smoking
E-cigarettes

- Devices that heat a liquid into an aerosol that the user inhales
  - Tobacco product
  - Nicotine, flavoring and other additives
  - Addictive
  - Ultrafine particles that can be inhaled deep into the lungs
  - Flavorants such as diacetyl, a chemical linked to serious lung disease
  - Volatile organic compounds
  - Heavy metals, such as nickel, tin, and lead
  
  https://e-cigarettes.surgeongeneral.gov/

Step 2: Goal Setting

- Set small achievable goals
- Work on 1-2 goals at a time
- Write your goals down

Example of a goal:
- This week for dinner I will make half of my plate fruits and vegetables.
- At least three times a week I will take a 20 minute walk outside.
Step 3: Talk Positively to Yourself

• Positive thinking encourages positive actions.
• You CAN do this!

Step 4: Reward Yourself

• When you achieve a goal do something special for yourself.
Step 5: Be Physically Active

- New guidelines:
  - 150 - 300 minutes moderate-intensity aerobic activity
  - 75 - 150 minutes vigorous-intensity aerobic activity
  - 2 days or more muscle-strengthening activities of moderate or greater intensity

Physical Activity

- Helps prevent 8 types of cancer
- Reduces the risks of dementia, heart disease, stroke, high blood pressure, stroke, type 2 diabetes and depression
- Reduces risk of excessive weight gain and helps people maintain a healthy weight
- Help manage health conditions already have
Move Your Way

Step 6: Choose Lower Fat Foods

- Choose liquid fats over solid fats
- Decrease your total fat intake
- Read the Nutrition Facts Label
  - unsaturated fat 😊
  - saturated fat 😞
  - trans fats 😞
Step 7: Limit Refined Grains

- Make half of your grains whole grains
- Check the package’s list of ingredients – the first ingredient should be a whole grain

Whole grains contain the entire grain seed or kernel.
Refined grains contain only the endosperm.

List of Ingredients

- All ingredients must be listed in descending order by weight, including added water:
  - The ingredient listed first is present in the largest amount.
  - The ingredient listed last is present in the least amount.
Step 8: Make Half Your Plate
Fruits & Vegetables

- Fresh, frozen, and canned all count.
- Eat a rainbow of fruits and vegetables every day!

Fiber

- Men
  - 30 to 38 grams daily
- Women
  - 21 to 25 grams daily
- High Fiber Foods (5 g):
  - Barley
  - Spinach
  - Pears
  - Broccoli
  - Raspberries
  - Shredded wheat cereal
  - Green peas
  - Lentils
  - Raisins/ prunes
Step 9: Watch Portion Sizes

- A portion is the amount of food that you choose to eat for a meal or snack.
- A serving is a measured amount of food or drink.
- Read the Nutrition Facts Label
- Be aware – many foods that are packaged as a single portion may actually contain multiple servings.

Portion Distortion

30 Years Ago
1 cup spaghetti with sauce & 3 small meatballs

Today
2 cups spaghetti with sauce & 3 large meatballs
Portion Distortion

500 calories 1,025 calories

525 more calories

Portion Distortion

30 Years Ago  Today

2.4 ounces  6.9 ounces
### Portion Distortion

<table>
<thead>
<tr>
<th>210 calories</th>
<th>610 calories</th>
</tr>
</thead>
</table>

**400 more calories**

![Cookie photo courtesy of National Cancer Institute/Renee Comet, Photographer](image1.png)

### Portion Distortion

<table>
<thead>
<tr>
<th>30 Years Ago</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 inch diameter</td>
<td>3.5 inch diameter</td>
</tr>
</tbody>
</table>

![Cookie photo courtesy of National Cancer Institute/Renee Comet, Photographer](image2.png)
Portion Distortion

55 calories  275 calories

220 more calories

<table>
<thead>
<tr>
<th>ChooseMyPlate SERVINGS</th>
<th>“Typical” American PORTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup rice or pasta (1 ounce from the grain group)</td>
<td>1 cup rice or pasta</td>
</tr>
<tr>
<td>1/2 bagel or 1/2 hamburger bun (1 ounce from the grain group)</td>
<td>1 bagel or 1 hamburger bun</td>
</tr>
<tr>
<td>1 medium chicken leg and thigh (3 1/2 ounces from the protein group)</td>
<td>1/4 chicken</td>
</tr>
<tr>
<td>1 order (1/2 cup) French fries (1/2 cup from the vegetable group)</td>
<td>Large order (3/4 to 1 cup) fries</td>
</tr>
<tr>
<td>1 order (1/2 cup) cooked red beans (1/2 cup from the vegetable group or 2 ounces from the protein group)</td>
<td>Big bowl (1 to 2 cups) chili beans</td>
</tr>
<tr>
<td>1 cup leafy greens (1/2 cup from the vegetable group)</td>
<td>Large green salad (2 cups greens)</td>
</tr>
</tbody>
</table>

Label Savvy

### MyPlate Serving Size:
1 roll = 1 ounce or 28 g

Versus

### Nutrition Facts Serving Size:
1 roll = 57 g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>250mg</td>
<td>11%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>14g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

*Vitamin A: 6% - Vitamin C: 6% - Calcium: 8% - Iron: 10% - Thiamin: 16% - Riboflavin: 8% - Niacin: 8% - Folic Acid: 15%

*Vitamin A: 0% - Vitamin C: 0% - Calcium: 0% - Iron: 0% - Thiamin: 0% - Riboflavin: 0% - Niacin: 0% - Folic Acid: 0%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

### New Label

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving (60g)</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
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<td>14g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

*Vitamin D: 0% - Calcium: 16mg - Iron: 0mg - Potassium 99mg

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Step 10: Complete a Behavior Inventory
The Most Valuable Resource - YOU

- Keep a Food and Physical Activity Diary
- How are you spending your 24 hours in a day?
- Intuitive Eating

Intuitive Eating

1. Reject the diet mentality
2. Honor your hunger
3. Challenge the food police
4. Feel your fullness
5. Discover the satisfaction factor
6. Cope with your emotions without food
7. Respect your body
8. Exercise and feel the difference
9. Honor your health
10. Make peace with food
Let’s Get Social!

