

Obesity Concerns



Mother Baby Wellness Coalition

August 27, 2010

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OBESITY

- Who is obese?
- Who is responsible?
- What can be done?
- What is our role in the community?



Why is it our portions are getting larger.....



And our babies are getting smaller?

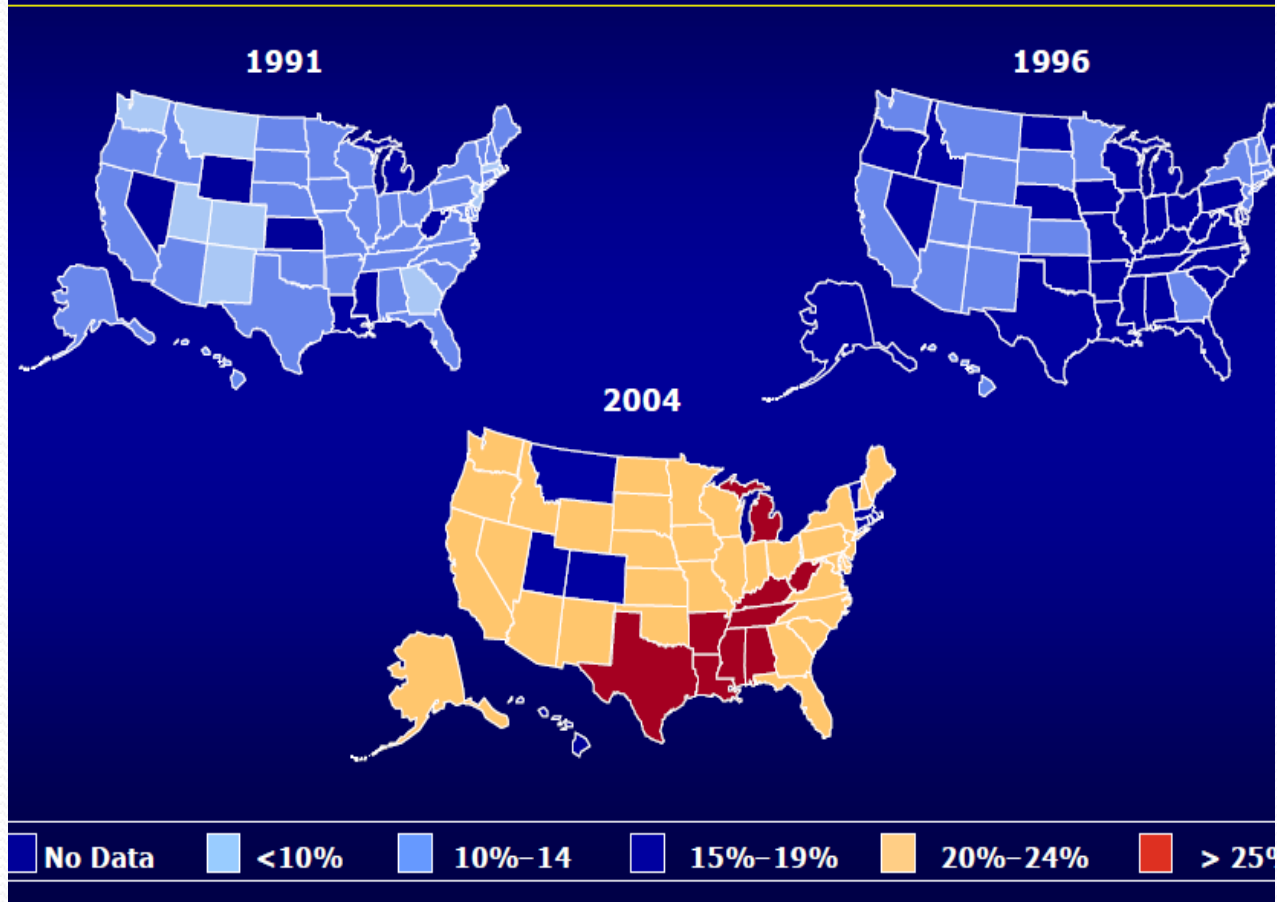


A National Problem

- U.S. Overweight and/or Obese – 61%
 - 33% male's are obese
 - 35% female's are obese
 - 32% overweight (male and female)
- Healthy People 2010 Goal
 - 15% for all adults

Re: <http://www.cdc.gov/obesity> - 2009

Obesity Trends* Among U.S. Adults BRFSS, 1991, 1996, 2004 *BMI ≥30



An Arizona Problem

- Arizonan's are overweight or obese
 - 25.8% in 2009 – Ranked 29th in U.S.
- Healthy People Arizona 2010 does not list a percentage goal for obesity reduction.

Re: <http://www.azdhs.gov/phs/healthyaz2010/nutrition.htm>

Know your BMI

Body Mass Index (BMI)

Body Mass Index (BMI) is an indicator that measures weight for height.

The American Formula for Calculating BMI

$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

A Maternal Health Problem

- Women of childbearing age (20 – 39 years)
 - 51% are overweight or obese

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30+	Obese
30 – 34.9	Obesity Class I
35 – 39.9	Obesity Class II
40+	Obesity Class III (extreme obesity)

A Child Health Problem

- Children (2 – 19 years)
 - 25% are overweight or at risk of being overweight
 - 17% are obese
 - 80% of these children will become an obese adult
- Child Obesity rates from 1980-2009
 - Increased from 4% to 17%
- Healthy People 2010 Goal for Children:
 - 5%

Re: National Health and Nutrition Examination Survey

Risk to Children

- Children at risk of adult obesity
 - Prior to age 8
 - Exceeding daily caloric intake
 - Decreased level of physical activity
 - Low socio-economic status
 - Have an obese parent
 - Females with these risk factors are at increased risk of maternal obesity



Re: Lee, Appubliese, Kaciroti, Corwyn, Bradley, & Lumeng (2007). Weight status in young girls and the onset of puberty. American Academy of Pediatrics. Retrieved from www.pediatrics.org

Risk to Female Children

- Obesity Risk factors = increased risk of:
 - Early onset puberty
 - Psychiatric disorders
 - Decreased psychosocial function
 - Earlier alcohol use
 - Earlier age of first sexual experience
 - Higher risk of teen pregnancy
 - Higher risk of adult obesity



Re: Lee, Appubliese, Kaciroti, Corwyn, Bradley, & Lumeng (2007). Weight status in young girls and the onset of puberty. American Academy of Pediatrics. Retrieved from www.pediatrics.org

Breastfeeding – Can it make a Difference?

- Infants exclusively breastfed for 6 months
 - 43% less likely to experience obesity
- Breastfed 1 – 2 months
 - 10% less likely to experience obesity
- Breastfeeding can help stop the cycle of obesity
- Breastfeeding can reduce the risk of obesity later in life by 30%

Predictor of Child Obesity

- BMI at 36 months of age can indicate future risk of obesity
- Children greater than 85th on growth chart = higher risk
- Rate of change from 36 months to 1st grade can predict early onset puberty

Re: Lee, Appubliese, Kaciroti, Corwyn, Bradley, & Lumeng (2007). Weight status in young girls and the onset of puberty. American Academy of Pediatrics. Retrieved from www.pediatrics.org

Obese Women

- Increased risk for:
 - Chronic Disease (Diabetes, Heart Disease)
 - Menstrual Irregularities (hormone imbalance)
 - Infertility
 - Pregnancy complications
 - Adverse pregnancy outcomes
 - Birth defects

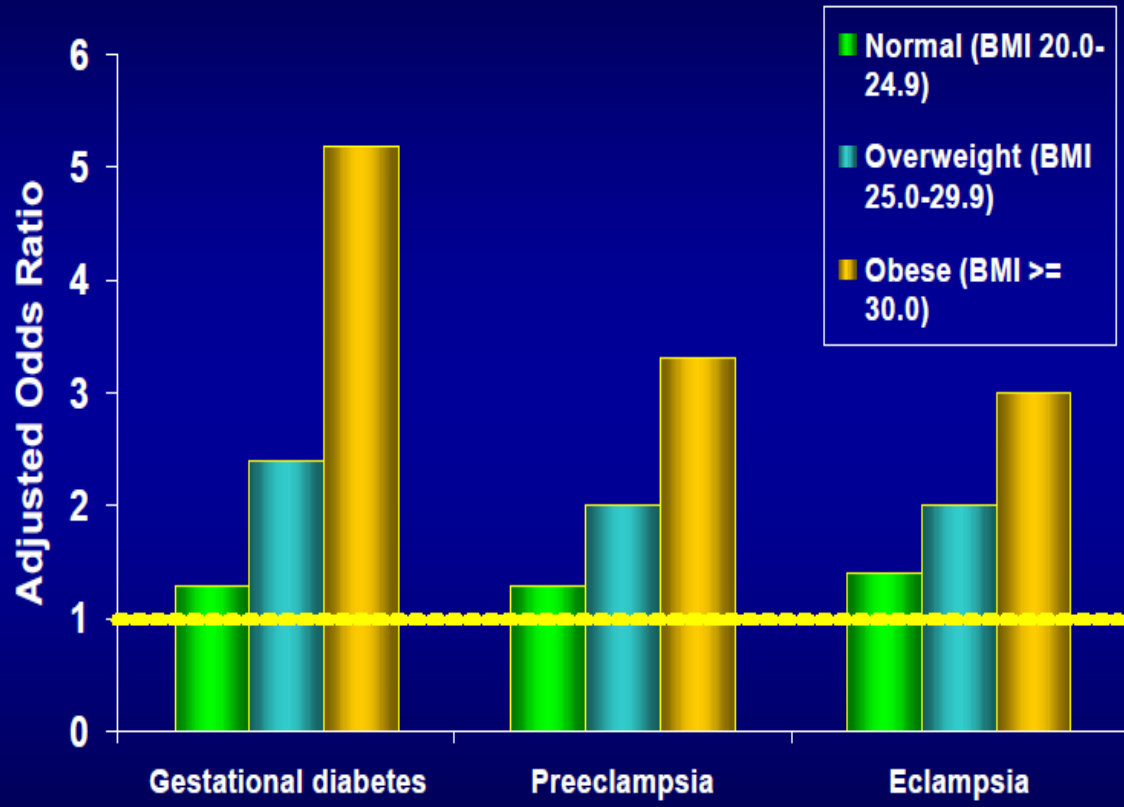
Re: Nursing for Women's Health. AWHONN Dec.09/Jan10 – p. 493

Maternal Obesity

- Increased risk for:
 - Gestational Diabetes
 - Pregnancy Induced Hypertension (PIH) / Pre-Eclampsia
 - Venous Thrombocytopenia
 - Induction of Labor
 - Cesarean Section (with delayed recovery)

Re: Nursing for Women's Health. AWHONN Dec.09/Jan10 – p. 493

Adjusted* Odds Ratios for Pregnancy Complications by Maternal BMI



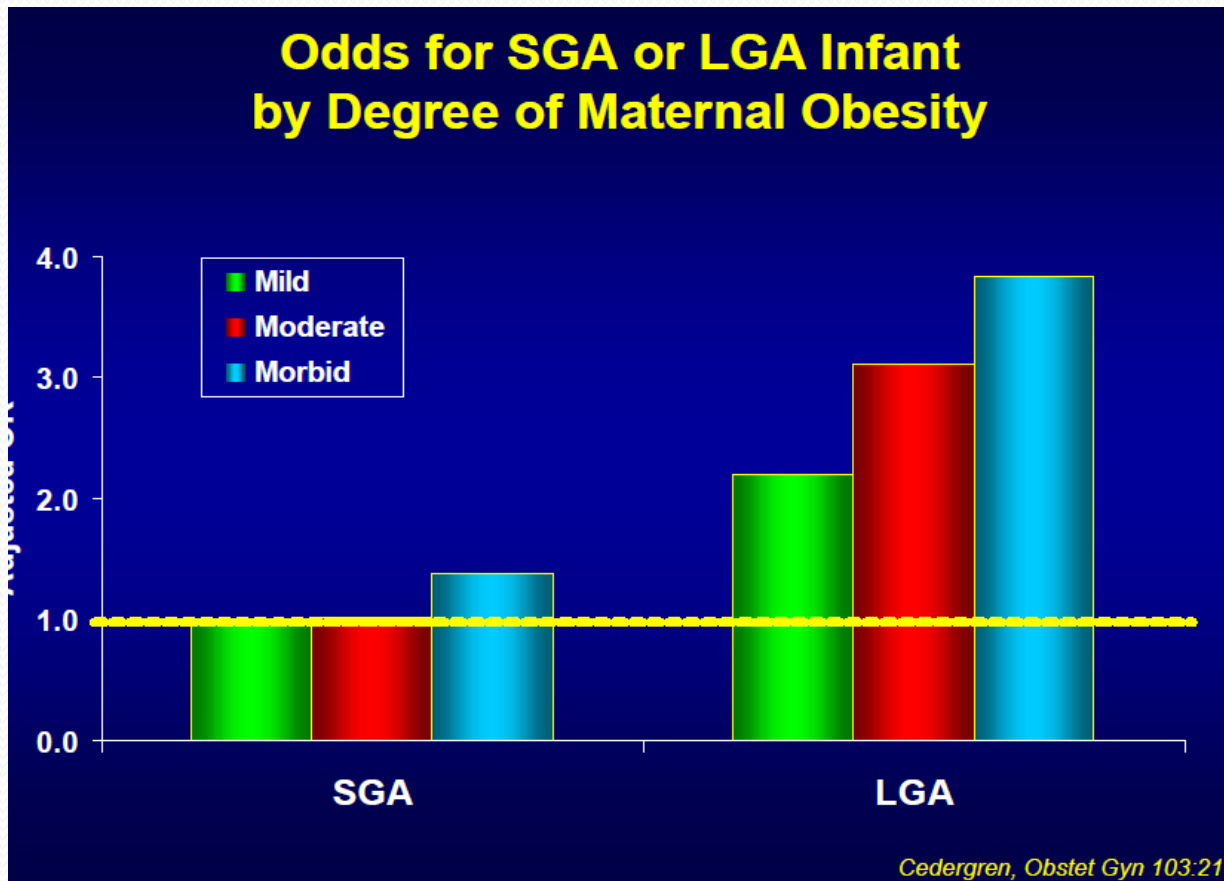
*adjusted for maternal age, smoking, education, marital status, trimester prenatal care began, payer, and weight gain during pregnancy; BMI<20.0 (lean) reference group

Maternal Obesity

Increased Risk to Newborn

- Increased risk for:
 - Fetal Macrosomia / Large for Gestational Age (LGA)
 - Metabolic Syndrome
 - Childhood Obesity – leading to adult obesity

Maternal Obesity: Effects on Newborns



Solutions

- Preconception health counseling
 - Include nutrition, exercise, and folic acid.
- Prevention of weight gain prior to conception
 - Reduces risk of gestational diabetes
- Use of USDA Pregnancy Food Pyramid



Solutions during Pregnancy

- Maintain appropriate weight gain
 - 25 – 35 pounds for normal weight women
 - 15 pounds for obese women
- Provide nutritional counseling
- Provide lifestyle intervention concepts

Re: Nursing for Women's Health. AWHONN Dec.09/Jan10 – p. 493

Intervention Study

- Normal weight gain achieved by 37% of intervention group
 - 63% exceeded recommended weight gain
- Control group 6%
 - 94% exceeded recommended weight gain

Re: Polley, Wing, & Sims (2002) Randomized controlled trial to prevent excessive weight gain in pregnant women. *International Journal of Obesity*, 26, 1494-1502

Solutions for New Mom

- Breastfeeding
 - Biggest predictor of rapid weight loss after delivery
 - Higher BMI pre-pregnancy experience a greater weight loss after delivery



- Formula feeding obese mom have shown to gain weight after delivery

Solutions Cont.

- Continue nutrition and lifestyle counseling during postpartum period.
- Encourage increased physical activity 6 weeks after delivery.

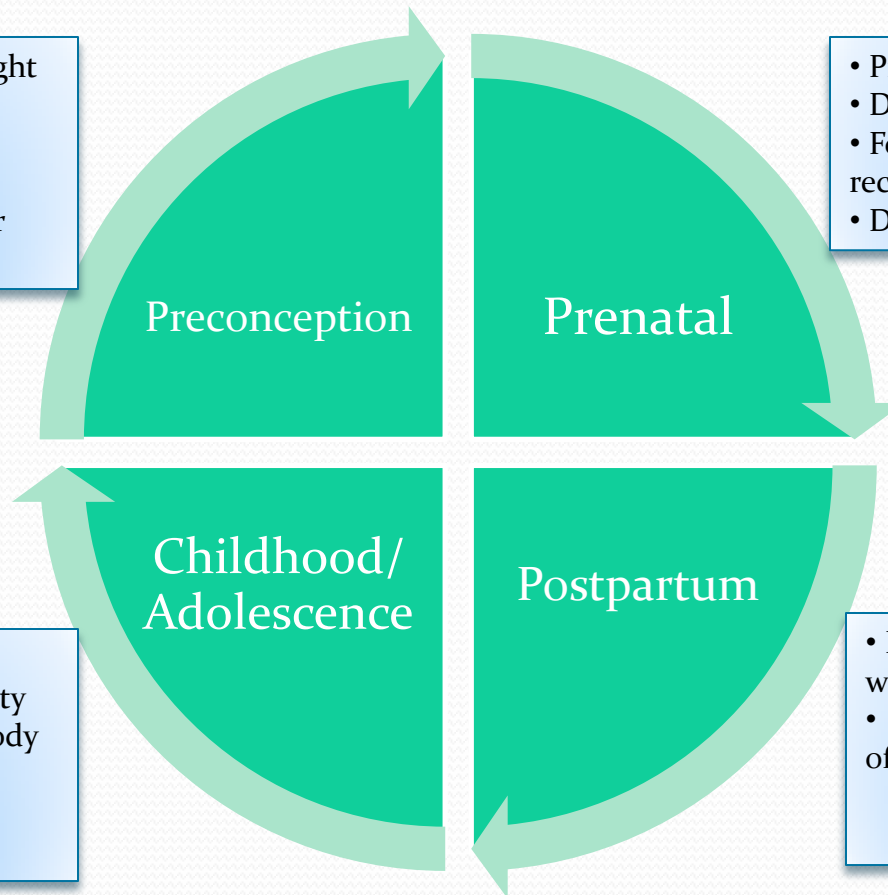


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Cycle of Obesity

- Stable Pre-pregnancy Weight
- Well Balanced Diet
- Folic Acid Supplement
- Weight loss to attain ideal body weight if overweight or obese

- Prevent Excess Weight Gain
- Diet/Lifestyle Counseling
- Follow Weight Gain recommendations
- Diagnose and Manage Diabetes



- Healthy Diet
- Exercise/Increased Activity
- Parents maintain ideal body weight to decrease risk of childhood and adolescent overweight and obesity

- Breastfeed to encourage weight loss after delivery
- Breastfeed to decrease risk of childhood and adult obesity

Upcoming opportunities to promote healthy lifestyles:

- September 19-25, 2010 is TURN OFF TV WEEK
 - Encourages physical activity as a family
 - <http://unplugyourkids.com/turnoff-week>
- Shop a local farmers markets
- Reduce processed food consumption



Great resource for healthy lifestyles: www.eatwellbewell.org



Questions.....

Discussion.....

