

Overeaters Anonymous Support

Group, 888-757-5463

Wellness Seminar, St. John Macomb

Hospital, 800-848-2822

Exercise

For details go to www.realmedicine.org or call 888-440-REAL (7325)

- Personal Training
- Exercise Evaluation
- Cardio-Mix
- Hustle for Your Heart
- Total Body Toning
- Tai-Chi
- Beginner, Intermediate and Advanced Yoga
- Step Aerobics
- Fit for Life
- Pilates
- B-Fit, in conjunction with the Oakland Center for Comprehensive Weight Loss

Web Resources

- St. John Health Weight Loss Services, www.realmedicine.org/WeightLoss
- American Dietetic Assoc., www.eatright.org
- Mayo Clinic, www.mayoclinic.com (search for “obesity”)
- National Heart, Lung and Blood Institute, www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
- President’s Council on Physical Fitness and Sports, fitness.gov/fitness.html
- Shape Up America, www.shapeup.org
- US Department of Agriculture, www.mypyramid.gov

FOR THE OVERWEIGHT & OBESE

*(resources for
adults)*



Obesity is the fastest growing health problem in the U.S. and one of the most serious conditions of our time with approximately 64 percent of the adult population either overweight or obese!

Health Risks Associated with Overweight and Obesity

There are several risks associated with overweight and obesity. As a person's Body Mass Index increases, so does the risk for many health issues. The following is just a partial list:

- Type 2 diabetes (high blood sugar)
- Hyperlipidemia (high blood fat/lipids)
- Hypertension (high blood pressure)
- Congestive heart failure
- Stroke
- Some types of cancer
- Pregnancy complications
- Osteoarthritis
- Sleep apnea
- Infertility

Overweight and Obesity

Body Mass Index (BMI) is the measurement used to determine if a person is underweight, at a healthy weight, overweight or obese, and is based on a person's height and weight.

A BMI less than 25 is considered good with a low risk of weight-related diseases; a BMI of 25 to 29.9 indicates a person is overweight and at increased risk of weight-related diseases; a BMI of 30 indicates obesity and a high risk of weight-related diseases. The risk of developing weight-related diseases increases with an increase in the BMI number.

Waist circumference is also used to determine the amount of abdominal fat. The more abdominal fat the higher the risk for disease, particularly cardiovascular disease.

Weight Management Strategies

For all individuals proper nutrition and regular physical activity are important.

Nutrition efforts should include at least five servings of fruits and vegetables per day, whole grains, no more than 30 percent of calories from fat and managing portion and serving size.

Physical Activity should include no less than 30 minutes of moderate, intense activity on most days of the week.

Behavioral Management helps identify behaviors that may lead to increased weight gain (e.g., stress, emotional eating, boredom, etc.)

Medications may be part of a physician monitored weight management program that also includes nutrition and physical activity.

Surgery may be indicated in carefully selected patients who are at a very high absolute risk for severe and numerous diseases or early death.

St. John Health Resources

Macomb Weight Loss Institute, locations in Shelby Twp. and at St. John Hospital and Medical Center, 866-996-3066

Nutrition/Weight Loss Programs, 888-440-7325

Individual nutrition counseling

- St. John Detroit Riverview Hospital, 313-499-4847
- St. John Macomb Hospital, 586-573-5251
- St. John North Shores Hospital, 586-466-5262
- St. John Oakland Hospital, 248-967-7692
- Providence Hospital, 248-849-3903
- St. John River District Hospital, 810-329-5343
- St. John Hospital and Medical Center, Preventive Cardiology, 313-343-3490