- Follow Nebraska Extension FNH on Social Media
  - Twitter: @UNLfoodfitness
  - Facebook: UNL Extension – Food and Fitness Page
  - Instagram: @unlfoodfitness
  - Pinterest: UNL Extension Food & Fitness
- Visit [https://food.unl.edu/](https://food.unl.edu/) for other great Food & Nutrition Resources including recipes, meal prep, fitness, food preservation and food safety tips.

Questions
Resources

- [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- [www.webmd.com](http://www.webmd.com)
- [www.heart.org](http://www.heart.org)
- [www.diabetes.org](http://www.diabetes.org)
- [www.smokefree.gov](http://www.smokefree.gov)
- [www.health.gov](http://www.health.gov)
- [https://e-cigarettes.surgeongeneral.gov/](https://e-cigarettes.surgeongeneral.gov/)
Assess Your Health

Write in the desirable level that you should have for each measurement. Write in your current level, if you know what it is. Compare the two levels. If you do not know your current level, talk to your doctor about assessing these measurements.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Desirable Level</th>
<th>My Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waist Circumference</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triglycerides</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Glucose</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Size Up Your Servings

Measure food portions to know exactly how much you are eating.
You can estimate serving portions when a scale or measuring cup is not available.

<table>
<thead>
<tr>
<th>Serving Portion</th>
<th>Visual Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 ounces of meat</td>
<td>About the size and thickness of a computer mouse, deck of cards or bar of soap.</td>
</tr>
<tr>
<td>A small orange or peach</td>
<td>½ cup or about the size of a tennis ball.</td>
</tr>
<tr>
<td>1½ ounces of cheese</td>
<td>About the size of 3 dominoes.</td>
</tr>
<tr>
<td>½ cup of ice cream</td>
<td>About the size of a racquetball or tennis ball.</td>
</tr>
<tr>
<td>1 cup of mashed potatoes or broccoli</td>
<td>About the size of your fist.</td>
</tr>
<tr>
<td>1 teaspoon of butter or peanut butter</td>
<td>About the size of the tip of your thumb.</td>
</tr>
<tr>
<td>1 ounce of nuts or small candies</td>
<td>Equal to one handful.</td>
</tr>
</tbody>
</table>

**MOST IMPORTANT**
Remember to keep your diet nutritious, especially if you’re cutting calories.

- 2 cups from the Fruit Group for Vitamin C
- 3 cups from the Vegetable Group for vitamin A
- 3 cups from the Dairy Group for calcium
- 6 ounces from the Grains Group for B vitamins and fiber
- 5 ½ ounces from the Protein Foods Group for iron

Adapted from a National Dairy Council handout 2002
10 Steps to Better Health

1. ________ your weight and health
   a. Health risk factors
      i. You can work to decrease high blood pressure by _____ ____
         lose weight, decrease your _______ and ______ regularly.
      ii. Triglycerides may be reduced by managing _______ and limiting
         ______ intake.
      iii. Manage diabetes by keeping blood glucose levels under control,
         manage _______ pressure and _______ levels through healthy
         _____, physical _______, and the use of ________, if needed.
      iv. Physical activity helps prevent certain types of _______, heart
         disease, ______, high _____ pressure, type ___ diabetes, and
         ______.

2. ________ setting

3. ________ ________ to yourself

4. ________ yourself

5. Be ________ ________
   a. We should try to get ____ minutes of moderate-intensity aerobic
      activity per _______.
   b. Two or more days a week do ______-strengthening activities that
      involve all ________ muscle groups.

6. Choose_______ ________ foods
   a. _________ 😊
   b. _________ 😒
   c. Choose ______, steamed, or ________ rather than fried foods more
      often.

7. Limit ________ grains
   a. Make ________ of your grains ________ grains

8. Make ________ your plate ________ & ________

9. Watch_______ sizes

10. Complete a behavior inventory
    a. Keep a food and physical activity diary
    b. Intuitive eating
       i. Reject the ________ ________
       ii. Honor your ________
       iii. Feel your ________
So get more active — and start feeling better today.

You know you need physical activity to stay healthy. But did you know it can help you feel better right away?

- **Boost your mood**
- **Sharpen your focus**
- **Reduce your stress**
- **Improve your sleep**

**How much activity do I need?**

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- **at least 150 minutes a week**
- **AND**

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- **at least 2 days a week**

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.
What counts?
Whatever gets you moving!

- Even things you have to do anyway
- Even things that don’t feel like exercise

You can get more active.
No matter who you are, where you live, on your own, or together. You can find a way that works for you.

And over time, physical activity can help you live a longer, healthier life.
- Lower your risk of diseases like type 2 diabetes and some cancers
- Control your blood pressure
- Stay at a healthy weight

So take the first step. Get a little more active each day. Move your way.

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner